

	English	Khmer
Social post 1: "Mosquito alert"	<p>Mosquitoes can carry diseases. Your best protection is to avoid mozzie bites.</p> <p>Use mosquito repellents containing Picaridin or DEET on all exposed skin; and limit your time outdoors if lots of mosquitoes are about.</p> <p>More information  <a href="https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</a></p>	<p>សត្វមូសអាចចម្លងជំងឺផ្សេងៗ។  ការការពារដ៏ល្អបំផុតរបស់អ្នកគឺជៀសវាងកុំឱ្យសត្វមូសខាំ។</p> <p>ប្រើថ្នាំបណ្តេញសត្វមូសដែលមានសារធាតុ Picaridin ឬ DEET នៅលើស្បែកដែលមិនបានគ្របដណ្តប់ទាំងអស់</p> <p>ហើយកំណត់ពេលវេលារបស់អ្នកនៅក្រៅអគារ</p> <p>ប្រសិនបើមានសត្វមូសច្រើននៅទីនោះ។</p> <p>ព័ត៌មានបន្ថែម  <a href="https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</a></p>
Social post 2: "Mosquitoes can carry serious disease"	<p>Mosquitoes can spread viruses like Ross river virus, and Japanese encephalitis virus. Avoid mosquito bites.</p> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>	<p>សត្វមូសអាចចម្លងវីរុសនានាដូចជាវីរុសទន្លេ Ross (Ross River) និងវីរុសបង្ករោគរលាកខួរក្បាលជប៉ុន។ ជៀសវាងកុំឱ្យសត្វមូសខាំ។</p> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>
Social post 3: "Stop mosquitoes from breeding"	<p>Mozzies love to breed in stagnant water. Reduce pools of water in and around backyards where you can. Protect yourself and your family from mosquito bites.</p> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>	<p>សត្វមូសចូលចិត្តបង្កាត់កូននៅក្នុងទីកកខ្វក់។ កាត់បន្ថយទឹកនៅក្នុងថ្នក និងនៅជុំវិញសួនក្រោយផ្ទះ</p> <p>ពេលណាដែលអ្នកអាចធ្វើទៅបាន។</p> <p>ការពារខ្លួនអ្នក និងការពារគ្រួសាររបស់អ្នកកុំឱ្យសត្វមូសខាំ។</p>

		<a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a>
<p>Social post 4: "Playing sport this weekend?"</p>	<p>If you're heading outdoors this long weekend enjoy yourself but remember to avoid mosquito bites. Mosquitoes can spread many diseases so:</p> <ul style="list-style-type: none"> <li>• Cover up: wear long, loose fitting, light coloured, clothing.</li> <li>• Apply: mosquito repellent that contains picaridin or DEET. Reapply often.</li> </ul> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>	<p>ប្រសិនបើអ្នកត្រូវចេញទៅក្រៅអគារនៅចុងសប្តាហ៍វែងនេះ សូមរីករាយនឹងខ្លួនអ្នក ប៉ុន្តែត្រូវចាំការពារកុំឱ្យសត្វមូសខាំ។ សត្វមូសអាចចម្លងជំងឺនានា ដូច្នេះ៖</p> <ul style="list-style-type: none"> <li>• គ្របប្លែង៖ ពាក់សម្លៀកបំពាក់វែង ធូរលុងសមស្រប ហើយមានពណ៌ជ័រពន្លឺ។</li> <li>• លាប៖ ថ្នាំបណ្តេញសត្វមូសដែលមានសារធាតុ picaridin ឬ DEET។ លាបវាឡើងវិញជាញឹកញាប់។</li> </ul> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>

<p>Social post 5: "Packing for a summer holiday?"</p>	<p>Packing for the school holidays?</p> <p>Here's a quick checklist to help keep the family safe:</p> <ul style="list-style-type: none"> <li>• Hats and plenty of sunscreen</li> <li>• Mozzie repellent</li> <li>• Water bottles</li> <li>• First aid kit</li> <li>• Essential medications</li> </ul> <p>Don't forget to download the VicEmergency app so you can receive alerts and warnings about emergencies in your area</p> <p><a href="https://emergency.vic.gov.au/respond/">https://emergency.vic.gov.au/respond/</a></p>	<p>តើនឹងវេចខ្ចប់សម្រាប់ថ្ងៃឈប់សម្រាកពីសាលាឬ?</p> <p>នេះគឺជាបញ្ជីត្រួតពិនិត្យដ៏ត្រូវស្រួលដើម្បីជួយរក្សាគ្រួសារឱ្យមានសុវត្ថិភាព៖</p> <ul style="list-style-type: none"> <li>• ម្នក និងឡេការពារកម្ដៅថ្ងៃឱ្យបានច្រើន</li> <li>• ថ្នាំបណ្ដេញសត្វមូស</li> <li>• ដបទឹក</li> <li>• កញ្ចប់សង្គ្រោះបឋម</li> <li>• ឱសថសំខាន់ៗ</li> </ul> <p>កុំភ្លេចទាញយកកម្មវិធី VicEmergency app ដើម្បីឱ្យអ្នកអាចទទួលសេចក្ដីជូនដំណឹង និងការព្រមាននានាស្តីពីភាពអាសន្ននៅក្នុងតំបន់របស់អ្នក</p> <p><a href="https://emergency.vic.gov.au/respond/">https://emergency.vic.gov.au/respond/</a></p>
<p>Social post 8: "Tips for using insect repellent"</p>	<p>There are lots of mozzies about this summer. If you're heading outdoors hiking or camping, remember to pack mozzie repellent.</p> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>	<p>មានសត្វមូសជាច្រើននៅរដូវក្ដៅនេះ។</p> <p>ប្រសិនបើអ្នកនឹងចេញទៅដើរឡើងភ្នំនៅក្រៅអគារ ឬបោះជំរំ សូមកុំភ្លេចវេចខ្ចប់ថ្នាំបណ្ដេញសត្វមូស។</p> <p><a href="https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease">https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</a></p>