



## Accessing Health Services During Alert Level 3 & 4

သမံသမီးကွာ တာအိန်ဆူအိန်ချ်တာအိန်သး အတာဟုန်ပလီအပတီ(သး,လွံ)

### HEALTHCARE – WHAT DO I DO?

တာကွာထွဲတာအိန်ဆူအိန်ချ်-ယဘာ်မးဖဲလဲာ်?

<p><b>Healthcare –what do you do during ALERT LEVEL 4?</b> တာကွာထွဲတာအိန်ဆူအိန်ချ်-တာဟုန်ပလီအပတီလွံအဆာကတီ နကဘာ်မးဖဲလဲာ်?</p>	
<p><b>1. Feeling well?</b> ၁. အိန်ဆူအိန်ချ်ကစီဖီခါ?</p> <ul style="list-style-type: none"> <li>• <b>Stay</b> at home</li> <li>• အိန် လာဟံာ်</li> <li>• <b>Follow</b> the Alert level 4 directions.</li> <li>• မးပိာ်ထွဲ တာဟုန်ပလီအပတီလွံတာနဲကျဲတဖာ်</li> </ul>	
<p><b>2. Feeling unwell? Do you need testing or care?</b> ၂. မ့ာ်တအိန်ဆူအိန်ချ်? နလိာ်ဘာ်တာမးကွာ-မ့တမ့ာ်လိာ်ဘာ်တာအံးတာကွာ?</p> <p>COVID-19 symptoms are similar to many other illnesses (like influenza) and do not necessarily mean you have COVID-19. The symptoms can include:</p> <p>ခိဘံတဆံခွံတာဆါတာပနီာ်တဖာ်လီပလိာ်အသးဒ်တာဆါလာအဂးတဖာ်လာ အမ့ာ်တာလီကီာ်တကလုာ်-ဘာ်ဆာ်အခိပညီတမ့ာ်ဝဲဒာ်လာနအိန်ဒီးတာဆါ ခိဘံးတဆံခွံဘာ်. တာဆါအပနီာ်-ဟ်ယုာ်သ့ဝဲ</p> <ul style="list-style-type: none"> <li>✓ Cough</li> <li>✓ Sore throat</li> <li>✓ Runny nose</li> <li>✓ Loss of smell</li> <li>✓ Fever</li> <li>✓ Shortness of breath. (This could be a sign of pneumonia and you should seek immediate medical attention).</li> <li>✓ တာကူး</li> <li>✓ ကိာ်ယုာ်ဆါ</li> <li>✓ နါစ့ထံယုာ်</li> <li>✓ တာနာလီမးကွာ်(အစီလီမာ်)</li> <li>✓ တာလီကီာ်</li> <li>✓ တာသါဖုာ်ကိာ်(တာပနီာ်ကဲထီာ်သ့ဝဲဒ်သီးပသိာ်တာခုာ်ဘာ်အယိ-နဘာ်</li> </ul>	

သမံသမိးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တဘျီယီ)

If you have any of these symptoms?

နမ့ၢ်တူၣ်ဘၣ်တၢ်ဆါအပနီၣ်တဖၣ်ဒီး?

- ✓ **Call** your local Family Doctor (GP) or health provider, OR
- ✓ **Call** Healthline, **0800 358 5453** for health advice.
- ✓ **ဆဲးကျိး** ဆူနကသံၣ်သရၣ်မ့တမ့ၢ်ဆဲးကျိးပုၤကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တဖၣ်
- ✓ **တၢ်ဆဲးကျိး** (ဆူၣ်ချ့) ၀၈၀၀ ၃၅၈ ၅၄၅၃ လၢတၢ်ဟ့ၣ်ကူၣ်အဂီၢ်

Based on your symptoms, recent travel or exposure to others with COVID symptoms, your family doctor (GP), Healthline or health provider will advise

you if you need to **leave** the house for safe testing.

တၢ်အိၣ်သးတဖၣ်ဒီးသန့ၤထီၣ်အသးလၢနတူၣ်ဘၣ်တၢ်ဆါပနီၣ်အဖိဖိၣ်,နဟးထီၣ်ဟးလီၤဝံၤဟဲက့ၤတုၤ,နအိၣ်ဒီးတၢ်ဆဲးကျိးလၢပုၤလၢအိၣ်ဒီးတၢ်ဆါအပနီၣ်ခိဘဲးတဆံၣ်အယီ,နကသံၣ်သရၣ်ဒီးပုၤလၢအကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တဖၣ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးသ့ဝဲဒၣ်စ့ၢ်ကိးလီၤ.နမ့ၢ်လိာ်ဘၣ်တၢ်ဟးထီၣ်ဟးလီၤသပုၤတၢ်ဒီး-ဒ်သိးနကပုၤဖျဲးဒီးတၢ်ဘၣ်ယိာ်အဖိခိၣ်-မၤကွၢ်နသးသ့ဝဲဒၣ်လီၤ.

- If you need to access other care, **call** your health service first. GPs are open for business.
- If you need to get your influenza immunisation, **call** your GP or local community pharmacist first to arrange to get this done safely. See link [here](#) for multilingual 2020 65 Years and Over Influenza Immunisation Posters.
- မ့ၢ်လိာ်တၢ်မၤစၢၤလၢအဂၤတဖၣ်ဒီး-**ဆဲးကျိး**-ပုၤကွၢ်ထွဲဆူၣ်ချ့တဖၣ်အဆိကတၢ်.ကသံၣ်သရၣ်တဖၣ်ကွၢ်ထွဲပုၤဆိးက့ၤလၢအဆၢကတီၢ်လီၤ.
- နမ့ၢ်လိာ်ဘၣ်တၢ်ဆဲးန့ၢ်ကသံၣ်ဒီးသတၢ်ဆါဘၣ်ယးတၢ်ခုၣ်ဘၣ်အဂီၢ်-နဘၣ်**ဆဲးကျိး**ကသံၣ်သရၣ်,မ့တမ့ၢ်ပၤမၤတၢ်လၢကသံၣ်ကျဲးတဖၣ်ကသုးကျဲၤလၢနဂီၢ်ကသံၣ်လၢအကြၢးဒီးနၤတဖၣ်လီၤတၢ်လီၤဆဲးသ့စ့ၢ်ကိး ကွၢ်လံာ်ဘိးဘၣ်သ့ၣ်ညါဘၣ်ယးကျိာ်လီၤဆီအါကလုာ်လၢ နံၣ်ခံကထိခံဆံ-ယုဆံယဲၣ်နံၣ်ဆူအဖိခိၣ်တဖၣ်အဂီၢ်တၢ်ခုၣ်ဘၣ်တၢ်ဆါတၢ်ဒီးသတၢ်ကသံၣ်ဆဲး

**3. Is it an Emergency?**

**၃. မ့ၢ်လိာ်ဘၣ်(ဝံၢ်ဂီၢ်အူ)တၢ်မၤစၢၤ?**

- **Call 111**, OR
- **Go** to your nearest hospital Emergency Department (ED). ED is open.
- **ဆဲးကျိး**-၁၁၁, မ့တမ့ၢ်
- **လဲၤဆူ**ဝံၢ်ဂီၢ်အူတၢ်ဆါဟံၣ်ဝဲၤကျိၤအဘူးကတၢ်လၢတၢ်အိးထီၣ်တဖၣ်.

**HEALTHLINE**

တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အကျိၤ



**Are you or your whānau/family unwell?**

နမ့ၢ်ဆိးက့မ့တမ့ၢ်ဟံၣ်ဖိဃီဖိ?

**Do you need to access an interpreter when you call**

**Healthline or the dedicated COVID-19 Line?**

မ့ၢ်လိၣ်ဘၣ်ပုၤတဲကျိးထံတၢ်ဖဲနဆဲးကျိးဆူၣ်ချ့အကျိၤ, မ့တမ့ၢ်တၢ်အကိၤနီၣ်လၢခိဘံးတဆံခွံအဆၢကတီၢ်-

၁. ဆဲးကျိး  
ဆူၣ်ချ့:  
**0800 611 116**  
မ့တမ့ၢ်  
ခိဘံး :  
**0800 358 5453**

၄. နဒီးန့ၣ်ဘၣ်တၢ်ဆဲးကျိးဒီး  
ပုၤကျိးထံထံဒီး  
တဲဖျါထီၣ်နတၢ်အိၣ်ဆူၣ်အိၣ်ချ့  
တၢ်လိၣ်ဘၣ်တဖၣ်ဆူပုၤကျိးထံထံဒီး  
ဆူၣ်ချ့ဘၣ်မူဘၣ်ဒါတဖၣ်အအိၣ်

၂. ဘၣ်ဆီၣ်လီၤ-တၢ်ယူထၢတၢ်-လၢ  
ပုၤကျိးထံထံအဂီၢ်  
နဘၣ်အိၣ်ခိးဖဲလၢဆူၣ်ချ့အကျိၤ-  
ကတီၢ်တၢ်အဆၢကတီၢ်-  
(နဘၣ်ခိးကနီၣ်ထွဲနတၢ်ဆဲးကျိး)

၃. စံလၢနလိၣ်ဘၣ်ပုၤတဲကျိးထံထံဆူ  
ပုၤမၤတၢ်လၢဆူၣ်ချ့တဖၣ် အအိၣ်  
အဒိ(ယလိၣ်ဘၣ်ကိရံယါ-ကညီ)  
နဘၣ်အိၣ်ခိး-စ့ၤဖံးနံးအပူၤဖဲလၢဘၣ်မူဘၣ်ဒါ  
ဆဲးကျိးလၢနကဒီးန့ၣ်ပုၤကျိးထံထံအဂီၢ်-  
(နဘၣ်အိၣ်လၢလီတဲစိအပူၤ)



## HELPFUL WEBSITES

### For translated health & welfare information visit:

- Unite Against COVID-19: <https://covid19.govt.nz>
- New Zealand Red Cross: <https://www.redcross.org.nz/stories/new-zealand/learn-prepare-and-take-action-covid-19/>
- Auckland Region Public Health Service: <https://www.arphs.health.nz/home/covid-19>
- Auckland community COVID-19 testing centres: <http://www.adhb.health.nz/about-us/news-and-publications/latest-stories/covid-19-community-testing-network/>
- RASNZ: <https://rasnz.co.nz/covid-19-resources/>
- Belong Aotearoa: <https://www.belong.org.nz/covid19-resources>
- Immigration New Zealand, Migrant and refugee information: <https://www.immigration.govt.nz/about-us/covid-19/migrant-information>
- Pegasus Health, Community Based Assessment Centre (CBAC) Videos in translated languages: <https://vimeo.com/pegasushealth>

### Helplines:

- RASNZ Support & Information Line, **0800 472 769**
- Need to talk? Call **1737**
- Asian Family Services, Asian Helpline **0800 862 342**