



**Buddhist Council of NSW**  
Working for the Buddhist Community

# IMPORTANT INFORMATION on Covid-19

FOR LAO TEMPLES, ORGANISATIONS & COMMUNITIES



This guide gives sources of Lao language information and support.  
For further information in English see [BCNSW Covid-19 guide](#)  
**NEED further HELP? Contact the Buddhist Council.**

E: [office@buddhistcouncil.org](mailto:office@buddhistcouncil.org) , Ph: 9966 8893

ແນວທາງທີ່ຈະຊ່ວຍໃຫ້ທ່ານຢູ່ຢ່າງ  
ປອດໄພ ແລະ ອຸ້ມຊຸມຊົນຂອງ  
ທ່ານໃຫ້ຜ່ານພື້ນຈາກວາລະຫຍັງ  
ຍາກຄັ້ງນີ້

ຖ້າທ່ານຕ້ອງການຄວາມຊ່ວຍເຫລືອ  
ເຊີນຕິດຕໍ່ໄດ້ທີ່ ພຸທທະສະມາຄົມ  
E: [office@buddhistcouncil.org](mailto:office@buddhistcouncil.org)  
Ph: 9966 8893

### ກົດລະບຽບສໍາຄັນຂອງຮັຖບານ

ຫ້າມບໍ່ໃຫ້ທໍາພິທີທັງສາສນາແກ່ສາທາລະນະ  
ຕ້ອງປິດວັດບໍ່ໃຫ້ສາທາລະນະເຂົ້າ

- ການບໍລິການແລະພິທີທັງສາສນາສາມາດຖ່າຍທອດສິດໄດ້  
ເຂົ້າໄດ້ພຽງແຕ່ບຸກຄົນຜູ້ຈໍາເປັນ ແຕ່ຫ້າມຊຸມຊົນທົ່ວໄປເຂົ້າມາ  
ພາຍໃນວັດ.
- ການເຂົ້າຮ່ວມພິທີແຕ່ງງານບໍ່ໃຫ້ກາຍ 5 ຄົນ ແລະ ການເຂົ້າ  
ຮ່ວມງານຊາປະນະກົດສິບບໍ່ໃຫ້ກາຍ 10 ຄົນ.

ພົບພໍ້ກັນຍາມໃດກໍຕາມ ຜູ້ນຶ່ງຕ້ອງຢູ່ພາຍໃນ 4 ແມດມິນທົນ

ຂໍ້ມູນຂ່າວສານສໍາຄັນເພື່ອວັດ ອົງການຈັດຕັ້ງ ແລະ ຊຸມຊົນ

## ການປ້ອງກັນຕົນເອງ ແລະ ຄົນອື່ນໃຫ້ຖີລັກການດັ່ງຕໍ່ລົງໄປນີ້

- ຂໍໃຫ້ລ້າງມືເລື້ອຍໆ (ໃຊ້ສະບູ ຫລື ນໍ້າຢາຂ້າເຊື້ອໂລກ)
- ຂໍໃຫ້ພັກຢູ່ບ້ານ ຖ້າທ່ານມີອາການບໍ່ສະບາຍ
- ຂໍໃຫ້ຢູ່ຫ່າງໄກຈາກຄົນອື່ນ (ເຮັນອີກເຮັນໃຈກັນ) ຖ້າທ່ານມີອາການໄຂ້ ຂໍໃຫ້ທ່ານຢູ່ໂດດດ່ຽວຕົນເອງ
- ຂໍໃຫ້ຈຳກັດໜ້າຕໍ່ໜ້າກັນໃນກອງປະຊຸມ



## INFORMATION on Covid-19 in Lao

Click on the hyperlink or use the full web links in the table at the end of this guide.

- [NSW Health translated resources](#)
- [Commonwealth Dept. of Health translated resources](#)
- [Resources from SBS in Lao](#)
- [Centre for Cultural Diversity in Ageing](#)
- [Ethnolink resources \(Lao\)](#)
- **SUPPORT FOR THE COMMUNITY**

Lay people and sangha in your community may need your support, especially if they are isolated, old or have relatives in aged care. Can you:

- Keep people informed? Stay in touch?
- Live stream services? Have a telephone help line for your community?
- Take food to people who cannot shop or cook?

The [Translating and Interpreting Service \(TIS\)](#) (TIS) can help you use English language services

For mental health care,

- GPs provide front line mental health care and can refer to other services.
- Lifeline offers telephone counselling 24 hours a day. **Call 13 11 14.**
- [The NSW Mental Health Line](#) (1800 011 511, 24 hours) to find a mental health professional.
- The [Australian Association of Buddhist Counsellors and Psychotherapists](#) (AABCAP) can help find an accredited Buddhist counsellor or psychotherapist.

For people at risk of domestic or family violence,

- [1800 Respect](#) has information and counselling in Lao

## Full links for the websites given above

<a href="#">BCNSW Covid-19 Info Guide</a>	<a href="http://www.buddhistcouncil.org/covid19">http://www.buddhistcouncil.org/covid19</a>
<a href="#">NSW Health translated resources</a>	<a href="https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx">https://www.health.nsw.gov.au/Infectious/diseases/Pages/covid-19-resources.aspx</a>
<a href="#">Commonwealth Dept. of Health translated resources</a>	<a href="https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resource">https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/translated-coronavirus-covid-19-resource</a>
<a href="#">Resources from SBS in Lao</a>	<a href="https://www.sbs.com.au/language/lao/coronavirus-updates">https://www.sbs.com.au/language/lao/coronavirus-updates</a>
<a href="#">Centre for Cultural Diversity in Ageing</a>	<a href="http://www.culturaldiversity.com.au/service-providers/multilingual-resources/multilingual-health-and-aged-care-information">http://www.culturaldiversity.com.au/service-providers/multilingual-resources/multilingual-health-and-aged-care-information</a>
<a href="#">Ethnolink resources (Lao)</a>	<a href="https://www.ethnolink.com.au/covid-19-coronavirus-translated-resources/#lao">https://www.ethnolink.com.au/covid-19-coronavirus-translated-resources/#lao</a>
<a href="#">Translating and Interpreting Service (TIS)</a>	<a href="https://www.tisnational.gov.au/vi/Non-English-speakers">https://www.tisnational.gov.au/vi/Non-English-speakers</a>
<a href="#">The NSW Mental Health Line</a>	<a href="https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx">https://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line.aspx</a>
<a href="#">AABCAP</a>	<a href="https://www.aabcap.org/">https://www.aabcap.org/</a>
<a href="#">1800 Respect</a>	<a href="https://www.1800respect.org.au/languages/lao-what-is-1800respect">https://www.1800respect.org.au/languages/lao-what-is-1800respect</a>