

Ol infomesen long helt blong ol memba long ovasi

Mifala i putumaot sam infomesen we i konsenem helt. Plis sevem mo daonlodem, blong yu save aksesem taem yu nidim.

Ol infomesen ia i no ripleisem ol advaes blong ol medikol profesional long saed blong helt, plis tingbaot. I imptoten blong yu mas go luk wan medikol profesional sipos yu kasem kil o yu sik.

Long kaid ia bae yufala i faenem ol infomesen long saed blong:

1. Ol helt kea long Austrelia
2. Boela
3. Rod blong pispis i gat soa
4. Kasem kil long skin, katem yu, skin i skras
5. Generel haijin
6. Nutrisen
7. Helt long saed blong Sex
8. Helt blong man we i lusum hed

nib

1. Ol helt kea long Austrelia

Hao blong yu kasem Helt kea long Austrelia i no semak long kantri blong yu. Long Austrelia yu save go nomo long dipatmen blong emejensi sipos i ejen, from aksiden we yu kasem.

Folem ol step ia blong kasem kea we yu nidim, be i no blong go wet longtaem long dipatmen blong emejensi long hospital.



Yu filim nogud?

**Yusum ol infomesen ia blong givhan long yu,
long wanem bae yu mekem neks**



Sipos yu yu sik yu mas mekem wan apoinmen blong go luk wan dokta, (narafala nem blong hem se Generel Praktisiena o GP) long klinik blong hem.

**Lukaotem netwok blong mifala blong GP yusum nib
[Faenem wan dokta o GP yusum link ia](#)**



Sipos yu kasem wan kil we bae yu lusum laef from, go long imejensi long hospitel, sipos jes i soa, win i sot o yu lusum plante blad.

**Sipos yu nidim ambulens from hem i wan imejensi
kolem "000"**

2. Boela

Wanem ia Boela?

Boela i soa tumas, oli red, oli swelap aninit long skin blong yu. Boela i kamaot from hea insaed long skin i gat infeksen.

Sipos boela blong yu i smol yet i no nid blong yu go long hospital, yu save tritim yu wan fastaem long haos. I impoten blong yu [visitim wan GP](#) sipos yu kasem feva, o sipos boela blong yu i kam bigwan.

Hao nao bae mi save se mi gat boela?

- Skin blong yu bae i swelap mo i red mo kala insaed i waet mo yelo
- Boela i soa we
- Yu filim nogud mo yu kasem feva tu wetem (taem boela blong yu i bigwan)



Hao nao mi tritim boela?

Namba 1 step:

Mekem sua se boela blong yu i klin, yu kavremap gud wetem wan klin kaliko o wan bandej. **YU NO MAS** skwisim. Spos yu skwisim bae i soa moa, mo yu save spredem infeksen.

Namba 2 step:

Spos boela blong yu i smol yet, putum wan klin wom kaliko, o bandej (i no hot wota) andap long boela, riritim fulap taem long wan dei, blong rabis wota i kamaot.

Namba 3 step:

Spos rabis wota insaed long boela i no kamaot, go long medikol blong oli tritim. From wota i mas kamaot, blong boela i kam gud. Sipos rabis wota i kamaot hem wan, klinim gud mo putum niufala bandej mo kaliko.

Namba 4 step:

Go luk GP sipos:

- Boela i bigwan (i bitim 5cm)
- Boela i swelap ananit long skin
- Boela i stap long fes blong yu
- Boela i stap kam bigwan hariap
- I soa tumas
- Tu wik i pas, be boela i no kam gud yet

GP i save mekem wota blong boela i kamaot, mo tu i givim meresin

Boela

Hao nao mi no save kasem boela mo blong
spredem olbaot?



Wasem han blong yu oltaem,
afta we yu tajem boela blong yu



Shawa mo swim oltaem



Mekem sua se ol soa we oli open yu mas
kilnim gud mo lukaotem gud



Yu no serem resa o tawel



Wasem klos, ol bedsit mo ol tawel
long hot wota

3. Urinari trak infeksien Rod blong pispis i gat soa

Wanem ia rod blong pispis i gat soa (UTI)?

Pispis i soa, hem i wan infeksien long eni pat long rod blong pispis, basket blong pispis, rod blong pispis blong man, mo kidni.

Hao nao mi save se mi kasem UTI?

Oi narafala komon saen blong UTI hemi:

- Bae yu filim i soa tumas taem yu pispis
- Yu wantem blong stap go pispis oltaem nomo, be wota we i kamaot i smol
- Filim se basket blong pipis i fulap nomo i stap, afta we yu pispis
- Yu pispis blad
- Yu filim bel blong yu ananit i soa



Hao blong tritim UTI?

Sam man, UTI i kasem olgeta wan taem nomo mo i save kam gud kwik taem, afta we oli tekem meresin. Be, long sam man, UTI i save stap long taem.

Sipos yu no tritim kwik, bae i save gat siries infeksien long kidni, yu mas go long GP kwik taem blong oli tritim yu.

Hao nao mi save stopem UTI?

Blong stopem ol infeksien,
yu mas:



Drink plante wota blong yu pispis aot long
ol bakteria



Pispis afta we yu finis sex



Waepem foret long yu kasem as afta we
yu go long toilet



Werem koten panti mo trausis we i
no taet tumas



Lukaotem wan defren rod blong blokem bebe,
sipos yu stap yusum meresin ia Spemisaeds

4. Kasem kil long skin, katem yu, skin i skras

Wanem soa i siries tumas?

Sipos blad i ron long yu, o bon long lek i brok, yu bonem yu, soa long hed o yu foldaon nogud, kolem ambulens long "000". Ol kaen sik olsem i siries mo i nid blong gat atensen blong medikol kwik taem.

Hao nao mi save tritim soa we i no siries tumas?

Fas samting, soa blong yu i bigwan mo blad i stap ron nomo taem yu putum kaliko o bandej long hem, i gud yu go long dipatmen blong hospital we hem i imejensi.

Nao, yu save tritim ol smol kat mo ol skras fastaem. Yusum wan likwid meresin blong klinim (olsem Betadin) blong i kilim ol gems mo rinsim aot afta faef minit long wota we i ron. Afta yu kavremap soa ia wetem niufala dressing o bandej blong stopem infeksi.



Fulap soa oli stap hil olgeta nomo, be yu mas [Go luk wan dokta](#) sipos:

- Soa blong yu i dip
- I gat fulap doti, graon, sped o ston in stap long soa
- Yu luk jens raon long soa blong yu olsem, i red, i soa, mo taem yu tajem i soa mo i swelap
- Soa i klosap long ae blong yu
- Yu kasem feva
- Soa i kamaot from wan i kakae yu
- Yu gat diabeti
- Oli no stikim komplitim stik blong yu taem yu smol

Sipos soa blong yu i ejen, mo yu nidim medikel, kolem "000". Sipos yu no sua se soa blong yu i ejen o no blong yu go long emegensi o GP, kolem **1800 022 222** healthdirect, hem i 24 aoa fri mo oli stap talemaot ol advaes lond saed blong helt.



5. Jenerel haejin

Kipim bodi blong yu i klim, hemi wan gudfala fasin blong sik i no kasem yu, mo blong spred i go long ol narafala man. Gudfala rod blong yu stap helti oltaem yu mas wasem han blong yu wetem sop blong karemaot ol gems we i stap mekem yu sik

Hao nao mi wasem gud bodi blong mi?



- Swim o shawa evridei. Wasem anda am mo daon long praevet pat mo as blong yu. Taem yu mekem ol eria ia i kiln oltaem, bae yu no save kasem ras mo tu bae i karemaot ol bakteria we i stap mekem bodi blong yu i smel
- Wasem wetem sop, gel o bodi was. Yusum wota nating o solwota blong yu klinim praevet pat blong yu

Hao nao mi wasem gud han?



- Putum tugeta han blong yu ananit long tab blong wota we i ron mo putum sop mo stap 20 sekon, wasem insaed long midel blong finga, mo biae long han.
- Klinim ol doti neil wetem brash, sipos yu gat
- Rinsim tugeta han blong yu, andap long ananit long wota we i stap ron
- Mekem han blong yu i drae wetem kiln tawel o win i blo long hem

Wasem han blong yu oltaem:



Afta we yu go long toilet



Bifo yu mekem kakae mo afta



Afta we yu tajem wan dog o narafala anamol



Sipos yu stap klosap long wan man we i sik

Jenerel hijin i gohed...

Hao nao bae mi wasem praevet pat blong mi?



- Man we oli no katem praevet pat blong hem, yu save klinim, yu pulum skin i go bak afta yu wasem daon wetem wota we i wom o sop. Klik long link ia blong save moa infomesen long [saed blong praevet pat blong man](#)
- Sipos yu yu wan woman, wasem skin raon long praevet pat blong yu wetem sop, solwota o wota nating. No yusum perfume sop mo ol prodak sop; from i save mekem infeksen long skin long praevet pat. No spre i wota i go long praevet pat, from bae i karemaot ol gudfala bakteria.

Hao nao mi save mekem bodi blong mi i no smel?



- Afta we yu swim, spre diotren anda long am blong yu
- Werem klos we i kiln mo i drae
- Wasem ol klos we swet i go long hem mo tu ol doti klos gud mo, hangem aotsaed blong oli drae
- Sipos yu stap swet oltaem nomo, mo i mekem yu wari, go long GP

Hao nao mi save mekem maot blong mi smel naes?

Rabis smel long maot i kamaot from haejin long maot. Yu mas brasem tut blong yu tu taem long wan dei. Hemi blong stopem sik o tut i roten. Sam infomesen long saed blong lukaotem tut:



- Tut blong yu, yu mas brasem long 2 minit
- Jensem tut bras blong yu evri 3 manis
- Dring plante wota blong yu no dosta
- Ol antibacterial blong maot i gud blong kilim ol bebet mo bakteria

Yusum ol infomesen ia long saed blong tut mo go mekem wan apoinmen wetem dokta blong yu save go jek, sipos i gat samting long maot.

6. Nutrisien

Hao nao mi save kakae ol helti kakae?

Gud wei blong yu kakae helti kakae hemi blong jusum ol defren kakae long faev grup evridei. i gat:



1. Vejetebol
2. Frut
3. Krein mo siri-el-ol holgrein mo varaiti long hae faeba
4. Tintin mit, faol, fis, ek, bin we yu kakae sid blong hem, tofu, nat mo sid.
5. Milk, jis, yoket, o wan long olgeta we yu laekem



From wanem i gud blong kakae ol vejetebol?

Ol vejetebol i gat fulap nutriens olsem vaetamin, minirel mo dietri faeba.

Wan isi wei blong adem ol vejetebol long diet blong, adem salad, ol grin vejetebol o sup i go long kakae blong yu. Yu mekem semak samting bakegen long aftenun, be yu boilem o fraenem ol smol tomato, ol grin bin o capsikam we i red. Seleri o karot wetem sos hemia wan helti kakae.



From wanem i gud blong kakae ol frut?

Ol frut we i fres i gat nutriens olsem potassium, dietri faeba, vaetamin C mo Vaetamin A mo B we i mekem ol bodi i gro. Fulap frut, enoji blong olgeta i lou mo faeba i hae, i stap mekem yu fulap nomo. Frut i gud tumas taem yu kakae we i fres mo i grin.

Nutrisen i gohed...



From wanem i gud blong kakae ol grein mo sirieli?

Grein mo sirieli oli gud from faeba, cabohaidret, protin mo ol defren vaetamin mo mineral- i gud i mekem yu go long toilet, mo i mekem kolasterol mo level blong eneji i go daon.

Ol grein i gat:

- Ol sid long graon
- Braun raes
- Holmil mo holgrein bred
- Ol wit we oli krakem
- Sid blong gras
- Sid blong flaoa
- Ol sirieli we oli no kukum be oli miksim wetem frut blong kakae long morning



From wanem i gud blong kakae tintin mit, faol, fis, ek, bin, wan jis we oli wokem long milk blong soi bin, fruit mo ol sid.

Ol kakae ia oli stap givim protin, mineral mo vaetamin i gat: bin, nat mo ol sid oli gat ol dietri faeba. Jusum defren kakae long grup ia, from oli talem se bae yu no mas kakae **no more than seven servings of 65g of cooked lean red meat a week.**



From wanem i gud blong drink milk, kakae jis mo yoket?

Milk i givim protin, vaetamin mo kalsium. Sipos yu yusum milk we oli mekem long tri olsem soi milk, jekem se i gat 100mg long kalsium long 100ml.



Wanem nao wan drink we i helti we yu save drink long wan ful dei?

Tab wota long Austrelia i gud.



Wanem nao ol rabis kakae?

Ol kakae we mi no neimem long ol faev grup oli singaot olgeta se 'rabis kakae' o 'I no gud' Ol kakae mo ol drink i stap mekem eneji blong man i ova, yu bigwan tumas, suka o sol mo yu nid blong ridiusum ol kakae olsem.



Ol Nutrisens oli mekem sam resepi fri nomo we yu save mekem long haos, **visit The Check Up.**

7. Helt long saed blong sex

Seksuel Transmit Infeksen i wan nogud sik, yu mas yusum kondom blong daonem sik ia STI blong i no kasem yu. Yu no mas wari tumas, from tritmen long sam kes oli save tritim sipos yu jes kasem.



Wanem ia STI?

STI i wan infeksien we i stap pas long wan man i go long narafala man tru long aktiviti blong sex long praevet pat, maot, mo as. STI i save mekem yu filim nogud mo sipos yu no go tritim, bae sik ia i save stap longtaem long yu.

Hao nao mi save se mi kasem STI?

I no se evri kes long STI i gat ol saen, be sipos yu gat, bae i stat long praevet pat. Ol saen blong STI i at:

- Rabis wota i kamaot
- Taem yu pispis i soa
- Taem yu gat sex i soa
- Praevet pat i swelap, insaed long skin i swelap, i gat soa, skin i skras o wan vaerus i kasem praevet pat
- Praevet pat blong man i soa



Hao nao mi save stopem STI blong i no kasem mi?

Rod blong yu no kasem STI yu mas yusum kondom taem yu aot wetem woman (maot, long praevet pat blong woman o long as) mo yu mas go mekem tes blong STI oltaem. Fulap man we oli kasem STI oli no gat saen long olgeta, mekem se oli tingse oli nogat sik. Yu mas go tekem tes evri 6-12 manis mo sipos yu jenesim patna blong yu, no sipos patna blong yu i stap aot wetem narawan, o yu filim save long yu se yu gat STI.



Yu save go tekem tes long dokta o GP. Klik long link ia blong lukaotem wan dokta nib.com.au/find-a-provider

8. Helt blong man we i lusum hed

Man we i lusum hed i afektem haf populesen llong Austrelia. Sipos yu filim se yu lusum hed, tingbaot se i no yu wan nomo from i gat sam man we oli save givhan long yu blong yu kam gud bakegen.



Wea nao mi save kasem help long kes blong man we i lusum hed?

Hem i oraet blong yu go lukaotem man blong i givhan long yu o i sapotem yu taem yu filim se yu stap wari tumas. Sipos yu tingse bae yu lusum hed, mekem wan apoinmen wetem GP. Bae hem i save daarektem yu long ol stret ples long nid blong yu.

Sipos yu filim save se hed blong yu i stap go lus, kolek Gp kwik taem o **kolek 000**



Ol fri sevis we oli save sapot

I gat ol fri sapot sevis we oli save givhan blong toktok long lanwis blong yu.

Lifeline


Faondesen blong nib i glad blong sapotem lifeline. Situesen blong yu i stap long denja, sevis blong stopem yu blong yu no suasaed, olgeta long Lifeline i glad blong givhan.

 Kolek **13 11 14**  Teksem **0477 13 11 14** lifeline.org.au


I gat **fri sevis long saed blong lanwis** we oli save givhan. Blong kasem ol sevis ia:

1. Kolek Translating mo Interpret sevis (TIS) long **131 450** mo askem sipos yu save toktok long lifeline long **13 11 14** long lanwis we yu save.
2. TIS bae i kolek olgeta long lifeline blong yu.

Headspace

 Kolek **1800 650 890** headspace.org.au

Beyond Blue

 Kolek **1300 224 636** beyondblue.org.au

Helt blong olgeta we oli lusum hed, wetem ol defren kalja

embracementalhealth.org.au

Mifala i hop se yufala i glad long ol infomesen ia blong oli kipim yu helti mo glad taem yu stap long Austrelia.

Taem yu stap longwei long haos blong yu, famle mo ol fren i save afektem helt blong yu we yu neva filim bifo, lukaotem gud yum o wanem we yu stap tingting long hem, blong yu no lusum hed mo ol aktiviti we yu stap mekem.

Ol infomesen ia i blong givhan long yu blong yu lukaotem gud helt blong yu, long ol samting blong no mekem mo tritmen we oli talem, be i no wan helt plan blong yu. Ol infomesen ia i no tekemaot ol advaes blong helt mo tritmen long olgeta profesional long saed blong medikol.

Sipos yu gat wan narafala sik we yu wan yu kasem, yu mas kasem ol dokta blong oli givhan long yu.

Moa infomesen long helt, mo wantem stap long wan gudfala laef long Austrelia, visitim [this dedicated section of The Check Up](#).

