

A SI SITSETMI KONGLAM THEIH.

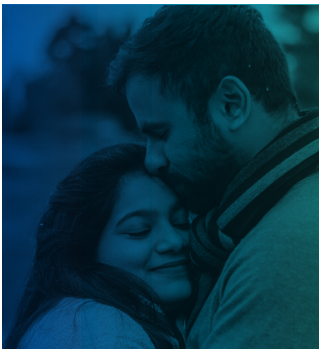
Nuleva, fa pawl le aa thi-um kami pawl caah zawt khamnak cu a him mi a si.

I KILVEN.
NA CHUNGKHAR
KILVEN.
ZAWT KHAMNAK
SII I CHUN.



Na chungkhar pehzulh in zohkhenh dingah thazang thawn le ngandamnak ah lam pakhat cu zawt khamnak sii chun hi a si. Zawt khamnak sii chun ruangah na dawtmi pawl zawt chonh a tlawm deuh, zeicaah tiah cun, zawt khamnak sii chun ruangah na ngakchia pawl zong na kilven.

ZAWT KHAMNAK SII A HIM



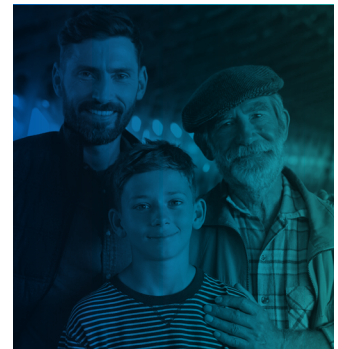
BEFORE YOU
HAVE CHILDREN



NAU NA PAWI LIOAH



NAU NA NGEIH HNUAH

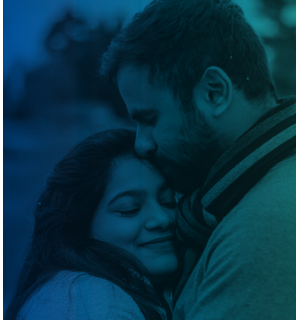


NA NGAKCHIA PAWL
KUM UPA DEUH TIK AH

ZAWT KHAMNAK SII PAWL CU

- ✓ **AN HIM:** Miphun dangdang le kum aa khat lo mi minung nuai za sin ah zawt khamnak sii a himnak zong tette langhter a si cang. Zawt khamnak sii he thlopbul lioah zual ngai in thlakphuatmi zawtnak thar nakin COVID-19 zawt chawnhnak in thlakphuatmi zawtnak thar an tam deuh kho men.
- ✓ **HMUAL A NGEIHNAK:** Zawt khamnak nih COVID-19 zawt chawnhnak in an kilven. Zawt khamnak sii nih zual tuk in zawt le na zawt hmanh ah thihnak in an kilven.
- ✓ **AN HIM:** Miphun dangdang le kum aa khat lo mi minung nuai za sin ah zawt khamnak sii a himnak zong tette langhter a si cang.

ZAWT KHAMNAK SII A HIM



NGAKCHIA NA NGEIH HLAN AH

COVID-19 zawt khamnak sii cu hmailei ah nau pawl asiloah nau ngei a duhmi nu le pa caah a him mi a si.

Nu le pa nih nau an ngei kho lai lo tiah zawt khamnak sii ah tette pakhat hmanh a um lo.



NAU NA PAWI LIOAH

COVID-19 zawt khamnak sii cu nau a pawl liomi nu pawl caah a him i fek tein dirkamh mi sii a si. Nau a pawl lio mi thawng tampi pumpak caah si seh asiloah naute caah si seh, zawt khamnak sii cu him tein chun an si cang.

Nau pawl lio nu pawl nih COVID-19 zawtnak an ngei ahcun, zual ngai in zawt khawh a si. Thla tling loin nau ngeih dingah tihnunnak zong aa chap fawn.

Mah le mah, chungkhar, le na umnak sang le veng kilvennak ah a tha bik cu zawt khamnak sii tlamtling i chun a si.



NAU NGEI DIH HNUAH

COVID-19 zawt khamnak sii cu a him i nau hnuk dinh lio nu le pawl caah fek tein dirkamh mi a si.

Thlopbultu pawl nih COVID-19 zawt khamnak sii an i chun tikah, naute kilven a bawmh:

- COVID-19 zawtnak in naute kilven dingah bawmtu zawtnak dohtu minung thisen zong dinh mi hnuk chungah aa tel kho men.
- Zawt khamnak sii aa chun cang mi thlopbultu nih zawt khamnak sii chun dingah a kum a no tuk mi naute sinah zawt chonhnak a tlawm deuh.



NGAKCHIA AN KUM UPA DEUH TIKAH

Zawt khamnak sii chun dingah kum upa deuh cang mi ngakchia le mino pawl cu zawt khamnak sii chun hnuah an him bik lai.

COVID-19 zawtnak in zawt khamnak sii nih ngakchia, mino telhchih in mi vialte a kilven. Ngakchia le mino pawl nih fak tuk in an zawtnak hngalo zawt khamnak sii nih a kilven.

Na fale nih hmailei ah nau ngei khawh lo ding in zawtkhamnak nih dawnkhamnak a pek lo. COVID-19 zawt khamnak nihfa hring kho a si cangmi nu asiloah hmailei ah fa tampi hrin khawhnak a hnorsuan lo.

I KILVEN.
NA CHUNGKHAR KILVEN.
ZAWT KHAMNAK SII I CHUN.



For more information: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)