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# General information - Pangkalahatang Impormasyon

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| Canberra, stop the spread of COVID-19. It’s everyone’s responsibility to protect our community. | Canberra, itigil ang pagkalat ng COVID-19. Responsibilidad ng bawat isa na protektahan ang ating komunidad. |
| For everything you need to know, what to do, and the latest news, visit the ACT Government’s dedicated website, [covid19.act.gov.au](https://www.covid19.act.gov.au/) | Para sa lahat ng bagay na kailangan mong malaman, kung ano ang gagawin, at ang pinakabagong mga balita, bisitahin ang website na inilaan ng Pamahalaang ACT, [covid19.act.gov.au](https://www.covid19.act.gov.au/) |

## COVID-19 Helpline - COVID-19 Helpline

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| **New COVID-19 Helpline for Canberrans** | **Bagong COVID-19 Helpline para sa mga Canberrans** |
| The ACT Government has a new helpline to help Canberrans with information about COVID-19. | Ang Pamahalaang ACT ay may bagong Helpline upang makapagbigay sa mga Canberrans ng impormasyon tungkol sa COVID-19. |
| You can call the COVID-19 Helpline on 026207 7244 from 8am to 8pm daily. | Maaari mong tawagan ang COVID-19 Helpline sa 026207 7244 mula sa 8nu hanggang sa 8ng araw-araw. |

## Interpreter information - Impormasyon sa interpreter

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| **Can I still access an interpreter?** | **Maaari pa rin ba akong makakuha ng interpreter?** |
| Yes, you can still access an interpreter through Translating and interpreting Service National. | Oo, maaari ka pa ring makakuha ng interpreter sa pamamagitan ng Translating and interpreting Service National. |

# About COVID-19 (coronavirus) - Tungkol sa COVID-19 (coronavirus)

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| **What is Coronavirus or COVID-19?** | **Ano ang Coronavirus o COVID-19?** |
| Coronaviruses are a group of viruses that can affect humans and animals. In humans, coronaviruses can cause mild illness, such as the common cold and gastrointestinal infections, as well as more severe illness, such as that caused by SARS (Severe Acute Respiratory Syndrome) and MERS (Middle East Respiratory Syndrome). | Ang mga coronavirus ay isang grupo ng mga virus na maaaring makaapekto sa mga tao at hayop. Sa mga tao, ang mga coronavirus ay maaaring maging sanhi ng bahagyang karamdaman, tulad ng mga karaniwang sipon at impeksyong gastrointestinal, at maging ang mas malubhang sakit, tulad ng sakit na sanhi ng SARS (Severe Acute Respiratory Syndrome) at MERS (Middle East Respiratory Syndrome). |
| A virus is a sickness that can spread easily from one person to another. | Ang virus ay isang sakit na madaling kumalat mula sa isang tao papunta sa iba. |
| The key symptoms of coronavirus are: | Ang mga pangunahing sintomas ng coronavirus ay: |
| * fever * cough * sore throat * shortness of breath | * lagnat * ubo * namamagang lalamunan * pangangapos ng hininga |
| Current estimates of the time it takes for symptoms to develop after being exposed to the virus that causes COVID-19 range from 2-14 days. | Ang kasalukuyang tantya kung gaano katagal bago mabuo ang mga sintomas matapos malantad sa virus na sanhi ng COVID-19 ay mula sa 2 hanggang 14 na araw. |
| **How does coronavirus spread?** | **Paano kumakalat ang coronavirus?** |
| Coronavirus spreads when people with the virus cough or sneeze. | Ang coronavirus ay kumakalat kapag ang mga tao na may virus ay umuubo o bumabahing. |
| Small drops of water from the virus can come through the air into your body. | Ang maliliit na patak ng tubig mula sa virus ay maaaring dumaan sa hangin papunta sa iyong katawan. |
| The virus can be on things you touch. | Ang virus ay maaaring nasa mga bagay na iyong hinawakan. |
| For example, | Halimbawa, |
| * shopping trolleys * door handles * light switches * computers or phones | * mga shopping trolley * mga hawakan ng pinto * mga switch ng ilaw * mga kompyuter o telepono |
| If the virus is on your hands, it can go into your body when you touch your eyes, nose or mouth. | Kung ang virus ay nasa iyong mga kamay, ito ay maaaring pumunta sa loob ng iyong katawan kapag hinipo mo ang iyong mga mata, ilong o bibig. |
| **What is community transmission?** | **Ano ang pagkalat sa komunidad (community transmission)?** |
| Community transmission is where there are large numbers of people who get sick and a direct source of COVID-19 cannot be found. | Ang pagkalat sa komunidaday nangyayari kung mayroong malaking bilang ng mga taong may sakit at direktang pinagmumulan ng COVID-19 na hindi matagpuan. |
| Social distancing, staying at home and maintaining good hygiene can help prevent community transmission. | Ang social distancing, pananatili sa bahay at pagpapanatili ng wastong kalinisan ay makakatulong upang maiwasan ang pagkalat sa komunidad. |

# Protect yourself and others - Protektahan ang iyong sarili at ang iba

## Feeling unwell? - Masama ba ang iyong pakiramdam?

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| **Should I get tested for COVID-19?** | **Dapat ba akong magpasuri para sa COVID-19?** |
| You should get tested for COVID-19 if: | Dapat kang magpasuri para sa COVID-19 kung ikaw ay may: |
| * Fever (37.5°C or greater) * Recent history of fever, such as chills or night sweats * Respiratory infection, such as cough, sore throat, or shortness of breath. | * Lagnat (37.5°C o mas mataas) * Kamakailang pagkakaroon ng lagnat, tulad ng panginginig o pamamawis sa gabi * Impeksyon sa respiratoryo, tulad ng ubo, namamagang lalamunan, o pangangapos ng hininga. |
| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/protecting-yourself-and-others/feeling-unwell> | <https://www.covid19.act.gov.au/protecting-yourself-and-others/feeling-unwell> |

## Getting tested - Magpapasuri

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| **What do I do and where do I go in the ACT if I have symptoms?** | **Ano ang aking gagawin at saan ako pupunta sa ACT kung ako ay may mga sintomas?** |
| Limit being around other people. | Bawasan ang pakikihalubilo sa ibang tao. |
| Call your GP, testing can be organised if needed. | Tawagan ang iyong GP, maaaring asikasuhin ang pagpapasuri kung kinakailangan. |
| Visit a Respiratory Assessment Clinic at: | Bisitahin ang Respiratory Assessment Clinic sa: |
| * Weston Creek Walk-in Centre 24 Parkinson St, Weston.   Open 7:30am – 10:00pm every day.  Use a mask and hand sanitiser at the front door.   * Drive Through Respiratory Assessment Clinic at Exhibition Park in Canberra.  EPIC, Flemington Rd & Northbourne Ave, Mitchell.   Open 9:30am – 6:00pm every day.  Cannot be accessed from public transport or on foot.   * Only visit the hospital if you are really sick or if breathing is hard for you. Call 000 for an ambulance if you have chest pain or very high fever. | * Weston Creek Walk-in Centre 24 Parkinson St, Weston.   Bukas mula 7:30nu hanggang 10:00ng araw-araw.  Gumamit ng mask at hand sanitiser na nasa may harapang pinto.   * Drive Through Respiratory Assessment Clinic sa Exhibition Park sa Canberra.  EPIC, Flemington Rd & Northbourne Ave, Mitchell.   Bukas mula 9:30nu hanggang 6:00ng araw-araw.  Hindi mapupuntahan gamit ang pampublikong sasakyan o paglalakad.   * Bisitahin lamang ang ospital kung ikaw ay talagang maysakit o kung nahihirapan kang huminga. Tumawag sa 000 para sa ambulansya kung masakit ang iyong dibdib o may napakataas na lagnat. |
| **What happens if I test positive for COVID-19 in the ACT?** | **Ano ang mangyayari kung ako ay nag-positibo sa COVID-19 sa ACT?** |
| The ACT Communicable Disease Control (CDC) team will call you to see who you have been near. | Tatawagan ka ng pangkat ng Communicable Disease Control (CDC) ng ACT upang malaman kung sino ang iyong nakahalubilo. |
| They will call the people you have been near and tell them what to do. | Tatawagan nila ang mga taong nakahalubilo mo at sasabihan sila kung ano ang gagawin. |
| Remain at home in self-isolation until you are no longer positive to COVID-19. | Manatili sa bahay nang nakahiwalay ang sarili hanggang sa ikaw ay hindi na mag-positibo sa COVID-19. |
| You will be told if you need to go to hospital. | Sasabihan ka kung kailangan mong pumunta sa ospital. |
| If you are told to stay at home, you should self-isolate at home until you are told it is safe to return to normal activities. | Kung sinabihan kang manatili sa bahay, dapat mong ihiwalay ang sarili sa bahay hanggang sa sabihin sa iyo na ligtas ka nang magbalik sa normal na mga aktibidad. |
| Someone will check on you every day and will arrange for more testing. | May titingin sa iyo araw-araw at mag-aasikaso para sa karagdagang mga pagsusuri. |
| More information on isolation is on ACT Government’s dedicated website at [covid19.act.gov.au](https://www.covid19.act.gov.au/) | Ang karagdagang impormasyon tungkol sa paghihiwalay ng sarili ay nasa itinalagang website ng Pamahalaang ACT para sa [covid19.act.gov.au](https://www.covid19.act.gov.au/) |
| If you get sicker call [(02) 5124 9213](tel:0251249213) during business hours or call [(02) 9962 4155](tel:0299624155) after hours for what to do. | Kung ang karamdaman mo ay lumala, tumawag sa [(02) 5124 9213](tel:0251249213) sa mga oras ng negosyo o tumawag sa [(02) 9962 4155](tel:0299624155) pagkatapos ng mga oras ng negosyo para sa dapat gawin. |
| If you are short of breath or have chest pain, call 000 for an ambulance. Tell them you have COVID-19. | Kung ikaw ay kinakapos ng hininga o nananakit ang dibdib, tumawag sa 000 para sa ambulansya. Sabihin sa kanila na ikaw ay may COVID-19. |
| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested> | <https://www.covid19.act.gov.au/protecting-yourself-and-others/getting-tested> |

## Good hygiene - Wastong kalinisan

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| * Wash your hands really well many times a day. Use soap and water. Wash the front and back of your hands. Wash between fingers and thumbs. * Do not touch your eyes, nose or mouth with your hands. * Cough into your elbow. * Use hand sanitiser after you touch things in public. For example, shopping trolleys. * Sneeze into a tissue. Throw the tissue in the bin. Wash your hands again. | * Hugasan ang iyong mga kamay nang madalas sa isang araw. Gumamit ng sabon at tubig. Hugasan ang harapan at likod ng iyong mga kamay. Hugasan ang pagitan ng mga daliri at hinlalaki. * Huwag hihipuin ng iyong mga kamay ang iyong mga mata, ilong o bibig. * Umubo sa iyong braso. * Gumamit ng hand sanitiser pagkatapos mong humawak ng mga bagay-bagay sa publiko. Halimbawa, mga shopping trolley. * Bumahing sa tisyu. Itapon ang tisyu sa basurahan. Hugasang muli ang iyong mga kamay. |

## Physical distancing - Pisikal na pagdistansiya

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| * Unwell, stay at home. * Do not travel unless you need. | * Kung masama ang pakiramdam, manatili sa bahay. * Huwag kang maglalakbay maliban kung kailangan mong gawin. |
| * Keep a distance of 1.5 metres between yourself and other people, as well as following the 1 person per 4 square metres rule. * Avoid shaking hands, hugging, or kissing other people. * Use “tap and go” payments, instead of cash. | * Panatilihin ang distansya na 1.5 metro sa pagitan mo at ng ibang tao, pati na rin ang pagsunod sa patakaran na 1 tao sa bawat 4 na metro kuwadrado. * Iwasan ang pakikipagkamay, pagyakap, o paghalik sa ibang tao. * Gumamit ng "tap and go" sa pagbabayad, sa halip na cash. |
| Minimise visits to vulnerable people, such as those in aged care facilities or hospitals, elderly people, infants, or people with compromised immune systems. | Bawasan ang mga pagbisita sa mga mahihinang tao, tulad ng mga nasa pasilidad ng pangangalaga sa matatanda o mga ospital, mga matatanda, mga sanggol, o mga taong may mahihinang immune system. |

## At risk groups - Mga grupong nanganganib

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| Some people are at more risk of serious illness from COVID-19 than others, and extra precautions can be taken to help you stay safe. | Ang ilang tao ay mas nanganganib na magkaroon ng malubhang sakit mula sa COVID-19 kaysa sa iba, at maaaring gawin ang mga karagdagang pag-iingat upang makatulong sa iyo na manatiling ligtas. |
| People most at risk of complications from COVID-19 are:   * People aged 70 years and over * People aged 65 years and over with chronic medical conditions * People with compromised immune systems * Aboriginal and Torres Strait Islander people over the age of 50 with one or more chronic medical conditions | Ang mga tao na pinakananganganib sa komplikasyon mula sa COVID-19 ay ang:   * Mga tao na may edad na 70 taon at mahigit * Mga tao na may edad na 65 taon at mahigit na may matagal nang karamdaman * Mga tao na may mahinang immune system * Mga taong Aborihinal at Torres Strait Islander na may edad na mahigit sa 50 na may isa o higit pang malalang karamdaman |
| The [Community Services Directorate website](https://www.communityservices.act.gov.au/covid-19-community-service-information) has detailed information on the community services and supports available to people at risk during the COVID-19 outbreak. | Ang [Community Services Directorate website](https://www.communityservices.act.gov.au/covid-19-community-service-information" \t "_blank) ay may detalyadong impormasyon ng mga serbisyo ng komunidad at suportang makukuha ng mga tao na nanganganib sa panahon ng pagkalat ng COVID-19. |
| Remember, it is important to take extra care when visiting more vulnerable people, such as the elderly, by maintaining physical distancing and practising good hand and respiratory hygiene at all times. | Tandaan, mahalagang dagdagan ang pag-iingat kapag bumibisita sa mas mahihinang mga tao, tulad ng matatanda, sa pamamagitan ng pagpapanatili ng pisikal na pagdistansiya at pagsasagawa ng wastong kalinisan ng kamay at respiratoryo sa lahat ng oras. |
| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups> | <https://www.covid19.act.gov.au/protecting-yourself-and-others/at-risk-groups> |

## Quarantine and isolation - Kuwarentena at paghihiwalay ng sarili

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| **What does self-isolation mean for me and my family?** | **Ano ang kahulugan ng paghihiwalay ng sarili (self-isolation) para sa akin at sa aking pamilya?** |
| * Staying at home and away from family members in your home. * No visitors. * Continue [good hygiene practices](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself). * Wear a mask if you have one. * Contact your GP is symptoms get worse. * Only visit the hospital if you are really sick or if breathing is hard for you. * Call an ambulance if you have chest pain or very high fever. Tell them you may have COVID-19. | * Manatili sa bahay at malayo sa mga miyembro ng pamilya sa inyong tahanan. * Wala dapat na mga bisita. * Ipagpatuloy ang [mga gawi ng wastong kalinisan](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself). * Magsuot ng mask kung mayroon ka nito. * Makipag-ugnay sa iyong GP kung lumala ang mga sintomas. * Pumunta lamang ng ospital kung ikaw ay talagang maysakit o kung nahihirapan kang huminga. * Tumawag ng ambulansya kung masakit ang iyong dibdib o napakataas ng iyong lagnat. Sabihin sa kanila na maaaring mayroon kang COVID-19. |
| **What does it mean to quarantine?** | **Ano ang ibig sabihin ng kuwarentena?** |
| Being quarantined at home means that you need to stay where you are for 14 days. You cannot go to work, school, or public areas, such as shops or cafes, restaurants. You need to tell people not to visit you while you are quarantined. | Ang naka-kuwarentena sa bahay ay nangangahulugan na kailangan mong manatili dito sa loob ng 14 na araw. Hindi ka maaaring pumunta sa trabaho, sa paaralan, o sa mga pampublikong lugar, tulad ng mga pamilihan o mga kapihan, mga restoran. Kailangang sabihin mo sa iba na huwag kang bibisitahin habang nasa kuwarantena. |
| While in quarantine, you need to closely monitor your health for symptoms of COVID-19. | Habang nasa kuwarentena, kailangan mong malapit na subaybayan ang iyong kalusugan para sa mga sintomas ng COVID-19. |
| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/protecting-yourself-and-others/quarantine-and-isolation> | <https://www.covid19.act.gov.au/protecting-yourself-and-others/quarantine-and-isolation> |

## Groups and gatherings - Mga grupo at mga pagtitipon

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| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/protecting-yourself-and-others/groups-and-gatherings> | <https://www.covid19.act.gov.au/protecting-yourself-and-others/groups-and-gatherings> |

## Mental health and wellbeing - Kalusugan ng pag-iisip at kagalingan

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| **How do I keep my mind healthy?** | **Paano ko pananatilihing malusog ang aking isipan?** |
| We all have different ways of coping; remember you are not alone in how you feel. | Lahat tayo ay may iba't ibang paraan ng pagkaya; tandaan na hindi ka nag-iisa sa nararamdaman mo. |
| Feeling confused and uncertain about the future is a normal, understandable reaction at a time like this. | Ang makaramdam ng pagkalito at kawalan ng katiyakan tungkol sa hinaharap ay normal at mauunawaang reaksyon sa panahong tulad nito. |
| * + maintain your routine as much as possible.   + talk to family and friends by phone, skype or email.   + Limit time on media and social media if it makes you feel unhappy or fearful.   + Continue to exercise. | * + ipagpatuloy ang iyong mga karaniwang ginagawa (routine) hangga't maaari.   + makipag-usap sa pamilya at mga kaibigan sa pamamagitan ng telepono, Skype o email.   + Limitahan ang oras sa media at social media kung nagpapalungkot or nakakaramdam ka ng takot dahil dito.   + Ipagpatuloy na pag-eehersisyo. |

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| **Where can I get support?** | **Saan ako maaaring makakuha ng suporta?** |
| * + Call your GP   + Call headspace Canberra on 5109 9700   Visit their website at <https://headspace.org.au/headspace-centres/headspace-canberra/>   * + [Lifeline](http://Lifeline) Canberra on 13 11 14   Visit their website at [www.lifeline.org.au](http://www.lifeline.org.au)   * + Call Beyond Blue on 1300 22 46 36   Visit their website at [www.beyondblue.org.au](http://www.beyondblue.org.au/)   * + Call Kids Helpline on 1800 551 800   Visit their website at <https://kidshelpline.com.au>   * + Call St Vincent de Paul Canberra on (02) 6282 2722   + Call Anglicare (Canberra) on (02) 6245 7100   + Call Anglicare (Goulburn) on (02) 4823 4000   + Call MensLine Australia on 1300 78 99 78   + Call Suicide Call Back Service on 1300 659 467   + Call NSW Mental Health Line on 1800 011 511   + Call COVID-19 National Hotline on 1800 675 398   + Call Canberra Health Services Access Mental Health on 1800 629 354 or 02 6205 1065 | * + Tawagan ang iyong GP   + Tawagan ang headspace Canberra sa 5109 9700   Bisitahin ang kanilang website na <https://headspace.org.au/headspace-centres/headspace-canberra/>   * + [LifeLine](http://Lifeline) Canberra sa 13 11 14   Bisitahin ang kanilang website na [www.lifeline.org.au](http://www.lifeline.org.au)   * + Tawagan ang Beyond Blue sa 1300 22 46 36   Bisitahin ang kanilang website na [www.beyondblue.org.au](http://www.beyondblue.org.au/)   * + Tawagan ang Kids Helpline sa 1800 551 800   Bisitahin ang kanilang website na <https://kidshelpline.com.au>   * + Tawagan ang St Vincent de Paul Canberra sa (02) 6282 2722   + Tawagan ang Anglicare (Canberra) sa (02) 6245 7100   + Tawagan ang Anglicare (Goulburn) sa (02) 4823 4000   + Tawagan ang MensLine Australia sa 1300 78 99 78   + Tawagan ang Suicide Call Back Service sa 1300 659 467   + Tawagan ang NSW Mental Health Line sa 1800 011 511   + Tawagan ang COVID-19 National Hotline sa 1800 675 398   + Tawagan ang Canberra Health Services Access Mental Health sa 1800 629 354 o 02 6205 1065 |

## The flu and COVID-19 - Trangkaso at COVID-19

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| **Are COVID-19 and influenza the same?** | **Pareho ba ang COVID-19 at trangkaso?** |
| No. COVID-19 and influenza (flu) are caused by different viruses. Both COVID-19 and influenza cause respiratory illness. The symptoms, which can range from mild through to severe and sometimes fatal, are often very similar. | Hindi. Ang COVID-19 at trangkaso (flu) ay sanhi ng magkaibang mga virus. Ang COVID-19 at trangkaso ay sanhi ng karamdaman sa respiratoryo. Madalas na halos magkatulad ang mga sintomas na maaaring bahagya hanggang sa malubha at kung minsan ay nakamamatay. |
| An important difference between the two viruses is the incubation time (the time from infection to appearance of symptoms) with influenza typically having a shorter incubation period than COVID-19. | Ang mahalagang pagkakaiba sa pagitan ng dalawang virus ay ang panahon ng inkubasyon (ang tagal mula impeksiyon hanggang sa paglitaw ng mga sintomas) kung saan ang trangkaso ay karaniwang may mas maikling inkubasyon kaysa sa COVID-19. |
| While both viruses can cause severe disease, it appears severe and critical disease occurs more commonly in people with COVID-19 compared to influenza. | Habang ang parehong virus ay maaaring maging sanhi ng malubhang sakit, lumilitaw na ang malubha at kritikal na sakit ay mas karaniwang nangyayari sa mga tao na may COVID-19 kumpara sa mga tao na may trangkaso. |
| **Will the flu vaccine protect me against COVID-19?** | **Mapoprotektahan ba ako ng bakuna sa trangkaso laban sa COVID-19?** |
| The flu vaccine will not protect you against COVID-19, but it is highly recommended that you get vaccinated each year to prevent influenza infection. If you become infected with influenza it can lower your immunity and make you susceptible to other illnesses, like COVID-19. | Ang bakuna sa trangkaso ay hindi magpoprotekta sa iyo laban sa COVID-19, ngunit lubos na inirerekomenda na ikaw ay magpabakuna bawat taon upang maiwasan ang impeksiyon ng trangkaso. Kung ikaw ay nahawahan ng transkaso, maaaring mas humina pa ang iyong immunity at mas madali kang kapitan ng ibang mga sakit, tulad ng COVID-19. |
| **Where can I get the flu vaccine?** | **Saan ako makakakuha ng bakuna para sa trangkaso?** |
| Influenza vaccines are available at GPs, some pharmacies (10 years and over) and Early Childhood Immunisation Centres (6 months to under 5 years). Some workplaces also provide influenza vaccines for staff. | Ang mga bakuna sa trangkaso ay makukuha sa mga GP, ang ilang mga botika (10 taon at higit pa) at Early Childhood Immunisation Centres (6 na buwan hanggang 5 taon). Ang ilang mga lugar ng trabaho ay nagbibigay din ng bakuna sa trangkaso para sa mga kawani. |
| It's important to call ahead and make an appointment to ensure that your GP has flu vaccines in stock. | Mahalagang tumawag muna at makipag-appointment upang matiyak na ang iyong GP ay may nakatabing bakuna sa trangkaso. |
| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/protecting-yourself-and-others/the-flu-and-covid-19> | <https://www.covid19.act.gov.au/protecting-yourself-and-others/the-flu-and-covid-19> |

# Help and advice - Tulong at payo

## Travelling - Paglalakbay

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| **Travelling interstate** | **Paglalakbay papunta sa ibang estado** |
| The ACT borders have never been closed. However, previously only essential travel was recommended. | Hindi isinara ang mga hangganan (borders) ng ACT. Gayunman, kamakailan ay inirerekomenda lang ang paglalakbay kung kailangang-kailangan. |
| Canberrans should carefully consider the need to travel outside of the Canberra region. | Dapat maingat na pag-isipan ng mga Canberrans ang pangangailangang maglakbay sa labas ng rehiyon ng Canberra. |
| Someone bringing the virus into the region from interstate remains one of the biggest risks to the re-emergence of COVID-19 in the ACT. | Ang isang tao na may dalang virus mula sa ibang estado papunta sa rehiyon ay nananatiling isa sa mga pinakamalaking panganib sa muling paglitaw ng COVID-19 sa ACT. |
| If you choose to use travel, it is your responsibility to maintain [physical distancing](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself#Physical-social-distancing) and practise [good hygiene](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself#Practising-good-hygiene). | Kung pipiliin mong maglakbay, responsibilidad mong panatilihin ang [pisikal na pagdistansiya](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself" \l "Physical-social-distancing) at isagawa ang [wastong kalinisan](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself#Practising-good-hygiene). |
| You should not travel if you are unwell. | Hindi ka dapat maglakbay kung masama ang iyong pakiramdam. |
| You must adhere to the rules within the state you are travelling. | Dapat mong sundin ang mga patakaran sa estado na iyong paglalakbayan. |
| [Check the rules for each state or territory](https://www.covid19.act.gov.au/resources/outside-the-act) for more information. | [[Alamin ang mga patakaran para sa bawat estado o teritoryo](https://www.covid19.act.gov.au/resources/outside-the-act)](https://www.covid19.act.gov.au/resources/outside-the-act) para sa karagdagang impormasyon. |
| For information about visiting NSW households, please visit <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/two-people-visitation-rule> | Para sa impormasyon tungkol sa pagbisita sa mga kabahayan sa NSW, mangyaring bisitahin ang <https://www.nsw.gov.au/covid-19/what-you-can-and-cant-do-under-rules/two-people-visitation-rule> |
| For more information about other states, visit the following government websites:   * [New South Wales](https://www.nsw.gov.au/covid-19) * [Northern Territory](https://coronavirus.nt.gov.au/) * [Queensland](https://www.covid19.qld.gov.au/) * [South Australia](https://www.covid-19.sa.gov.au/) * [Tasmania](https://www.coronavirus.tas.gov.au/) * [Victoria](https://www.dhhs.vic.gov.au/coronavirus) * [Western Australia](https://www.wa.gov.au/government/covid-19-coronavirus) | Para sa higit pang impormasyon tungkol sa ibang estado, bisitahin ang sumusunod na mga website ng pamahalaan:   * [New South Wales](https://www.nsw.gov.au/covid-19) * [Northern Territory](https://coronavirus.nt.gov.au/) * [Queensland](https://www.covid19.qld.gov.au/) * [South Australia](https://www.covid-19.sa.gov.au/) * [Tasmania](https://www.coronavirus.tas.gov.au/) * [Victoria](https://www.dhhs.vic.gov.au/coronavirus)   Western Australia |
| **Travelling overseas** | **Paglalakbay sa ibang bansa** |
| The Australian Government has a ‘do not travel’ ban on Australians travelling overseas. | Ang Pamahalaang Australya ay may ban sa paglalakbay (‘do not travel ban’) sa mga Australyano na maglalakbay sa ibang bansa. |
| The travel ban will help to reduce spread of coronavirus in Australia and overseas. | Ang ban sa paglalakbay ay tutulong upang mabawasan ang pagkalat ng coronavirus sa Australya at sa ibang bansa. |
| Exemptions to the travel ban may be considered if: | Ang mga pagpupuwera (exemptions) sa ban sa paglalakbay ay maaaring isaalang-alang kung: |
| * you usually reside overseas; * travel is essential; * travel is a national interest; or * travel is for compassionate or humanitarian reasons. | * ikaw ay karaniwang naninirahan sa ibang bansa; * kailangang-kailangan mong maglakbay; * ang paglalakbay ay para sa pambansang interes; o * ang paglalakbay ay para sa mahabagin o makataong dahilan. |
| To apply for an exemption, you need to contact the Department of Home Affairs. | Upang makapag-aplay para sa exemption, kailangan mong kontakin ang Department of Home Affairs. |
| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/help-and-advice/travellers> | <https://www.covid19.act.gov.au/help-and-advice/travellers> |

## Education, universities, and childcare - Edukasyon, mga pamantasan, at childcare

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| **Child Care** | **Child Care** |
| ACT Child Care centres remain open. | Ang mga centre ng Child Care sa ACT ay mananatiling bukas. |
| All other early childhood services, like long day care, family day care, some out of school hours care and vacation care can continue to operate. Check with your local provider to see if services have changed. | Lahat ng iba pang mga serbisyo sa maagang pagkabata, tulad ng long day care, family day care, ilang mga out of school hours care at vacation care ay maaaring patuloy na magbukas. Alamin sa inyong lokal na provider kung nagbago ang mga serbisyo. |

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| **Schools** | **Mga paaralan** |
| Students and teachers with chronic health conditions or compromised immune systems will be allowed to remain studying/working from home. | Ang mga mag-aaral at guro na may malalang mga kondisyon ng kalusugan o mahinang mga immune system ay papayagang manatiling nag-aaral/nagtatrabaho mula sa bahay. |
| If your child is unwell, do not send them to school. | Kung ang iyong anak ay may sakit, huwag silang papasukin sa paaralan. |
| More information about face to face learning is available on the [Education Directorate](https://www.education.act.gov.au/about-us/all-news-and-news-alerts/news-items/may-2020/back-to-the-classroom) website. | Ang higit pang impormasyon tungkol sa harap-harapang pag-aaral ay makukuha sa website ng [Education Directorate](https://www.education.act.gov.au/about-us/all-news-and-news-alerts/news-items/may-2020/back-to-the-classroom). |
| For non-government schools, which may have different arrangements in place, visit the school’s website directly. | Para sa mga paaralan na hindi pampamahalaan, na maaaring may ibang kaayusang itinalaga, bisitahin nang direkata ang website ng paaralan. |
| **Universities** | **Mga pamantasan** |
| Canberra’s education providers are working hard to support students throughout this crisis. | Ang mga provider ng edukasyon sa Canberra ay nagsisikap na suportahan ang mga mag-aaral sa panahon ng krisis na ito. |
| Please contact your institution for specific information about returning to classes.   * [The Australian National University](https://www.anu.edu.au/news/all-news/covid-19-advice) * [University of Canberra](https://www.canberra.edu.au/coronavirus-advice) * [Canberra Institute of Technology](https://cit.edu.au/news/supporting_our_students_during_the_covid-19_outbreak?fbclid=IwAR2g5DUNplR96imF57Wxceq1IQRVmGJOZ0GyCROEtU8peIglsNaxieOWOk8) * [Australian Catholic University](https://www.acu.edu.au/about-acu/news/2020/january/coronavirus-update/coronavirus-fact-sheet) * [UNSW Canberra](https://www.unsw.adfa.edu.au/) * [Charles Sturt University](https://www.csu.edu.au/current-students/safety-wellbeing/your-wellbeing/coronavirus) | Mangyaring kontakin ang inyong institusyon para sa partikular na impormasyon tungkol sa pagbabalik sa mga klase.   * [The Australian National University](https://www.anu.edu.au/news/all-news/covid-19-advice) * [University of Canberra](https://www.canberra.edu.au/coronavirus-advice) * [Canberra Institute of Technology](https://cit.edu.au/news/supporting_our_students_during_the_covid-19_outbreak?fbclid=IwAR2g5DUNplR96imF57Wxceq1IQRVmGJOZ0GyCROEtU8peIglsNaxieOWOk8) * [Australian Catholic University](https://www.acu.edu.au/about-acu/news/2020/january/coronavirus-update/coronavirus-fact-sheet) * [UNSW Canberra](https://www.unsw.adfa.edu.au/) * [Charles Sturt University](https://www.csu.edu.au/current-students/safety-wellbeing/your-wellbeing/coronavirus) |

## Public transport - Pampublikong transportasyon

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| **Public transport** | **Pampublikong transportasyon** |
| While light rail and bus services, including the flexible bus service and special needs transport, will continue to operate, we are urging people to only use them if absolutely necessary. | Habang ang mga serbisyo ng tren (light rail) at bus, kabilang ang flexible na serbisyo ng bus at transportasyon para sa natatanging pangangailangan, ay patuloy na gumagana, hinihikayat namin ang mga tao na gamitin lamang ang mga ito kung talagang kinakailangan. |
| These services are essential for many in our community to get to the shops, to appointments and to and from work and we urge people to avoid non-essential travel to help stop the spread of COVID-19 in our community. | Ang mga serbisyong ito ay kailangang-kailangan ng marami sa ating komunidad upang makapunta sa mga pamilihan, sa mga pakikipagkita at sa pagpunta’t pagbalik ng trabaho at hinihikayat namin ang mga tao na iwasan ang hindi mahalagang paglalakbay upang mapigilan ang pagkalat ng COVID-19 sa ating komunidad. |
| Please avoid using public transport if you feel unwell. | Mangyaring iwasan ang paggamit ng pampublikong sasakyan kung masama ang iyong pakiramdam. |
| Get on the bus from the rear door. | Sumakay ng bus mula sa likurang pinto. |
| Drivers will only not open the front doors if there are safety concerns at particular locations. | Ang mga drayber ay hindi magbubukas ng mga pintuan sa harapan kung may pag-aalala sa kaligtasan sa partikular na mga lokasyon. |
| The front seat of the bus will temporarily be closed off, providing more space between our drivers and customers. | Ang upuan sa harapan ng bus ay panandaliang isinara, upang maglaan ng mas maraming espasyo sa pagitan ng ating mga drayber at mga pasahero. |
| Always follow [good hygiene practises](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself) when using public transport. | Laging sundin ang [mga gawi sa wastong kalinisan](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself) kapag gumagamit ng pampublikong transportasyon. |
| Cash will no longer be accepted on Transport Canberra buses until further notice. Please use MyWay or pre-purchased tickets from ticket vending machines | Hindi na tatanggap ng cash sa mga bus ng Transport Canberra hangga’t walang bagong abiso. Mangyaring gumamit ng MyWay o nauna nang biniling mga tiket mula sa mga ticket vending machine |
| For ticketing and fares information <https://www.transport.act.gov.au/tickets-and-myway> | Para sa impormasyon sa pag-ticket at pamasahe <https://www.transport.act.gov.au/tickets-and-myway> |

## Other transport - Iba pang transportasyon

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| **Taxis and ride share** | **Mga taksi at ride share** |
| You can still use taxis and ride share services in the ACT. | Maaari ka pa ring gumamit ng mga serbisyo ng taksi at ride share sa ACT. |
| If you are using a taxi or ride share service you should follow the ACT Health advice about [good hygiene practices](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself). | kung gumagamit ka ng serbisyo ng taksi o ride share, dapat mong sundin ang payo ng ACT Health tungkol sa [mga gawi sa wastong kalinisan](https://www.covid19.act.gov.au/protecting-yourself-and-others/protect-yourself). |
| You should not use a taxi or ride share service if you feel unwell. If you have COVID-19 symptoms and have no other way to get to a centre for testing, please call Healthdirect on 1800 022 222 to talk about other transport options. | Hindi ka dapat gumamit ng serbisyo ng taksi o ride share kung masama ang iyong pakiramdam. Kung ikaw ay may mga sintomas ng COVID-19 at walang ibang paraan para makapunta sa centre upang magpasuri, mangyaring tawagan ang Healthdirect sa 1800 022 222 upang makipag-usap tungkol sa iba pang mga pagpipilian sa transportasyon. |
| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/help-and-advice/transport> | <https://www.covid19.act.gov.au/help-and-advice/transport> |

## Community support - Suporta ng komunidad

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| **Support for seniors in the ACT, including essential services** | **Suporta para sa mga nakatatanda sa ACT, kabilang ang mga kailangang-kailangang serbisyo** |
| There is a Seniors Information Line is open Monday to Friday, 9:00am - 5:00pm. Staff are available to take your calls and listen to your concerns and provide advice. | Bukas ang Seniors Information Line mula Lunes hanggang Biyernes, 9:00nu hanggang 5:00ng. May mga kawani na sasagot ng iyong mga tawag at pakikinggan ang iyong mga alalahanin at magbibigay ng payo. |
| They will be able to provide detail on the following services: | Makakapagbigay sila ng detalye tungkol sa sumusunod na mga serbisyo: |
| * ACT Seniors Cards and discounts * social activities * aged care and retirement options * household assistance * transport * community and government services. | * ACT Seniors Cards at mga diskuwento * mga gawaing panlipunan * mga opsiyon sa pangangalaga ng matatanda at pagreretiro * tulong sa sambahayan * transportasyon * mga serbisyo ng komunidad at pamahalaan. |
| The Seniors Information Line can be reached on 6282 3777 or you can visit the Council of The Ageing website. | Ang Seniors Information Line ay matatawagan sa 6282 3777 o maaari mong bisitahin ang website ng Council of The Ageing. |
| Some supermarkets are also supporting the needs of older people by offering an hour of shopping just for vulnerable people with appropriate government-issued concession identification. | Ang ilang mga supermarket ay sumusuporta din sa mga pangangailangan ng mga matatanda sa pamamagitan ng pag-alok ng natatanging oras ng pamimili na para lang sa mga mahihinang tao na may angkop na concession ID na inisyu ng gobyerno. |
| These supermarkets include: | Ang mga supermarket na ito ay kinabibilangan ng: |
| * Woolworths Community Hour 7am - 8am Monday, Wednesday and Friday * Coles Community Hour7am - 8am Monday, Wednesday and Friday * Fyshwick Fresh Food Markets – Seniors Shopping Hour 7am - 8am Thursday and Friday | * Woolworths Community Hour 7nu hanggang 8nu Lunes, Miyerkoles at Biyernes * Coles Community Hour 7nu hanggang 8nu Lunes, Miyerkoles at Biyernes * Fyshwick Fresh Food Markets – Seniors Shopping Hour 7nu hanggang 8nu Huwebes at Biyernes |
| **Canberra Relief Network** | **Canberra Relief Network** |
| The Canberra Relief Network is helping to provide food and non-perishable household essential items to vulnerable people in the ACT. | Ang Canberra Relief Network ay tumutulong magbigay ng pagkain at di-nabubulok na mga kailangan sa sambahayan ng mga mahihinang tao sa ACT. |
| For more information about the Canberra Relief Network you can call 1800 43 11 33. | Para sa karagdagang impormasyon tungkol sa Canberra Relief Network maaari mong tawagan ang 1800 43 11 33. |
| **Support for temporary visa holders** | **Suporta para sa mga may-hawak na pansamantalang visa (temporary visa)** |
| The ACT Government is helping temporary visa holders and international students during COVID-19.  Many people on temporary visas are not eligible for Job Keeper.  We are providing $450,000 to support these Canberrans.  This funding will help those who are unable to go home, work, or receive Australian Government support.  It will also help with the basics, so people can survive this period. | Ang Pamahalaang ACT ay tumutulong sa mga may-hawak na pansamantalang visa at internasyonal na mga estudyante sa panahon ng COVID-19.  Maraming mga tao na may-hawak na pansamantalang visa ang hindi marapat sa Job Keeper.  Kami ay naglaan ng $450,000 upang suportahan ang mga Canberrans.  Ang pagpopondong ito ay tutulong sa mga hindi makauwi sa kanilang bansa, hindi makapagtrabaho, o hindi makatanggap ng suporta ng Pamahalaang Australya.  Ito rin ay makakatulong sa mga pangunahing pangangailangan, upang makayanan ng mga tao ang panahong ito. |
| For Canberrans seeking asylum, please contact Companion House Reception on [(02) 6251 4550](tel:0262514550).  This office is open Monday, Tuesday, Thursday, and Friday from 10am to 5pm.  You can also email Companion House at [info@companionhouse.org.au](mailto:info@companionhouse.org.au).  You need to have lodged a protection application with Department of Home Affairs. | Para sa Canberrans na naghahanap ng asylum (asylum seekers), mangyaring makipag-ugnay sa Companion House Reception sa [(02) 6251 4550](tel:0262514550).  Ang tanggapan ay bukas mula Lunes, Martes, Huwebes, at Biyernes mula sa 10nu hanggang 5nh.  Maaari ka ring mag-email sa Companion House sa [info@companionhouse.org.au](mailto:info@companionhouse.org.au).  Kailangang naghain ka ng aplikasyon ng proteksyon sa Department of Home Affairs. |
| For Canberrans on other temporary visas, please contact the Red Cross ACT Migration Support Program HUB on (02) 6234 7695.  You can also email Red Cross at [hspcanberra@redcross.org.au](mailto:hspcanberra@redcross.org.au).  This includes people on:   * bridging visas * Safe Haven Enterprise visas * Temporary Protection visas * temporary work visas * family visas | Para sa mga Canberrans na may-hawak na pansamantalang visa, mangyaring makipag-ugnay sa Red Cross ACT Migration Support Program HUB sa (02) 6234 7695.  Maaari ka ring mag-email sa Red Cross sa [hspcanberra@redcross.org.au](mailto:hspcanberra@redcross.org.au).  Kabilang dito ang mga tao na may-hawak na:   * mga bridging visa * mga Safe Haven Enterprise visa * mga Temporary Protection visa * mga temporary work visa * mga family visa |
| If you are an **international student**, please get in touch with your institution. | Kung ikaw ay isang **internasyonal na mag-aaral**, mangyaring makipag-ugnay sa inyong institusyon. |
| Migrants, refugees, asylum seekers, and humanitarian entrants can also get help through the **Migrant and Refugee Settlement Services**Emergency Relief Fund.  To find out more, please visit the [Migrant and Refugee Settlement Services website](http://www.marss.org.au/). | Ang mga migrante, refugee, asylum seeker, at humanitarian entrant ay maaari ring makakuha ng tulong mula sa **Migrant and Refugee Settlement Services**Emergency Relief Fund.  Para sa higit pang kaalaman, mangyaring bisitahin ang website na Migrant and Refugee Settlement Services. |
| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/help-and-advice/community-support> | <https://www.covid19.act.gov.au/help-and-advice/community-support> |

## Tenants and landlords - Mga nangungupahan at mga nagpapaupa

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| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/help-and-advice/residential-tenancies> | <https://www.covid19.act.gov.au/help-and-advice/residential-tenancies> |

## Sport and fitness - isport at fitness

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| **More information** | **Karagdagang impormasyon** |
| <https://www.covid19.act.gov.au/help-and-advice/sport-and-fitness> | <https://www.covid19.act.gov.au/help-and-advice/sport-and-fitness> |

# Financial support - Suportang pinansyal

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| **ECONOMIC SUPPORT** | **PANG-EKONOMIYANG SUPORTA** |
| **Business Liaison Team** | **Pangkat ng Tagapag-ugnay ng Negosyo (Business Liaison Team)** |
| A phone line is now available to help businesses understand the support available to them from the ACT Government because of the changes to normal business caused by COVID-19. | Ang linya ng telepono ay magagamit na ngayon upang matulungan ang mga negosyo na maunawaan ang suportang makukuha nila mula sa Pamahalaang ACT dahil sa mga pagbabago sa normal na negosyo sanhi ng COVID-19. |
| The number you can call is 02 6205 0900. | Ang numerong maaari mong tawagan ay 02 6205 0900. |
| **Hardship rates deferral arrangements** | **Mga kaayusan sa pagpapaliban ng mga halaga (rate deferral) sanhi ng kahirapan** |
| The ACT Revenue Office has a new process for rates deferrals for people who own and live in their home who are going through hardship because of COVID-19. No interest will apply to the deferred amount. | Ang ACT Revenue Office ay may bagong proseso para sa pagpapaliban ng mga halaga para sa mga tao na may-ari at nakatira sa kanilang tahanan na dumaranas ng kahirapan dahil sa COVID-19. Walang interes na ilalapat sa ipinagpalibang halaga. |
| The deferral will be for 12 months where household income has been significantly (at least 25%) reduced because of: | Ang pagpapaliban ay para sa 12 buwan kung saan ang kita ng sambahayan ay makabuluhang (ng kahit 25% man lang) nabawasan dahil sa: |
| * unemployment; * reduction in hours of work; or * a loss of small business income. | * kawalan trabaho * pagbawas sa oras ng trabaho; o * pagkawala ng kita sa maliit na negosyo. |
| Eligibility criteria will include income testing (household incomes less than $160,000 before tax). | Ang pamantayan ng pagiging karapat-dapat ay kabibilangan ng pag-test sa kita (kita ng sambahayan na mababa sa $160,000 bago ang buwis). |
| To apply for the deferral, you will need to complete a simple online application form on the [ACT Revenue Office website](https://www.revenue.act.gov.au/covid-19-assistance). | Upang makapag-aplay para sa pagpapaliban, kailangan mong kumpletuhin ang isang simpleng online na application form sa [ACT Revenue Office website](https://www.revenue.act.gov.au/covid-19-assistance). |
| **Six-month waiver of payroll tax** | **Anim na buwang pagwawaksi (waiver) sa buwis ng payroll** |
| Businesses who have been directly impacted by COVID-19 requirements will be eligible to get a six-month waiver of payroll tax from April to September 2020. | Ang mga negosyo na direktang naapektuhan ng mga kahingian (requirements) sa COVID-19 ay karapat-dapat na makakuha ng anim na buwang waiver ng payroll tax mula Abril hanggang Setyembre 2020. |
| Businesses will need to complete a simple online application form on the [ACT Revenue Office website](https://www.revenue.act.gov.au/covid-19-assistance) to confirm their eligibility. | Ang mga negosyo ay kailangan kumumpleto ng isang simpleng online na application form sa [ACT Revenue Office website](https://www.revenue.act.gov.au/covid-19-assistance) upang kumpirmahin ang kanilang pagiging karapat-dapat. |

## Jobs for Canberrans - Trabaho para sa mga Canberrans

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| **Jobs for Canberrans** | **Trabaho para sa mga Canberrans** |
| The ACT Government has created the Jobs for Canberrans Fund, which will provide work opportunities for people in the casual or semi-skilled workforce who have lost their jobs due to COVID-19. | Ang Pamahalaang ACT ay lumikha ng Jobs for Canberrans Fund, na magbibigay ng mga pagkakataong makapagtrabaho sa mga nagtatrabaho nang kaswal o semi-skilled na nawalan ng kanilang trabaho dahil sa COVID-19. |
| Roles will be made available to people most in need. Highest priority will be given to people ineligible for any Australian Government support. | Ang mga trabaho ay makukuha ng mga tao na pinaka-nangangailangan. Ang pinaka-prayoridad ay ang mga tao na hindi karapat-dapat para sa anumang suporta mula sa Pamahalaang Australya. |
| **Steps to sign-up** | **Mga hakbang sa pag-sign up** |
| To sign up, people will need to have an ACT Digital account so they can: | Upang mag-sign up, ang mga tao ay kailangang magkaroon ng account na ACT Digital upang magawa nilang: |
| * receive notifications on new jobs vacancies * apply for job vacancies online * easily update your contact details. | * tumanggap ng mga notipikasyon sa mga bagong bakanteng trabaho * mag-aplay para sa mga bakanteng trabaho online * madaling i-update ang iyong mga detalye ng kontak. |
| To apply for any roles, you may be asked to submit an online application and a CV listing skills and experience. | Para makapag-aplay sa anumang trabaho, maaari kang hilingang magsumite ng online na aplikasyon at CV ng naglilista ng iyong mga kasanayan at karanasan. |
| Apply here: [myaccount.act.gov.au/casualjob/s/](https://www.myaccount.act.gov.au/casualjob/s/) | Mag-apply dito: [myaccount.act.gov.au/casualjob/s/](https://www.myaccount.act.gov.au/casualjob/s/) |