

**Be Red Cross Ready**  
Prepare so you can protect.



Holh pakhatkhat nih thil pakhatkhat kong  
chimhning (Version) 3 – Cauk Chuahni June 11, 2020

## **COVID-19 caan lio i Kum Upa Deuh Mi Pawl Innchungkhar Zohkhenhtupawl**

Center for Disease Control and Prevention (CDC) ning zulhin, kum upa deuh le adang zawtnak afakmi arak ngei cia mi hna i cu afakngai in coronavirus 2019 (COVID-19) in an zawt ding hi asang deuh khun. A tu tiang in COVID-19 zawtnak khamnak si aum rih lo, a ti duh mi cu a tthabik mi lam cu zawtnak hrial hi asi.

Nangmah le nangmah le na dawtmi hna naa huhphenh khawhnak ding ah COVID-19 hmelchunhnak pawl le na karhlannak ding satep pawl na theihngal khawhnak dingah hika CDC website [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) ah rak leng. Mi zapi tonmi COVID-19 zawtnak ttihpahnak um lio caan ah nangmah le nangmah na zohkhenh pah in nangmah kha zohkhenhtu ttha le santlai na si khawhnak dingah hika i ruahnak pek nak ttialnak ca chung bantuk hna hi na hman lai.

### **Ngandam tein na um khawhnak dingah Na Karhlangnak**

Nangmah le nangmah porsonak na ngah lo nak dingah zohkhenhtu na si bantuk in asikhawh chung in ralrinnak pekchungmi hna vialte ah na ralrin lai. Na dawtmi pawl hna zong nih ralrinnak pekchungmi vialte ah an ni ralrin ve awk asi. Hika ah atlangpi in an um:

- **Na kut kha chatpiat le ti in a tlawmbik seken 20 chung na ttawl colh lai.** Chatpiat le ti kha i thimdeuh awk asi, asinatein chatpiat le ti an um lo ahcun, zureu 100 ah 60 (60%) a ummi kut thianhnak si na hman lai.
- **Na khuh asiloah na hachio caan ah na ka le na hnar kha caku pan te (tisu) in na huh lai** asiloah na kiu chunglei na hman lai. Na hman cang mi caku pan te (tisu) kha hmunthur bawm ah na hlonh lai. Mah dih ah na kut na ttawl colh lai.
- **A leng langhnak atu le atu tonghnak thamnak pawl kha nifa tein na thianh lai i CUN** porsonak umlo dingin na tuah peng lai, mah ahhin cabuai, innka hrenhnak kuttlahi, mei hmihnak, cabuai sau/sang, seh/thil kut, cazohnak cabuai sau, fawn, keyboard, zunput, timerh hmur, le ti thletnak pawl an tel. Thianhnak le porso lo ding thianhning theihternak a nekcok tiang in mahka ah aum [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)
- **COVID-19 zawtnak a ngei dingah ruah asimi mi pumpak pawl zohkhenh lio caan ah, puan hmaituamnak asiloah hmaituamnak na hruk lai.** Mi zapi umnak i na kal

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tikah, puan hmaituamnak ihruk law *cun* midang he a naihbik pe 6 i hlatnak ah na um peng lai. Puan in tuahmi hmai tuam nak cu kum 2 tang hngakchia, thawdawp avuai lo mi, asiloah pakhat khat nih bawmh lo in mah ten aphoih kho lo mi hna cu hman ter ding an si lo. A nekcok tiang in hika ah aum [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)

## Zohkhenhnak bawmtu bu iser

- **A biapi tukmi zaohkhenhnak rian na tuah caan i an bawm kho tu ding minung bochanhawk atlakmi minung pumpak tampi in zohkhenhnak bawmtu bu tiin na ser lai.** Bawmnak caah an tuahkhawhmi tuah lengmang dingmi rian na thiah hna lai. Tahchunhnakah, na dawtmi hna punghman tein fawn i chawnhnak, na fialmi paoh tuahawk ah, eidin zuarnak chaw dawr i kal, le online in thil cawk, le na dawtmi pawl an sibawi nih afial hna ahcun fawn he izohkhawh in chawnhkhawhna sernak bawmhna tibantuk pawl an nin bawmh khawh lai. Na umnak pawngkam i a um kho mi bohchanhawk atlakmi rianttuantu bu kha kawl, alak in rawl peknak bu, le online ipumhnak rain ahlu peknak pawl an ni tel. Na umnak bu hrampi le sawhpiak mi hna caah 211 auhna asiloah hika hi rak zoh [211 Call Center Search website](https://www.211.org/). Na umnak pawngkam i kan herhmi a kan pechantu pawl theih chap na duh ahcun, hika [auntbertha.com](https://www.auntbertha.com/) ah rak zoh. Na umnakmun rawl tampi aa pongmi hmun hika ah hmuhkhawh asi [feedingamerica.org/find-your-local-foodbank](https://www.feedingamerica.org/find-your-local-foodbank).

## Na dawtmi hna asi khawhchung in inn ah um ding in forhfiat hna

- **Na dawtmi hna asi khawhchung in inn ah um ding in le cun innchungkhar pakhat aahrawmtti lomi midang he ihlatnak i um ding ah na forfiat hna lai.** Peng tampi nihcun duhsah tein chawlethalnak pawl hun-tthan dingah an awnh lio ah COVID-19 zawtnak karh lo ding in rianttuannak hna nih an theih phak tawh in nemternak hriamhrei an kawh. Kum upa pawl nih theihthiam dingah a biapi tuk mi cu chawlehnak pawl an huntthan tikah, nemternak hriamhrei pawl mi pumpak cio a fakmi zawtnak ngeihkhawhna in khamhnak aatel, kum upa pawl le kum zeizat ti um lo in mi pumpak asi zongah zawtnak angeimi hna tel in. Cu caah, kum upa deuh mi pawl cu aherh-lomi lengchuahnak, le mi tampi le mi tlawmte itawnnak kha pumpak maw zapi inmaw ansi zongah anhrial ahau. Dawr hna nih na inn ah an nin kuat khawh lo asi ahcun na herh mi cawk ding lawng ah na chuak lai, ngandamnak ca takpum cawlhchanghnak ca le innzuat saram lengchuahpinak ca, asiloah ngandamnak lei mithiammi hna leng asiloah imagensi/aherhtukmi lawngah kal.
- Na dawtmi hna mi zapi umnak i chuah an herh soal ahcun, **midang he pakhat le pakhat pe 6 tluk ihlatnak ah um peng ding in na bawmh hna lai i CUN an ka le an hnar kha puan hmaituamnak in an khuh lai** himte in mahbantuk an hmankhawh ahcun.

- **Innchungkhar hna le hawikom hna he takpum iton ilennak rikhiah dingah na bawmh hna lai, abikin kum no mi hngakchia hna,** zeiruangah tiahcun hngakchia hna caah cun pakhat le pakhat ihlatnak i umding timihi an theithiam a harngai i asi. Innchungkhar mi le hawikom le hna nih fialmi tuahawk i an kal an nin bawmh lio caanah, mileng pawl na innchung i an rak luh nak in innleng innka hram ah rawl asiloah thildang aherhmi cawkm pawl chiahtak i kal kha na tuah deuh lai. Kum upa mi na dawtmi hna nih midang he an karlak ah pe 6 dan in an um a hau mah cun mileng hna nih thilri pawl an rak kuat tikah himte in an hruk khawh ahcun puan hmaituamnakan ni hruk lai.
- **Na dawtmi hna kha anmah an sibawi hna he itonnak ding ah hmaiton-itonhnak maw a ttha deuh lai asiloah fawn he dah ti ruahnak hal ter hna.** Fawn he itontuahnak (bia/holh le hmuhkhawh in) nih sibawi pawl le mizaw kha a lenglang le amin in si hmanh hlah seh law a taktak in asi i, video zuknung, aw, asiloah ca in kuatcolhnak pawl tuah khawh asi. Itontuahnak na tuah hnik ahcun nangmah zohkhenhtu ngandamnak lei sibawi mithiam le akhunchlei i zohkhenhtu pawl lamhruainak kha zulh law video in maw, fawn in maw, email maw, asiloah hmai-ton-tonnak in maw, cun zeitikah ti le zeitindah dahkhuaikhan aherhah atthatbik lai ti le adang tthetnak pawl le pakhat hnu pakhat achang lengmang in tuah ding mi pawl an si lai ti na hal hna lai. Na sibawi nih an in fial i video asiloah fawn he itonnak tuah na herh ahcun na itimhtuahnak caah na bawm hna lai.
- **Na dawtmi hna** an hawikom hna le an innchungkhar hna he fawn, video auhnak, cakuat, asiloah email in **pehtlaihter peng hna.**

## **Na dawtmi hna na huhphenh khawhnak ding ah COVID-19 hmelchunhnak pawl le na karhlannak ding satep pawl na theih lai**

- Nangmah le nangmah naa huhphenh khawhnak ding ah COVID-19 hmelchunhnak pawl le na karhlannak ding satep pawl na theihhngalh khawhnak dingah hika CDC website [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) ah rak leng. Lung retheihnak na ngeihah asiloah nangmah asiloah na dawtmi hna nan zaw asi ahcun ngandamnak zohkhenhtu mithiam pawl na auh hna lai.

## **Thla-1 ca si din ding le zarh-2 ca rawl le thilri pawl an ngeih maw ngei lo ti ttha tein na zohpiak lai**

- **Sibawi pekmi si thla 1 ca le si** dawr ah mahten- cawk-khawh angah mi khuh damnak si le tak linh zawrternak, taklinh tahnak seh, le adang si he aapehtlaimi thilri le hriamhrei thil pawl an ni tel dih. Na si sertu (sidawr) hna hal law sii pawl kha na inn ah an nin kuat khawh le khawh lo, asiloah mawttaw he i lak khawh le khawh lo. Laktthan a herh mi si pawl kha na ti tawn bantuk in cah hna. CPAP seh caah aherh sual ah tikhu in tlaktermi ti (distilled water) na ngeih ahau men lai.

- **Zarh 2 chung ca rawl** ti zong tel in, innchung thianhnak le porso lo ding thianhnak thilti pawl, chatpiat a tlang asiloah a hang, caku pawl, pumpak thianhnak a herh mi hna, le ngandamnak bawmtu hna asiloah thilri, taklinh tthetnak tel in. Na umnak chawdawr hna pehtlaih law online in na cah kho maw cun na inn ah an nin kuat asiloah lamthlang (dawrlengleiah) i va lak dingin na thim kho maw ti hal hna.

## **Nangmah asiloah na chungkhar mi an zawt sual ah zeitindah na tuah lai tikha khuakhan nak tuah**

- **Nangmah asiloah na chungkhar mi an zawt sual ah zeitindah na tuah lai tikha khuakhan nak tuah.** Nangmah ca zohkhenh ning khuakhanchungnak tuah law na dawtmi hna zong na bawmh khawh nak lai zohkhenh ningcang tthanter. Zohkhenhning khuakhanchungnak nih na ngandamnak, si pawl, zohkhenhtu bu, emagenci auhding cazin, le nunnak-dih-tik i zohkhenhning thimnak ca, tahchunnakah, hmailei kalning piang tein chimhnak (thih lai biacah) pawl a tawinakin chimtthannak pawl a si. Na dawtmi pawl kha zohkhenhnak timhtuahnak anhmukkhawhnak lai anmah sibawi he fawn in iton in ruahnak anni cheuhkhawhnak dingah bawm hna. CDC nih zohkhenhningcang tthanternak lamhmuhtu hika ah care plan le fillable care plan form nangmah bawmhak dingah an ngei. Nangmah le na dawtmi hna nan zawt ah a ho nih dah an nin zohkhenh lai ti biakhiahnak i tuah. Na ngandamnak i na herh mi an theih a hau, mahcun nangmah zohkhenhningcang khuakhan chungnak ca zong an neih ve a hau.

## **Hlentupawl i Ralring/hrial hna**

- Van chiat ah, hlungtu hna cu minung pawl i ttihnak cu caanttha an rak lak nain Federal Trade Commission nih tuahning a nei i mahcun nangmah le na dawtmi pawl huhphenhnak an bawmh lai. A tu ah COVID-19 thlawpnak le damternak ding caah khamhnak si, si tlang, tak thuhmi asiloah sibawi ttialpiak mi asiloah sidawr ah-mah ten-i cawk khawh mi online asiloah sidawr ah a um lo. Sikho le ttihnung ngai i ruahnak cheuhnak "Minung sining video" pawl kha i ralring asiloah innchungkhar sivai khamnak pawl, ti tamtuk din i luakchuak asiloah ka ttawlnak si hang pawl.

## **Nangmah le na dawtmi hna nih nan peng/umnakhmun nawlgeitu hna lamhruai/hmuhsaknak pawl na zuluhrimhrim lai**

- COVID-19 he aa pehtlai mi na umnak hmun asiloah peng hna i wegside i fiangtein chimnak caan tlang, donghnak le theihhngalhnak an ngeih mi le zeitin dah hmunkhat i a umttimi bu umtuning a dan ter ti kha rak chek hna. Pehtlaihnak caah theihding kawlnak state, khua le phun uktu le riantuantu bu hika ah usa.gov/state-tribal-governments le umnak khua ngandamnak bu in hika ah naccho.org/membership/lhd-directory.

## Teinak he Hneknak

- COVID-19 he pehtlain, ttihpahnak le lungretheihnak hi phorrit ngai nak le azual khun mi ngaihchiat nak pawl acan ter kho. Hika ah rak zoh [redcross.org/cononavirus](https://www.redcross.org/cononavirus) teinak he hneknak caah. Online in aman umlo in cawnmi Red Cross hi ka ah [Psychological First Aid: COVID-19 zawtnak um lio caan ah Nangmah le nangmah le Midang pawl Bawmhnak](#).

## Chapmi Hrampi pawl

- Center for Disease Control [ahcdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- American Red Cross ah [redcross.org/coronavirus](https://www.redcross.org/coronavirus)
- National Institute on Aging hika ah [nia.nih.gov](https://www.nia.nih.gov) le aatelmi cheu zohkhenhnak pekna.
- Na umnak hmun i naherhmi a rak in pechanh khotu bawmhnak caah 211 na auh lai. Asiloah hika ah rak leng [211search.org](https://www.211search.org) na pawng naih i a ummi thil tuahpiaq chap nak hmun na hmuhkhawhnak dingah. Hika ah rak zoh [auntbertha.com](https://www.auntbertha.com) le [eldercare.acl.gov](https://www.eldercare.acl.gov) na umnak pawngkam thilmuhnak hrampi pawl na hmuhkhawhnak dingah
- AARP hika ah [aarp.org/coronavirus](https://www.aarp.org/coronavirus), [aarp.org/crf](https://www.aarp.org/crf) le [aarp.org/preparetocare](https://www.aarp.org/preparetocare)
- Na umnak hmun rawl tampi aa pongmi hmun hika [feedingamerica.org/find-your-local-foodbank](https://www.feedingamerica.org/find-your-local-foodbank) ah hmuhkhawh asi. Auh hmasa hna law a herh anti mi thil pawl chek hmasa
- Contact HOPE Crisis Hotline at 1-888-388-HOPE (4673) or go to [OperationHOPE.org](https://www.OperationHOPE.org) for free virtual support on managing the financial impacts of COVID-19
- National Disaster Distress Helpline: COVID-19 zawtnak ruang i lung retheihnak hneknak a tuar tu hna vialte caah hman khawh in aum. 1-800-985-5990 ah auhna asiloah 66746 ah [TalkWithUs](https://www.talkwithus.com) tiah ca kuat law zohkhenhtu ruahnak petu he i biakchawnh ding in.
  - Hnacet/Theih aa Harhmi. 66746 ah [TalkWithUs](https://www.talkwithus.com) tiah cakuathna. Na duhdeuh mi chanhchin mi rian kha hmang in hika ah au 1-800-985-5990 ah. TTY 1-800-846-8517
  - Spanish Holh hmangtupawl. 1-800-985-5990 ah auh cun Peng 50 in "2" nam, 66746 ah [Hablanos](https://www.hablanos.com) tiah cakuathna. Puerto Rico in, ca in [Hablanos](https://www.hablanos.com) tiah 1-787-399-2663 ah kuathna.
- Na lungchung ah lungthawhnak pawl asimi ngaihchiatnak, lungthin nuamhlonak, lungretheihnak, asiloah nangmah le nangmah asiloah midang hrawh na duhnak pawl nih ante ahcun, 911 asiloah hikha National Suicide Prevention Lifeline ah au hna 1-800-273-TALK (1-800-273-8255)