

# A SI SITSETMI KONGLAM THEIH. HMAIHUH HMAN



## HMAIHUH HMAN CU A HIM BIK ZUNGZAL.

COVID-19 nih pitar le putar, upa, mino le ngakchia pawl telhchih in minung thawng tampi sinah ni fate zawtnak a chonh thluahmah liopi a si rih.

Na umnak ah hmaihuh hman a herh lo zongah, hmaihuh na hman ahcun nangmah le na chungkhar caah cun a him bik mi a si.

## COVID-19 zawtnak in hmaihuh nih an kilven

COVID-19 cu chawnh a fawi tuk caah, hmaihuh nih nangmah, na hawikom, chungkhar, sang le veng a kilven. Zawt khamnak sii chunh pawl caah hmaihuh hman cu a him bik mi a si.

- ✓ Hmaihuh na hman caah, thli chung um zawtnak rungrul na dawp ruangah zawtnak a tlawm deuh suaumau lai.
- ✓ Aho paoh zawt a si lo caah, COVID-19 zawtnak ngeih ko nain, i theih lo zong a si kho. Hmaihuh hmanna nih midang sinah zawtnak rungrul chonh a tlawm deuh suaumau lai.



## HMAIHUH HMAN MI HMUAL A NGEIH DINGAH NINGCANG TEIN HMAN DING A SI.

- Hmaihuh nih hnar le ka huh seh
- Hmaihuh cunglei asiloah a siarlei in thli lut hlah seh
- Hmaihuh hman le phoih tik ah na kut thiang seh
- Hmaihuh hman caan ah na kut in na hmai tawng hlah
- Ni fate hman than khawh lengmang mi hmaihuh cu a tlawm bik ah ni khat ah voi khat thianh
- Voi khat hman ding hmaihuh cu voi khat lawng hman



## Zawt khamnak nih an kilven bik

- Mah pumpak, na umnak sang le veng kilven dingah a biapi bik mi karhlan cu zawt khamnak sii chun a si.
- Zawt khamnak sii tlamtling chun hnuah, COVID-19 in zawt khawh a si lai lo i, na zaw hmanh ah, tihnung zawtnak in zawt khamnak nih an kilven.

## ZAWT KHAMNAK SII CHUNH PAWL CAAH HMAIHUH HMAN CU A HIM BIK MI A SI.

Zawt khamnak sii chun hnuah COVID-19 zawtnak ngeih cu ningkel an si lo, sihmanhsehlaw, zawtnak ngeih khawh zong a si ve.

COVID-19 zawtnak le midang chawnh lo dingah a tha bik mi cu zawt khamnak sii chun le hmaihuh hman hi a si.