

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 caan ah, 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 chawnh 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.
- Na tlantik ah chapmi(booster) chunhnak telh in, COVID-19 raikhamsii ah pehzulmi(up-to-date) si hi a baipituk.

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

Zawt khamnak sii na chunh hnuah COVID-19 in zawt cu a umkhomi asi, asinain zawt khamnak sii nih faktuk zawtnak in an kilven lai.

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