

A HMAAN TAKTAK MI THEIH DING.

ZAWT KHAMHNAK SII PAWL CU MI VIALTE CAAH MAN PEK LO A SI.



Sihmanhsehlaw, zawt khamhnak sii chunh dingah a dangdang tangka pek mi an um le um lo zong felfai tein hal ding a si.

- Zawt khamhnak sii chunh dingah zung lei rianṭuan piaknak caah a dih mi tangka a pek kho lo ruangah man pek lo mi zawt khamhnak sii chunh dingah al khawh a si lai lo.
- Zawt khamhnak sii cu mi vialte caah chunh khawh a si hnuah, lah-wah-kah dirhmun zoh loin zawt khamhnak sii chunh khawh a si.
- Mah caan a phan tik ah mi vialte nih zawt khamhnak sii i chunh khawh a si.

Zawt khamhnak sii nih COVID-19 zawtnak in an kilven.

- Zawt khamhnak sii chunh hnuah, COVID na ngeih ṭhiamṭhiam rih ahcun, zual tukin zawtnak in zawt khamhnak nih an kilven.
- COVID-19 na ngeih hmanh ah, zawt khamhnak sii aa chunh ding na si.
- Zawt khamhnak sii nih zeitluk tiang an khamh khawh kongah a tu tiangah an thei rih lo.



COVID-19 zawt khamhnak sii pawl cu a him i hmual an ngei. Zawt khamhnak sii nih COVID-19 zawtnak an pek KHO LO.

- COVID-19 nakin zawt khamhnak sii chunhah na him deuh lai.
- Nuaisawm minung sinah him tein zawt khamhnak sii zong chunh an si cang.
- U.S. tuanbia ah zawt khamhnak sii himnak ah ze i sii hmanh hneksak an si rih lo.
- Miphun dangdang le kum aa khat lo mi pawl telhchih in, zawt khamhnak sii cu mipum thawng tampi caah a him tiah tete langhter a si cang.
- COVID-19 zawt khamhnak sii nih na DNA a thlen kho lo.

Sii hman ruangah a dang that lonak a chuahpi mi pawl cu a um kho tawn mi an si.

Sii hman ruangah a dang that lonak a chuahpi mi pawl ruangah COVID-19 na ngei tinak a si LO.

- Sii hman ruangah a dang that lonak a chuahpi mi pawl sullam cu COVID-19 doh ningcang kha na zawt khamhnak sii nih na takpum a cawnpiak cuahmah tinak a si.
- Sii hman ruangah a dang that lonak a chuahpi mi pawl ah aa tel kho mi:
 - Zawt khamhnak sii chunhnak na ban a fak lai asiloah a phing lai.
 - Lu fah, kih zawtnak in zawt, asiloah takpum linh.
- Na dam lo ahcun, na dam deuh hlan tiang riantuan i dinh zong a herh kho men.
- Zawt khamhnak sii chunhnak ruangah takpum cungah i ziak lonak a um lo dingah sii chunh dih hnu ah minit 15–30 karlak i dinh rih a herh.



Zawt khamhnak sii chunhnak ruangah nau ngeihnak ah poipang harnak a chuahter timi tette a um lo.

Nau a pawl liomi nu pawl nih zawt khamhnak sii i chunh ding le chunh lo ding kongah siibawi he bia i ruah ding a si.

Zawt khamhnak sii chungah telh LO mi

- Thutlonak sii a phunphun
- Arti
- Voksa in chuah mi thilri pawl
- Banter le thauter mi pawl
- Thing asiloah khairiat thling
- A nung i a cawlcang mi COVID-19 rungrul paohpaoh

Zawt khamhnak sii voihnih chunh herhmi sii an um i, voikhat chunh lawng a herhmi zawt khamhnak sii zong an um ve. Zawt khamhnak sii phun pahnih in a him mi le hmual a ngei veve mi an si.

Voihnih chunh herhmi zawt khamhnak sii caah:

- Voikhat sii chunhnak nih na takpum cu timhlahm cia tein a um.
- Tlamtling tein kilven dingah zarh tlawmpal a rauh hnuah a voinihnak sii chunh than ding a si.
- Tlamtling tein kilven dingah voihnih sii chunh cu a biapi.

ZAWT KHAMHNAK SII CHUNH LIO CAANAH, HIM TEIN UM ZUNGZAL.

Zawt khamhnak sii nih zeitluk tiang an khamh khawh kongah a tu tiangah mifim thiamsang nih an thei rih lo. Zawt khamhnak sii chunh hnuah:



Hmaihuh i khuh.



Mibu hrial.



Kut i tawl lengmang.



Mi tampi tongh lengmang mi thilri pawl zong zawtnak rungrul thah a herh.



NRC-RIM
National Resource Center for
Refugees, Immigrants, and Migrants

Konglam tam deuh cu: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)