

Nangmah tein i kilven.  
Na umnak sang le veng kilven.  
Zawt khamhnak sii i chunh.



## COVID-19 ZAWT KHAMHNAK SII PAWL: 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 cu mi vialte caah chunh khawh a si hnuah, lawakah dirhmun zoh loin zawt khamhnak sii chunh khawh a si.

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

U.S. tuanbia ah zawt khamhnak sii himnak ah ze i sii hmanh hneksak an si rih 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 sullam cu COVID-19 doh ningcang kha na zawt khamhnak sii nih na takpum a cawnpiak cuahmah tinak a si.

COVID-19 na ngeih hmanh ah, zawt khamhnak sii aa chunh ding na si.

Zawt khamhnak sii chunh hnuah, him tein um le pehzulh zungzal ding:

- Hmaihuh i khuh.
- Mibu hrial.
- Kut i thatl lengmang.
- Mi tampi tongh lengmang mi thilri pawl zong zawtnak rungrul thah a herh.