

Tuahmi 2 – May 7, 2010 ah

Zapi hngalhawk le relaw in ca le cauk chuah mi ni

Na Zawt Sual ahcun Zeidah na Tuah lai.

Na tak alinh, na khuh asiloah [hmelchunhnak adangpawl](#) na ngeih ahcun, COVID-19 zawtnak na ngei kho men. Mi tamdeuh nih a nemmi zawtnak in an zaw i anmah inn lei ah an dam tthan khawh ko. COVID-19 zawtnak na ngeilai ti na ruah ahcun, nangmah ngandamnak zohkhenhnak petu pawl na pehtlahi colh lai.

- Na zawt sual ahcun, inn ah um, adangte-inum, nangmah an zohkhenhtu/na sibawi au hna law ruahnak lak, cun an nin pekmi ruannak kha zulh, cun nangmah ah a ummi hmelchunhnak hna kha zoh.
- [Imagensi hmelchunhnak hliphlaunak na ngeih ahcun](#) (thawchuah harnak aatelin), ngandamnak zohkhenhnak kawl colh.

COVID-19 Hmelchunhnak ah aatelmi pawlcu:

- Khuh
- Thawdawp vuailo asiloah thawchuah harnak
- Tak linh
- Kihnak (khuasik)
- Kihnak (khuasik) ruang i ther/hninh tthan lengmang
- Tha fahnak
- Lufahnak
- Hrom fahnak
- Athar in athawtnak le a rim/haw thlau/sunghnak

Mah cazin ah telh chih mi an si dih lo. A fakmi hmelchunhnak dang na ngeih mi asiloah na lung retheihnak a um a si ahcun an zohkhenhtu bu hna sinah ruahnak na hal lai.

- Kum upa deuh le a fakmi/a felmi zawtnak hun tthohtu zawtnak ngei dirhmun i aummi minungpawl cu a fakchinmi zawtnak [a sang deuh mi zawtnak ngeikho i ruahmi](#) ansi. Zawtnak afak khun mi caah zaw ding ah ruakhawhmi dirhmun mi na si ahcun, hika ah rak zoh [cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html)

- Na zawt sual ahcun zeidah na tuah lai timi aceknok tiang in na theih khawhnak ding ah, hika ah rak zoh [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html).

Inn ah um, Adangte-inum, cun An zohkhenhtu/na sibawi Au hna Midang an zawt lo nak dingah inn ah um. Rian, sianginn, asiloah zapi umnak hmun, le zapi i citnak dir/kalnak, mawttaw cittinak asiloah theksi pawl ah kal hlah.

Na innchungkhar i a ummi hna midang le zuatmi saram hna sinin a dang te in um. Asi khawhtawk in, nangmah te lawng in "damlo khan" ah na um lai lengah na chungkhar midang hna pawngah na um lailo. Aumkhawh ahcun zunput a dang tein hmang. Hika i na um si ahcun chapmi lamhruaitu hmuhkhawh asi [close quarters](#) asiloah [share housing](#).

Si lei ruahnak pek ding ah an zohkhenhtu/na sibawi na auh lai. Cun, ruahnak an nin pek mi nazulhlai, cun hmelchunhnak na ngeihmi pawl kha ttha tein na zoh hna lai.

Nangmahte-a dangte i inn i naa chiahlio caan ah:

- **Zohkhenhtu hna asilomi mileng dang a hohmanh an ra lai lo.**
- **An zohkhenhtu bu hna i cawnpiaknak bantuk in nangmah le nangmah naa zohkhenh lai.** Nangmah le nangmah na hramh ahau (dinh, ti tampin ding).
- Midang he innchungkhar thilri hmang tti hlah. Na innchungkhar midang hna he rawl einak kheng, dinnak thlalang hrai, hrai, einak umkheng, hmai hnawhnak puan asiloah ihnak nan ni hrawm lai lo. Mah thilri pawl hi na hman dih le cangka in chatpiat le ti in na ttawl dih hna lai asiloah khengttawlnak seh chungah na chiah lai.
- **Na ti khawh ahcun, [hmaituamnak puan](#) asiloah na hnar le na ka ah midang le zuatmi saram hna pawng i na um hnik asi ahcun,** innzuat saram telhchih in (inn zong ah) **na hruk lai.** Nangmah lawng na um caanah hmaituamnak puan na hruk a hau lo. Midang he a tlawmbik pe 6 hlatnak i um i zuam. Mahnih na pawngkam i midang a huhphenh hna lai. Philh hlah, puan in hmai i tuam cu kum 2 tang hngakchia, thawdawp aharh mi, asiloah mah hngalh loin a ummi, asiloah pakhat khat nih bawmh lo in mah ten aphoih kho lo mi hna cu hman ter ding an si lo.
- **Na khuh le na hachio tikah na khuh lai.** Na khuh asiloah na hachio caan ah na ka le na hnar kha caku pan te (tisu) in na huh lai. Hman cangmi caku pante (tisu) cu tlang a ngeimi hmunthur chiahnak bawm ah na hlonh lai. 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. Caku pante (tisu) na neih lo ahcun, na ban cunglei a chunglei ah na khuh lai mah hnuah na ban cunglei cu na ttawl lai.

- **Na kut kha chatpiat le ti in a tlawmbik seken 20 chung na ttawl colh lai.** Na hnap na hnithnu, khuh, hachio, zunput kal le ei hlan asiloah ei ding ser caan ah kut ttawl hi akhun hlei in a biapi tuk. 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. Kut thianhnak si na hman caan ah, na kut dihlak ah na thuh maw ti tthaten na zoh lai cun a ro tiang na hnor dih lai. Kut ttawl lo in na mit, hnar, le ka na tawng lailo.
- Nangmah tein, na umnak "damlo khan" chung i tonghnak hmun hna le zunput cu nifa tein na thianh lai CUN porso nak um lo ding in a tu le a tu na thianh lai. Mah ahhin cabuai, innka hrenhnak kuttlaih, mei hmihnak, cabuai sau/sang, seh/thil kut, cazohnak cabuai sau, fawn, keyboard, zunput, timerh hmur, le ti thletnak pawl an tel. Porso lonak na tuah hlan ah chatpiat ti asiloah chatpiat le ti na hman lai. Pakhat khat nih zapi tonghnak hmun kip kha thianh hna seh, asinain damlo khan le zunput cu thianh hna hlah seh. Zohkhenhtu asiloah midang nih damlo khan asiloah zunput thianh le porso lo ding i thianh a herh sual ahcun, a-herh ning cunglawngah a tuah ding asi.
 - A ceknok tiang theihngalhnak hika ah [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).
 - Thianhnak tuahnak dingah le porso lo ding in tuahnak dingah zuar ding thilri pawl tuahtu bu hna i cawnpiaknak ca chung bantuk in nazulhlai (tahchunhnakah, ruakhunnak, thuh/hman ningcang le i tonghnak caan, ti ban tuk hna.). A tambik hrawmmi thil [EPA-ah cazin alut mi innchungkhar](#) porsolonak attha lai. EPA-ah cazin lutmi porsolonak sipawl karlak thlak i thimnak ah aa telmi pawl cu:
 - Filter mi innchungkhar bleach raanternak (chatpiat/si): Ti gallon pakhat ah bleach raanternak si cabuai darkeu 5 (1/3 hrai) na cawh lai: asiloah ti gallon cheu li cheu khat ah darkeu 4. A dikmi thli luh ternak na ngeih le bleach kha ani a dong cang maw ti ttha ten na zoh lai.
 - Zureu ti i can khawhnak: Ti i canter mi ah zureu a tlawmbik 100 ah 70 (70%) a tel hrimhrim lai.

Ngandamnak Bawmhnak Nakawl Colh lai

Zawtnak hnelchunhnak a rak tthan i na zawt a zual asiloah nunnak-terhtu ngei dirhmun nasi ahcun, ngandamnak bawmtu na auh colh lai.

- **Nunnak-terhtu ngandamnak imagensi na ngeih ahcun 9-1-1 au hna.** Ttuantu kha COVID-19 na ngei asiloah na ngeikho tiah na ruahnak kong na theihter lai.

Asi khawh ahcun, ngandamnak an bawmtu ding hna phak hlan in puan hmaituamnak na hruk lai.

- **Hmelchunhnak na ngeihmi pawl an roh/zualchin asi ahcun, nangmah an zohkhenhtu/na sibawi na auh hna lai.** Ngandamnak zohkhenhtu petu hna zung na kal hlanah, au chungcia hna law hmelchunhnak na ngeih mi hna na chimh hna lai, zeitin tuahawk asi timi an nin chimhlai.

Asi khawh ahcun, na khan na kaltak caan ah puan hmaituamnak asiloah hmaituamnak na hruk lai. Midang he himte in i hlatnak (a tlawmbik pe 6 hlatnak) i um i zuam.

An zohkhenhtu le na umnak ngandamnak bu hna i zohkhenh ningcang kha nazulhlai.

COVID-19 ruangah hi bantuk **a biapi mi ralrin peknak hmelchunhnak pawl*** na ngeih ahcun **ngandamnak bawmtu na auh colh lai:**

- Thawchuah harhnak
- Thlah loin fak asiloah ttaang hneknak/rihnak
- Athar mi lungtuainak asiloah lungtthawnnak ngeikho lo nak
- Hmur asiloah hmai vandum mui sinak

* Mah cazin hi asikhomi hmelchunhnak an si lo. A fakmi hmelchunhnak dang na ngeih mi asiloah na lung retheihnak a um a si ahcun an zohkhenhtu bu hna na au hna lai.

Nunnak-tlerhtu ngandamnak imagensi na ngeih ahcun 9-1-1 au hna. Ttuantu kha COVID-19 na ngei asiloah na ngeikho tiah na ruahnak kong na theihter lai. Asi khawh ahcun, ngandamnak an bawmtu ding hna phak hlan in puan hmaituamnak na hruk lai.

Chapmi Hrampi pawl

- Center for Disease Control: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- American Red Cross: [redcross.org/conoravirus](https://www.redcross.org/conoravirus)
- National [Disaster Distress Helpline](https://www.nationaldisasterdistresshelpline.org/) : 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 tiah ca kuat law zohkhenhtu ruahnak petu he i biakchawnh ding in. TTY 1-800-846-8517. Spanish Holh hmangtupawl. 1-800-985-5990 ah auh cun Peng 50 in "2" nam, 66746 ah Hablanos tiah cakuathna. Puerto Rico in, ca in Hablanos 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).