

THEIH DING.

ZAWT KHAMNAK SII CHUN HNU AH HIM TEIN UM.
NA UMNAK SANG LE VENG KILVEN.



Hmanung bik sii chun hnu zarh hnih tiangah tling khitkhet tein COVID-19 in kilven na si rih lo!



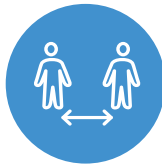
- Voi-hnih sii chun ding a si ahcun, a voi hnihnak sii chun hnuah, zarh 2 hngah hrimhrim ding.
- Voi-khat lawng zawt khamnak sii chunh a herh ahcun, sii chun hnuah, zarh 2 hngah hrimhrim ding.

ZAWT KHAMNAK SII CHUN HNU AH HIM TEIN UM

Zawt khamnak sii chun hnuah midang sinah COVID-19 na chawnh khawh le chawnh khawh lo kongah, COVID-19 in zawt khamnak sii nih zeitik caan tiang him tein kilven a si lai cu mifim mithiam pawl nih an thei lo. Zawt khamnak sii chun dih zongah, pehzulh ding:



Hmai khuh (mask) i khuh.



Mibu karlak tlonlen hrial.



Minung tampi umnak mibu hrial.



Na kut i ʔawl zungzal.



Zapi tongh mi pawl zong rungrul that lengmang

Zawt khamnak sii tling tein aa chun mi na si zongah, a tanglei bantuk na si ahcun COVID-19 i chek colh:



COVID-19 zawtnak a ngeimi he nan um ʔu i, ka zaw cang tiah na ruah. Inn chung ah um law midang kha hrial.

Midanghe nan um ʔi i COVID-19 zawtnak a ngeimi he nan um ʔi. Ka zaw bak lo tiah na ruah zongah, i chek ʔhiamʔhiam. Inn chung ah um law midang kha hrial.