

Cronavirus zawtnak 2019 (COVID-19) kong hngalh na herh mi

Coronavirus Zawtnak 2019 (COVID-19) ze i a si?

Coronavirus zawtnak 2019 (COVID-19) cu minung pakhat sin in midang sin ah a karh kho mi thawlam damlonak a si. COVID-19 a chuahtertu virus cu Wuhan, China i rai a tung mi dothlat lio ah a hmasater bik an khuhhlah mi coronavirus phun thar a si.

U.S. um minung nih COVID-19 an ngei kho maw?

Ngei kho. US ram cheukhat hmun ah minung le minung kar chawnhnak in COVID-19 cu a karh cuahmah. COVID-19 a ngei mi hna he naih te'n a um mi, tachunhnak ah ngandam lei riantuantu asiloah chungkhar, ca ah COVID-19 chawnh khawhnak lam a sang deuh. COVID-19 a karh cuahmahnak hmun i a um lio asiloah naihrawng ah a va phan bal mi hna ca zong ah chawnh khawhnak lam a sang ve. Atu lio a karh cuahmahnak hmun pawl kong cu

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic> ah hin hngalh khawh a si.

U.S. ram chung COVID-19 a um cang maw?

Um. US ramchung a hmasa bik COVID-19 cu January 21, 2020 ni ah thanh a rak si. Atu lio US ramchung COVID-19 zawtnak a zat cu a tanglei CDC maivan ah hin hmuh khawh a si.

<https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

COVID-19 cu ze i tin in dah a karh?

COVID-19 a chuahtertu virus cu saram in i thawk seh law a dawh, asinain atu ah cun minung lak ah a karh cang. Minung lak ah mah virus a karh ning biapi ah ruah mi cu zawtnak aa ngeih mi an khuh le haathio tik ah a chuak mi a didor tete i hamh sualnak in a si, khat le khat naih tuk (pe 6 hrawng nakin naih) in um ruang ah. Cun phun dang in COVID-19 chawnh khawh a si rihsak cu virus aa neh mi thil pakhatkhat i tawng hual hnu ah kaa, hnar le mit i hnuai asiloah tawng hual ruang ah a si kho, nain a ruang bik ah cun ruah a si lo. Thilchuak thar conoravirus a karh ning cu <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html> ah hngalh khawh a si.

Ze i dah COVID-19 hmelchunh an si?

COVID-19 ngei mizaw cu a tanglei hmelchunh pawl a neem in a zual tiang thawlam lei damlonak an ngei

- taklinh
- khuh
- thawchuah harh

Hi virus nih tlakphuak damlo faak a chuaipi mi?

Cheukhat mizaw cu cuap hnih ning in pneumonia an ngei, pum tengnge tampi damlo le cheukhat ca ah thihnak tiang.

Keimah te'n ze i tin kaa kilven khawh lai?

Nifatin venkham cawlcanghnak in thawlam lei damlonak in hin i kilven khawh a si

- A zaw mi he naih le tawng hual.
- Kul taw lioin na mit, hnar le kaa i tawng hual.
- Ti le chaphiat in a tawm bik sekan 20 tel na kut i taw lio pah lengmang. Ti le chaphiat um lo ai kun zu (alcohol) a tawm bik 60% aa tel mi kut tawlnak sanitizer hmang.

Na zawt ahcun mah thawlam damlonak na karhter nakhnga lo na tuah awk cu

- Na zawt tik ah inn ah um.
- Na khuh le haathio tik ah tissue in i hup law naa huhnak tissue cu hmunthur pung ah hlonh.
- Tawng htham a tam mi thilri pawl kha thianhhlimh lengmang hna.

COVID-19 a karh lio nak hmun in a rak tungka mi ka si ah ze i dah ka tuah awk?

Zawt a tluon nak hmun ah khual na tawm ahcun na umkalkak cu zarh 2 hrawng tiang reng h a si kho men. Cu caan chung ah zawthmel (taklinh, khuh, thawchuah harh) na ngeih ahcun thlopbulnak lam kaw. Na sibawi sin na kal hlan ah chawn cia hna, na khualtawm le na zawthmel kong cu chim hna. Midang zawt na chawnh nak hna hnga lo ze i tin tuah ding ti an in chimh lai. Na zawt chung ah, hawi he cawhpolh hrial, leng chuak hlah law khualtawm ding a um ah tui ta rih, midang zawt chawnh sualnak tawmter deuh ding ah.

Raikhah sii a um maw?

COVID-19 in kilven ding ah atu tiang raikhah sii a um lo. Zawt chawnh venkhamnak ah a tsa bik cu nifatin venkham cawlcanghnak a si mi a zaw mi he naih le tawng hual, le kut i taw lio lengmang hi a si ko.

Thlopbulnak a um maw?

COVID-19 virus donak sii ngaingai a um lo. COVID-19 in a zaw mi nih an zawthmel aa rel deuh khawh nakhnga damlei hramhnak kaw khawh a si.