

THEI H DING.

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



A donghnak bik naa chunh mi in raikhamsii nih a pekmi khamhnak vial te ngah nak ding ah zerh hnih a rau.



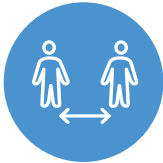
COVID-19 chung in khamhmi sinak ah, na tlin tik ah chapmi(booster) chunhnak telh in, na COVID-19 raikhamsii chunhnak ah pehzulmi(up-to-date) si a biapi tuk.

ZAWT KHAMHNAK SII CHUN HNU AH HIM TEIN UM

Zawt khamhnak sii chun dih zongah, pehzulh ding:



Hmai khuh
(mask) i khuh.



Mibu karlak
tlonlen hrial.



Minung tapi
umnak mibu hrial.



Na kut i ÷awl zungzal.



Tongh lengmang
mi hmun pawl
rungrul that.

Zawt khamhnak 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 ÷u i, ka zaw cang tiah na ruah. Inn chung ah um law midang kha hrial.

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