

Helt toksave buk blong ol ovasis memba

Mipla kamapim sampla helpim long ol kain kain hevi long helt. Plis holim gut despla toksave buk blong helpim yu taim yu nidim blong soim yu rot long helt.

Plis yu mas save olsem despla toksave buk em ino kisim ples blong ol medikel advais long ol medikel save manmeri. Yu mas lukim ol medikel save manmeri husat bai lukautim yu gut sapos yu kisim bagarap o sik.

Insait long despla toksave buk, bai yu lukim kain kain infomesen long:

1. Lukautim helt long Australia
2. Sua solap o buk
3. Rot blong pispis infeksi
4. Ol kain sua bagarapim skin
5. Olgeta kain klin pasin
6. Ol kain kain kaikai
7. Helt blong pasin koap
8. Helt blong tingting stret

nib

1. Lukautim helt long Australia

Wanem kain rot blong lukautim helt long Australia em bai ken narakain long ples kantri blong yu. Long Australia, bai yu go pastaim long emejensi dipatmen sapos yu kisim bikpla bagarap na nidim medikel helpim kwik taim.

Bai yu bihainim despla ol rot long kisim kain lukaut yu nidim kwik taim na bai yu noken wet nating long emejensi dipatmen.



Yu no pilim orait?

Yusim despla toksave buk long helpim yu long wanem rot bai yu bihainim.



Sapos yu sik bai yu nid long mekim taim long lukim dokta (ol save kolim olsem General Practitioner o GP) husat em stap long klinik blong ol.

Yu ken painim ol GP insait long infomesen nib save lukautim.

[Lukluk long Provider Network](#)



Go tasol long haus sik emejensi dipatmen sapos yu gat bikpla bagarap, yu kisim birua na kain sik klostu pinisim laip blong yu olsem bros pen, sot win o lusim planti blut.

Sapos yu nidim emejensi kar blong karim sik manmeri yu ken teliponim “000”

2. Sua solap o buk

Sua solap o buk em wanem samting?

Sua solap o buk em ol kain infeksien kamap long skin aninit long gras blong bodi na mekim solap wantaim waitpla blut na bai gat bikpla pen and stap retpla.

Sampla ol liklik sua solap o buk bai no nidim medikel helpim na yu ken lukautim sua long haus. Tasol sapos yu pilim sik o bikpla sua solap i kamap, orait em bikpla samting na yu mas go na [lukim wanpla GP](#).

Olsem wanem bai mi save mi gat sua solap o buk?

- Yu bai gat retpla solap wantaim waippla na yelopla samting stap namel
- Despla solap bai gat bigpla pen
- Yu bai no pilim orait na kisim sik olsem bodi em hat wantaim (em long bikpla ol sua solap o buk)



Olsem wanem bai mi stretim sua solap?

Namba 1 samting:

Klinim gut sua solap o buk wantaim klinpla klos o banis long karamapim. **NOKEN** krungutim strong sua solap o buk. Despla bai gat bikpla pen na ken mekim moa infeksien.

Namba 2 samting:

Long ol liklik sua solap o buk, yu putim wara no hat tumas long klos o banis antap long sua solap planti taim long wanpla dei long helpim rausim waitpla blut.

Namba 3 samting:

Sapos sua solap o buk i no kamaut yu mas stretim wantaim medikel helpim long rausim waitpla blut bipo bai kamap gutpla gen. Sapos em kamaut em yet, yu klinim hap long sua solap o buk na putim niupla banis o klos.

Namba 4 samting:

[Lukim GP blong yu](#) sapos:

- Bikpla sua solap o buk (olsem antap long mak blong 5cm)
- I gat planti sua solap ol stap bungbung aninit long skin
- Sua solap o buk em stap long pes blong yu
- Em go bagarap kwik taim
- Yu gat bikpla pen long em
- Em I no kamap orait namel long olsem tupla wik

GP ken rausim despla waitpla blut and givim marasin blong helpim long gutpla gen.

Sua solap o buk

Bai mi pasim rot long kisim na spredim sua solap o buk olsem wanem?



Yu wasim han olgeta taim sapos yu putim han long sua solap o buk



Waswas olgeta taim



Lukautim kain kain hap i katim skin bai stap klin na hait gut



Noken yusim ol samting blong yu wantaim narapla manmeri olsem resa o taul



Wasim ol klos, kain kain laplap na taul long hat wara

3. Rot blong pispis infeksi

Rot blong pispis infeksi em wanem samting?

Ol infeksi long rot blong pispis (UTIs) em bai stap long kain kain hap insait long bodi olsem bilum blong pispis, paip long pispis na kidni o bilum blong rausim rabis long blut insait long bodi olsem pispis.

Bai mi save olsem wanem sapos mi gat UTI?

Sampla kainkain mak blong luksave long UTI em olsem:

- Bai yu pilim kain strongpla pen taim yu pispis
- Bai yu laik pispis olgeta taim long liklik hap hap tasol o hariap taim tasol
- Bai yu pilim olsem bilum blong pispis bai pulap yet sapos yu pispis pinis
- Bai gat blut long pispis
- Bai yu no pilim gut long tamblo hap long bel blong yu



Bai mi stretim UTIs olsem wanem?

Planti manmeri ol save kisim UTI wanwan taim tasol na bai stretim kwik taim wantaim marasin sapos i nidim. Long sampla manmeri em ken kamap olgeta taim.

Sapos ol i no stretim UTIs, em ken kamapim infeksi long kidni o bilum blong rausim rabis long blut insait long bodi olsem pispis. Yu ken kisim bikpla bagarap olsem bai yu mas go lukim wanpla GP kwik taim.

Bai mi pasim rot long kisim UTIs olsem wanem?

Long pasim ol infeksien,
bai yu ken:



Dringim planti wara long helpim
long rausim sik binatang



Pispis kwik taim bihain long koap



Klinim isi long poret na baksait bihain
long yusim toilet



Werim kapok andapens na
trausis em lus liklik



Lukluk long narapla kain rot blong pasim we blong karim
pikinini sapos yu yusim marasin blong kilim kokwara

4. Ol kain sua bagarapim skin

Wamen samting em sua bagarapim skin moa?

Sapos blut em ron moa, yu brukim bun, kisim bikpla bagarap long paia, het o pundaun, yu teliponim kar blong karim ol sik manmeri long namba 000. Despla kain bagarap bai nidim medikel lukluk kwik taim.

Bai mi stretim ol sua i no bagarap tumas olsem wanem?

Sapos blut ron strong na dip tru long despla sua bagarapim skin, yu mas putim klinpla klos o banis na subim strong na go stret long haus sik emejensi dipatmen.

Planti long ol liklik sua bagarapim skin yu yet ken lukautim. Yu yusim gut wantaim marasin blong klinim sua (olsem Betadine) long kilim ol liklik binatang na wasim long tep wara i ron bihain long faiv minit. Bihain karamapim hap long sua wantaim niupla banis em i no stik blong stopim infeksi.



Planti despla sua bagarapim skin bai kamap orait ol yet tasol yu **lukim wanpla GP** sapos:

- Sua i katim skin em luk dip
- Despla sua bagarapim skin em gat planti pipia rabis, graun or ol liklik ston
- Yu lukim olsem despla sua bagarapim skin i senis olsem em go ret, em pen, em malmalum o em solap
- Despla sua bagarapim skin stap klostu long ai blong yu
- Yu kisim sik olsem bodi em hat
- Sua bagarapim skin em kamap long samting kaikaim
- Yu gat sik suga
- Yu no kisim sut longpla taim inap long nau

Sapos katim skin sua em nidim medikel lukluk kwik taim, teliponim **000**. Sapos yu no save tumas olsem sua blong yu bai nidim long go long emejensi dipatmen o wanpla GP, teliponim healthdirect 24 aua helpimlain long namba **1800 022 222** long kisim nating ol helt toksave.



5. Olgeta kain klin pasin

Gutpla pasin long klinim na lukautim bodi blong yu em bai helpim long stopim ol kainkain sik kamap long olgeta manmeri. Ol gutpla pasin long stap wantain gutpla helt em sapos yu wasim han wantaim sop long rausim ol kainkain binatang.

Bai mi wasim gut bodi blong mi olsem wanem?



- Waswas olgeta dei. Wasim gut ol sagana blong yu olsem aninit long han, ples tamblo namel long lek olsem kok blong man na kan blong meri na baksait blong pekpek. Despla ol hap bai mas stap klin long stopim skin bai sikirap na wasim na rausim ol binatang na ken mekim bodi bai smel.
- Waswas wantaim sop, ol kainkain samting blong waswas. Yusim wara tasol o solwara long klinim olgeta hap long bodi.

Bai mi wasim gut ol han blong mi olsem wanem?



- Wetim han blong yu aninit long tep war na yusim sop na spet blong sop inap olsem tuplaten sekon antap long olgeta hap long han wantaim ol pinga na hapsait bek long han blong yu.
- Klinim ol doti kapa blong pinga wantaim samting blong brasim sapos wanpla stap.
- Yusim klin wara bai ron long tupla sait long han blong yu
- Draim gut tupla han blong yu wantaim klin taul o larim win bai draim

Wasim han blong yu olgeta taim:



Bihain long
yusim toilet



Bipo long
redim kaikai or
yu kaikai



Bihain long yu
holim ol dok o
kainkain samting
stap laip



Sapos yu stap
klostu long
manmeri husat
em sik

Olgeta kain klin pasin skruim go yet...

Bai mi wasim sangana blong mi olsem wanem?



- Sapos ol katim skin long kok blong yu, yu ken klinim olsem pulim kok skin na wasim aninit long wara em no hat tumas o sopim. Moa toksave yu ken painim hia [lukautim kok](#)
- Long bokis o kan blong meri, wasim gut skin ausait long kan hul wantaim sop, solwara o wara nating. Noken yusim ol kainkain sanda sop o samting long waswas. Despla i ken mekim skin blong kan bai sikirap. Noken pamim wara insait long hul blong kan olsem bai ken bagarapim ol gutpla binatang long kan blong yu

Bai mi pasim nogut smel long bodi olsem wanem?



- Bihain long waswas, yusim deodorant long sagana blong han blong gutpla smel
- Putim ol klinpla, drai klos
- Wasim gut ol swet o doti klos na sapos orait yu hangamapim ol arasait bai drai
- Sapos yu gat wari long planti swet yu save kisim, laik blong yu long lukim wanpla GP

Bai mi pasim maus i sting olsem wanem?

Maus i sting em ken mekim klinpla maus bagarap. Brasim na yusim samting long klinim tit tupla taim long wanpla dei. Ol narapla rot long lukautim tit em olsem:



- Brasim gut tit inap olsem long tupla minit
- Tromoi na kisim niupla tutbras inap olsem olgeta tripla mun
- Dringim planti wara long abrusim taim yu sot long wara
- Marasin blong rausim binatang long wasim maus bai helpim long paitim ol nogut samting i karamapim tit and ol binatang stap

Yusim olgeta kain rot long lukautim tit na mekim taim long lukim dokta blong tit bai lukluk moa sapos yu gat narapla kain wari long ol tit insait long maus blong yu.

6. Ol kain kain kaikai

Bai mi kaikai ol gutpla kaikai olsem wanem?

Ol gutpla kaikai em bai yu ken kisim long laik tasol mas stap insait long faivpla kain kaikai olgeta dei. Bai yu bihainim ol bikpla kain kaikai olsem:



1. Kumu
2. Prut
3. Rais na kon na ol samting olsem.
Despla ol tok - Grains and cereals
(wholegrain, high fibre)
4. Mit abus no gat gris, kakaruk, pis, kiau, lip kumu gras na bin, pikinini blong diwai olsem nat na sit.
Despla ol tok - Lean meat, poultry, fish, eggs, legumes, tofu, nuts and seeds
5. Susu, sis, strongpla susu o ol samting olsem.
Despla ol tok - Milk, cheese, yoghurt



Wanem ol gutpla samting long kumu?

Ol kumu em i gat planti kain samting kamap long graun i givim kaikai. Despla ol kain samting ol tok - vitamins, minerals, dietary fibre.

Wanpla isi rot long yusim kumu long gutpla kaikai em long mekim salat, kumu no kukim o sup long belo kaikai. Despla tu ken mekim nait kaikai long yu hatim o tantanim na praim ol tomato, raunpla bin, grinpla bin, karot na ol kain kumu olsem blong mekim gutpla kaikai. Despla ol kain samting ol tok - cherry tomatoes, snow peas, green beans or red capsicum. Celery, carrot sticks, hummus.



Wanem ol gutpla samting long prut?

Ol niupla kain prut em givim gutpla kaikai na tu sapos yu kisim no tan ol kain kain gutpla samting insait long kaikai ken helpim yu. Despla ol kain samting ol tok - potassium, dietary fibre, vitamin C, folate.

Ol kain kain kaikai skruim go yet...



Wanem ol gutpla samting long rais na kon na ol samting olsem?

Kaikai olsem rais na kon na ol samting olsem givim gutpla kain samting insait long kaikai. Despla ol samting helpim bodi blong yu daunim insait long bel long brukim kaikai na gris na strongim yu long mekin wok. Despla ol samting ol tok – grains, cereals, fibre, carbohydrates, protein, vitamins, minerals.

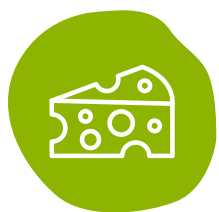
Despla kain kaikai ol tok Grain foods bai yu lukluk long ol na kisim long stoa olsem:

- Rolled oats
- Brown rice
- Wholemeal and wholegrain breads
- Cracked wheat
- Barley
- Buckwheat
- Breakfast cereals like muesli



Wanem ol gutpla samting long mit abus no gat gris, kakaruk, pis, kiau, lip kumu gras na bin, pikinini blong diwai olsem nat na sit?

Despla ol kaikai olsem ol bin, nat na sit em gat ol tok - dietary fibre na bai givim ol tok - minerals, vitamins. Yu ken kisim long laik olsem inap long sevenpla plet kaikai inap long mak 65g blong retpla mit abus long wanpla wik. Despla ol tok - **no more than seven servings of 65g of cooked lean red meat a week.**



Wanem ol gutpla samting long susu, sis, strongpla susu o ol samting olsem?

Susu bai givim ol tok - protein, vitamins, calcium. Sapos yu yusim narapla kain susu I kamap long ol planim olsem ol tok – soy milk, yu skelim na yusim olsem 100mg calcium long 100mL.



Wanem kain gutpla wara bai yu dringim insait long dei?

Tep wara long Australia em gutpla dring olgeta taim.



Wanem narapla kain kaikai long laik blong yu?

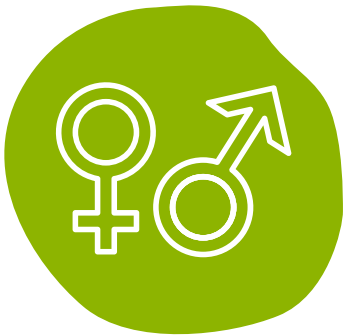
Ol narapla kaikai i no stap insait long faivpla kain gutpla kaikai blong bodi blong yu em olsem rabis kaikai. Despla ol kain kaikai na dring bai givim planti strong tumas, planti gris tumas, planti suga o sol na yu noken kisim narapla kain kaikai long laik olgeta taim.



Sapos yu laik save moa long kisim ol kain kain gutpla kaikai wantaim ol toksave long kukim long haus, yu bai **lukim The Check Up.**

7. Helt blong pasin koap

Sik blong koap nabaut na pamuk em planti na ken go nabaut tu long ol manmeri yu slip wantaim. Em ol tok - sexually transmitted infections (STIs). Yusim kondom olsem gumi o karamap blong kok em ken lukautim yu long kisim STI. Sapos yu kisim despla STI long bipotaim, i gat sampla rot stap long stretim na noken wari tumas.



Wanem samting em STIs?

STIs em ol infeksien wanpla man o meri bai givim long pasin koap wantaim narapla manmeri wantaim kok na kan puspup, yusim maus o hul blong pekpek. Sapos yu kisim STIs bai yu pilim pen na bai yu no pilim orait. Yu ken kisim bigpla hevi long helt blong yu long bihaintaim sapos yu no stretim.

Bai mi save olsem wanem sapos mi kisim STI?

Sapos yu kisim STI ol kain luksave bai kamap long hap namel long lek tamblo long kok na kan blong man na meri olsem:

- Sampla kain wara bai ron nating
- Pilim pen taim yu pispis
- Pilim pem taim yu koap
- Sampla kain solap, sua, na sikirap nating long hap tamblo long manmeri
- Pilim pen long bol na kiau blong man



Bai mi lukautim mi olsem wanem long STIs?

Wanpla strongpla rot long lukautim yu long kisim STI em long yusim kondom. Bai yu yusim despla gumi o karamap blong kok taim yu puspup long kan, yusim maus long taim long koap na puspup long hul blong pekpek. Planti manmeri husat ol gat STI bai no save ol gat infeksien. Yu mas luksave na tesim yu yet long sixpla mun inap twelpla mun sapos yu senisim koap poroman blong yu or sapos yu tingting olsem yu gat despla STI.



Yu ken kisim STI tes long GP blong yu. Long lukluk long wanpla: nib.com.au/find-a-provider

8. Helt blong tingting stret

Despla kain sik long tingting i no stret ken mekim manmeri go longlong. Long Australia, planti manmeri tru ol save kisim despla na ol i no pilim orait tumas tasol i gat sampla sapot sevis em stap long helpim na lukautim helt blong tingting stret.



Bai mi kisim helpim long we sapos mi gat wari long tingting no stret?

Yu inap lukluk long helpim na askim sapot sapos yu pilim wari o no pilim orait long tingting no stret. Yu mekim taim long lukim GP pastaim. Despla GP bai ken toksave moa long wanem kain lukaut o wanemkain samting yu bai nidim long stretim tingting i no go stret wantaim yu.

Sapos yu kisim taim o gat bikpla wari na hevi long tingting no stret, yu mas toksave kwiktaim long GP o **teliponim 000**



Sapot sevis yu kisim nating

Planti ol sapot sevis long helpim yu stap na bai yu kisim nating tasol na tu i gat ol kain kain tokples.

Lifeline

nib foundation em sapotim wok blong Lifeline. Ol kain sapot sevis blong Lifeline stap olsem long 24/7 kraisim helpim na long toktok wantaim ol manmeri husat ol i laik pinisim laip blong ol yet.

 Teliponim (Call) **13 11 14**  Raitim tok (Text) **0477 13 11 14**

lifeline.org.au


Sevis blong tanim toktok bai yu kisim nating tu stap. Long kisim despla sevis:

1. Teliponim Translating and Interpreting Service (TIS) long **131 450** na askim long toktok long Lifeline long **13 11 14** long wanem kain tokples.
2. TIS bai kolim Lifeline long sanap makim yu.

Headspace

 Teliponim (Call) **1800 650 890** headspace.org.au

Beyond Blue

 Raitim tok (Text) **1300 224 636** beyondblue.org.au

Embrace Multicultural Mental Health

embracementalhealth.org.au

Mipla hop olsem yu painim insait long despla toksave buk ol kain kain helpim long gutpla helt na hamamas wantaim long stap blong yu long Australia.

Taim yu stap longwe long ples na nogat famili lain na poroman stap wantaim yu, yu inap luksave na pilim ol kain kain samting long tingting na bodi blong yu. Despla ken mekim yu wari o pilim hevi long helt blong yu.

Despla ol helpim mipla givim em blong lukautim helt, sindaun na pasin olsem ol kain kain rot blong pasim o stretim ol samting yu nidim long bihainim. Despla em blong olgeta manmeri tasol em no kisim ples blong ol helt advais na tritment long wanwan manmeri ol medikel save manmeri yet bai skelim na tokaut.

Sapos yu gat sampla medikel wari o bikpla hevi em niupla nau o em stap pinis long laip blong yu, yu mas toktok long dokta blong yu long advaisim na stretim yu yet.

Moa toksave long helt, sindaun na laip long Australia, yu lukim [this dedicated section of The Check Up](#).

