

A SI SITSETMI KONGLAM THEIH.

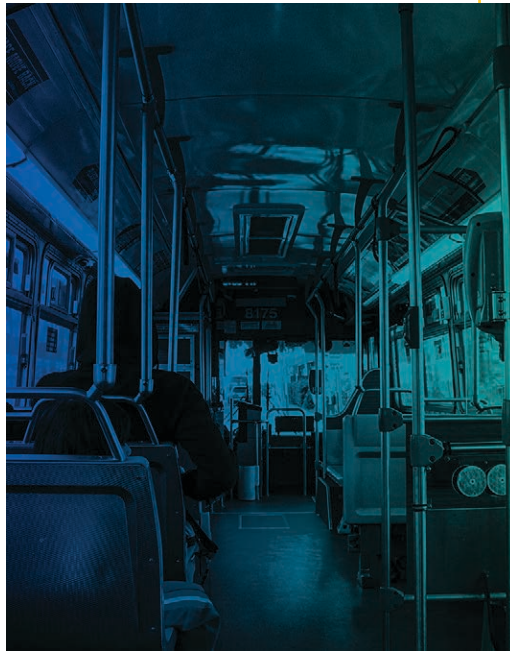
ZAWT KHAMHNAK SII PAWL CU MI VIALTE CAAH MAN PEK LO A SI.



- Man an pek khawh lo ahcun ho hmanh nih raikhamsii chunhnaak cu an el kho lo.
- Raikhamsii pawl cu ho ca paoh ah a lak an si, naa thhialnak tlangtaar (immigration status) silole ID silole sii lei aamahkhaan na ngeih le ngeih lo he aa pehtlai lo.

Zawt khamhnaak sii nih COVID-19 zawtnak in an kilven.

- Zawt khamhnaak sii chunh hnuah, COVID na ngeih thiamthiam rih ahcun, zual tukin zawtnak in zawt khamhnaak nih an kilven.
- COVID-19 na ngeih hmanh ah, zawt khamhnaak sii aa chunh ding na si.
- Na tlin tik ah chapmi (booster) chunhnaak telh in, na COVID-19 raikhamsii ah peh-zulh in um.



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

- COVID-19 nakin zawt khamhnaak sii chunhah na him deuh lai.
- Nuaisawm minung sinah him tein zawt khamhnaak sii zong chunh an si cang.
- U.S. tuanbia ah zawt khamhnaak sii a himnak hneksak (test) a si rih lo.
- Miphun dangdang le kum aa khat lo mi pawl telhchih in, zawt khamhnaak sii cu mipum thawng tampi caah a him tiah tete langhter a si cang.
- COVID-19 zawt khamhnaak sii nih na DNA a thlen kho 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 ruangah COVID-19 na ngei tinak a si LO.

- 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.
- Sii hman ruangah a dang that lonak a chuahpi mi pawl ah aa tel kho mi:
 - Zawt khamhnak sii chunhnak na ban a fak lai asiloah a phing lai.
 - Lu fah, kih zawtnak in zawt, asiloah takpum linh.
- Na dam lo ahcun, na dam deuh hlan tiang riantuan i dinh zong a herh kho men.
- Zawt khamhnak sii chunhnak ruangah takpum cungah i ziak lonak a um lo dingah sii chunh dih hnu ah minit 15–30 karlak i dinh rih a herh.



COVID-19 raikhamsii nih ngaknu no sinak silole hmai lei fa ngeihnak ah a hnor suang lo.

Raikhamsii pawl cu hmai lei fa ngeih a duhmi hna caah le naupawi lio mi hna silole nau hnukdin lio hna caah a him.

Zawt khamhnak sii chungah telhLOmi

- Thutlonak sii a phunphun
- Arti
- Voksa in chuah mi thilri pawl
- Banter le thauter mi pawl
- Thing asiloah khairiat thling
- A nung i a cawlcang mi COVID-19 rungrul paohpaoh

Zawt khamhnak sii pehzulh in i chun peng.

- COVID-19 raikhamsii nih fak tuk in zawtnak, sizung ah umnak, le thihnak pawl a khamh.
- A ttha bikmi khamhnak na ngah nak hnga COVID-19 raikhamsii ah pehzulmi(up-to-date) si hi a biapi tuk.
- Pehzulmi(up-to-date) sullam cu voi hnih chunhmi raikhamsii a pahnih ning in i chunh kha asi, cu hnu ah na sining zoh in a dang chapmi(booster) i chunh tthan kha asi.
- Pehzulmi(up-to-date) na si lo ahcun COVID-19 zawtnak nih fak deuh in an tlak khawh, ttihung tuk in zawt silole thih, cun midang sin ah na karhter khawh.

ZAWT KHAMHNAK SII CHUN HNU AH HIM TEIN UM.

Zawt khamhnak sii nih zeitluk tiang an khamh khawh kongah a tu tiangah mifim thiamsang nih an thei rih lo. Zawt khamhnak sii chunh hnuah:



Hmaihuh i hruk.



Mibu karlak tlonlen hrial.



Kut i tawl lengmang.



Mi tampi tongh lengmang mi thilri pawl zong zawtnak rungrul thah a herh.



NRC-RIM
National Resource Center for
Refugees, Immigrants, and Migrants