

Be Red Cross Ready
Prepare so you can protect.



Tuah mi 3 - Zapi hngalhawk le relaw in ca
le cauk chuah cangmi. June 11, 2020

Kum Upa Deuh Mi Pawl and COVID-19

Centers for Disease Control le Prevention (CDC) chimhning in, kum upa deuh le a faktuk mi damlonak dirhmun i a ummipawl lung asiloah cuap zawtnak asiloah thithlum tibantuk zawtnak pawl angeiciami hi a fak tuk mi hngalh aharmi coronavirus 2019 (COVID-19) zawtnak angei ding ah a sang deuh mi zawtnak ngeih ding ah ruah deuh ansi. A tutiang ahcun COVID-19 khamnak sichunh mi si a um rih lo, a chimduhmi cu zawtnak khamnak ca i a tthabikmi cu mah rungrul/zawtnak hrial hi asi.

Nangmah le nangmah naa huhphenh khawhnak ding ah COVID-19 hmelchunhnak pawl le na karhlannak ding satap pawl na theihhngalh khawhnak dingah hika CDC website ah rak leng [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). Nangmah le nadawt mi hna na khamkhawhnak ding caah hika i tuahning chimnak catlap chunghin na zoh/hman lai.

Pumpak bawmhnak pehtlaihna kha na ser lai

- **Nangmah an bawm kho tu ding bohchan atlakmi mi pumpak tamnawn i sermi pumpak bawmhnak pehtlaihna kha na ser lai.** Bawmna caah an tuahkhawhmi tuah lengmang dingmi rian na thiah hna lai. Tahchunhnakah, cakuatnak in nan ni cawnhkhawh nak ding le hmuhkhawh video i ichawhnak nan tuahkhawhnak dingah na fawn, asiloah na computer hmankhawh in chiahpiaknak tibantuk. Na fialmi paoh tuahawk ah, eidin zuarnak chaw dawr i kal, le online in thil cawk tibantuk pawl an nin bawmh khawh lai. Na ngandamnak caah punghman tein fawn asiloah hmuhkhawhmi video in annin awuh lai i annin chek peng awk asi. Zeitindah an nin bawmhkhawh lai ti an theihkhawhnak dingah abiapimi na ngandamnak le si lei thil pawl na chimhdih hna lai.

Asi khawhchung in inn ah na um lai cun midang le itonghnak na hrial lai.

- **Asi khawhchung in inn ah na um lai cun nangmah he inn pakhat i a um lomi midang he inaih iumnak/itonghnak pawl na hrial lai.** Peng tampi nihcun

duhsah tein chawlethlnak 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 hriamhreipawl mi pumpak cio a fakmi zawtnak ngeihkhawhnak 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 aherh-lomi i lengchuahnak kha hrial peng asi, cun mi tampi le mi tlawmte itawnnak kha pumpak maw zapi inmaw ansi zongah hrial hna. Dawr nih an nin kuat khawh lo ahcun na herh mi taktak thilri cawh ding lawng ah leng na chuak lai, takpum cawhlcanghnak tuah dingah le innzuat saram leng chuahpi dingah, asiloah ngandamnak thiammi hna lennak, asiloah imagensi/aherhtukmi lawngah na kal lai.

- **Leng ding na innchungkhar he ri na khiah lai, a khunhlei in kum a no mi hngakchia hna.** Fialmi tuahawk i na kal tikah innchungkhar mi nih bawmh na herh men lai caah, mipawl he pe 6 tluk hlatnak ah na um lai i cun puanhe tuahmi hmaituamnak na hruk lai. Mileng pawl na innchung i an rak luh nak in innleng innka hram ah rawl asiloah thildang aherhmi cawhmi pawl chiahtak i kal kha na tuah deuh lai. Kum a no mi hngakchia pawl nan inn i rak len ding kha na sawm hna lailo zeiruangah tiahcun pakhat le pakhat ihlatnak a biapitnak kong hi an thei thiam kho lo.
- **Na sibawi sin sekhan i hmaiton tawhnak i vakal maw ttha deuh lai asiloah fawn he itontuahnak tuah maw a ttha deuh lai ti na sibawi he nan i ruat tti lai.** 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 akhunhlei 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 dingmi pawl tuah an si lai tipawl na hal lai. Na sibawi nih an in fial i video asiloah fawn he itonnak tuah na herh ahcun na itimhtuahnak caah nahawi asiloah innchungkhar mi nih an bawm kho lai.
- Na dawtmi hna he video auhnak, fawn, cakuat, asiloah zapi ca hman mi hawi le he i komhkhawhnak (social media) in pehtlaih peng hna.
- Nangmah le nangmah naa huhphenh khawhnak ding ah COVID-19 hmelchunhnak pawl le na karhlannak ding achapmi satep pawl na theihhngalh khawhnak dingah hika website ah rak leng cdc.gov/coronavirus.

Mi zapi umnak ah, puanhe tuahmi hmai tuamnak ihruk law cun midang hen i hlatnak ah na um peng lai

- **Mi zapi umnak ah, puanhe tuahmi hmaituamnak in na hmai le na hnar na khuh lai *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. Hmaituamnak kong he aa pehtlai in a nekcok tiang in hika ah a um [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)

Thla-1 ca si din ding le zarh-2 ca rawl le thil pawl i chiah

Aherh lomi leng chuahnak a herh lo nak dingah, **thla-1 ca si din ding le zarh-2 ca rawl le thil pawl i chiah.**

- **Thla 1 ca sibawi pekmi si ah si dawr ah mahten- caw-khawh angah mi sipawl khuh damnak si, tak linh zawrternak si, taklinh tahnak seh, le adang si he aa pehtlaimi thilri asiloah cubantuk ca hman ding thilri/thuam ti ban tuk an tel.** Na sibawi asiloah 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.
- **Zarh 2 chung ca rawl ti zong tel in, innchung thianhnak le porso lo ding thianhnak thilri 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 khuakhannak 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 auhdng 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. Nangmah na sibawi he nan i tonhnak ah nangmah zohkhenhnak ding timhtuahnak kha dihlak in nan tuah lai, cun aherh ahcun, na innchungkhar mi hna bawmhna zong na lak lai. 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. CDC nih zohkhenhningcang tthanternak lamhmuhtu hika ah a ngei care plan fillable care plan form nih an bawmh lai.

Ni fa tin ngandam tein na um khawhnak satep pawl zulhhna

- **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.** Na hman cang mi caku pan te (tisu) kha hmunthur bawm ah na hlonh lai. Mah dih le cangka in na kut na ttawl colh lai.
- **Tongh lengmang nak hmun pawl kha nifa tein Thianh LE porso ter lo nak tuah.** Mah ahhin cabuai, innka hrenhnak kuttlah, mei hmihnak, cabuai sau/sang, seh/thil kut, cazohnak cabuai sau, fawn, keyboard, zunput, timerh hmur, le ti thletnak pawl an tel. Na inn 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)

Hlentupawl i Ralring/hrial hna

- Van chiat ah, hlentu hna cu minung pawl i ttihnak cu caanttha an rak lak nain le Federal Trade Commission nih laksawng hmete a nei i mahcun nangmah le midang huhphenhnak a 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.

Teinak he Hneknak

- COVID-19 he pehtlain, ttihphannak le lungretheihnak hi phorrit ngai nak le azual khun mi ngaihchiat nak pawl acan ter kho. Hi ka [redcross.org/conoravirus](https://www.redcross.org/conoravirus) ah theihhngalhnak caah teinak he hneknak kha zoh. Man umlo Online in cawnmi Red Cross i hika ah Psychological First Aid: dihlak in rak cawng. COVID-19 ton lio caan ah nangmah le nangmah le midang bawmhnak.

Chapmi Hrampi pawl

- Center for Disease Control(Zawtnak Khamhnak Hmun) kong hikaah [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
- American Red Cross hika ah [redcross.org/coronavirus](https://www.redcross.org/coronavirus)
- National Institute on Aging hi ka ah [nia.nih.gov](https://www.nia.nih.gov)
- 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 i aummi kalnak ding caah.
- Na umnak hmun i na herhmi a rak in pechankhotu na hmuhkhawhnak dingah hika hi rak zoh [auntbertha.com](https://www.auntbertha.com) le [eldercare.acl.gov](https://www.eldercare.acl.gov)
- AARP ah [aarp.org/coronavirus](https://www.aarp.org/coronavirus) le [aarp.org/crf](https://www.aarp.org/crf)
- Na umnakhmun rawl phawtnak 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
- Na pehtlainnak ding hmun HOPE Crisis Hotline i 1-888-388-HOPE (4673) ah asiloah hika ah na kal lai [OperationHOPE.org](https://www.OperationHOPE.org) mahcun COVID-19 ruang i tangka lei harnak na tawnmi caah manlo bawmhnak hmuhnak ding caah asi lai
- National [Disaster Distress Helpline](https://www.800askforhelp.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.
 - Hnacet/Theih aa Harhmi. 66746 ah TalkWithUs tiah cakuathna. Na duhdeuh mi chanhchin mi rian kha hmang in hika 1-800-985-5990 ah au. 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)