

# I kilven. Na umnak sang le veng kilven. Zawt khamhnak sii i chunh.



## COVID-19 ZAWT KHAMHNAK SII PAWL: A HMAAN TAKTAK MI THEIH DING.

Zawt khamhnak sii pawl cu mi vialte caah **MAN PEK LO** a si.

Raikhamsii pawl cu ho ca paoh ah a lak an si, naa thialnak tlangtaar(immigration status) silole ID silole sii lei aamakhhaan na ngeih le ngeih lo he aa pehtlai lo.

Zawt khamhnak sii cu a him i hmual a ngei. Zawt khamhnak sii nih **COVID-19** zawtnak an pek **KHO LO**. U.S. tuanbia ah zawt khamhnak sii himnak ah zeii hmanh hneksak an si rih 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 sullam cu COVID-19 doh ningcang kha na zawt khamhnak sii nih na takpum a cawnpiak cuahmah tinak a si.

COVID-19 na ngeih hmanh ah, zawt khamhnak sii aa chunh ding na si.

Zawt khamhnak sii chunh hnuah, him tein um le pehzulh zungzal ding:

- Hmai khuh (mask) i khuh.
- Mibu karlak tlonlen hrial.
- Kut i that lengmang.
- Mi tampi tongh lengmang mi thilri pawl zong zawtnak rungrul thah a herh.
- Na tlin tik ah chapmi(booster) chunhnak telh in, na COVID-19 raikhamsii ah peh-zulh in um.