

Coronavirus zawtnak 2019 (COVID-19) in zaw sual law zei dah na tuah lai?

COVID-19 in na zawt asiloah COVID-19 a chuahtertu virus chawnh ka tong tiah lungrumhna na ngeih ahcun na chungkhar le na khuasang ah zawtnak a karh lo nakhnga a tanglei pawl hi zul hna.

Damlei hramh ruah dah ti lo, inn ah i erh

Damlei hramh ruah ah dah leng na chuah ti lo cu, lengchuah i sum. Rian i thawh hlah, sianginn kai hlah, zapi umnak ah kal hlah. Zatlang umkalnak, hawi he ciit-hrawm, taxi tbk hrial.

Inn ah chungkhar le saram hna sin in i p heo

Minung: A si khawh chung in khaan dang te ah um in midang he umti kha hrial ding na si. Cun, a si khawh hoi hna ahcun, zunput zong a dang te'n hman ding na si hnga.

Saram: Zawt lio ah innzuat satil arva asiloah saram dangdang tawng hna hlah. [COVID-19 and Animals](#) ah konglam tling deuh in zoh.

Sibawi sin na kal hlan ah chawn hmasa

Appointment na ngeih ahcun damlei zung kha chawn hna law COVID-19 na ngeih khawh men nak asiloah na ngeihnak kong chim hna. Cu ti cun, midang kha na chawnh sualnak hna hnga lo damlei zungtuon pawl nih a herh mi an rak tuaktaan lai.

Hmaihuh i thuamh

Midang (khaan le mawtaw hrawm hawi) asiloah satil arva pawng na um tik ah le damlei sibawi zung na luh hlan ah hmaihuh hman awk na si. Hmaihuh na hman khawh lo (tahchunhna ah thawchuah a harter tbk) ahcun na chungle cu nangmah he khaan khat ah um hna hlah seh, asiloah na khaan an luh lai ah hmaihuh hman hna seh.

Na khuh le haatthio ah i hup

Na khuh le na haatthio tik ah na kaa le hnar cu tissue in i hup. Hman cia mi tissue cu palasatik chungnawh a ngei mi hmunthur pung ah hlonh; culecangka ti le chaphiat in a tlawm bik sekan 20 chung i tawl, asiloah, zu (alcohol) a tlawm bik 60% aa tel mi kutawlnak sanitizer in na kut zapi i thuh law a ro tiang i hnuai. Mitzoh ah kut a thur aa hngalh ahcun ti le chaphiat hman hi a tha deuh.

Inn chungkhar thilri i hrawm hlah

Kheng, thalang hrai, hrai, keu, taval, ihnak ti bantuak cu midang asiloah satil arva he naa hrawm hnga lo. Mah bantuak thilri pawl hman duh tik paoh ah ti le chaphiat he thiang te'n tawl dih awk an si.

Na kut i tawl tawn

Na kut cu ti le chaphiat he a tlawm bik sekan 20 chung i tawl tawn. Ti le chaphiat a um lo ahcun zu (alcohol) a tlawm bik 60% aa tel mi kutawlnak sanitizer in na kut zapi i thuh law a ro tiang i hnuai. Mitzoh ah kut a thur aa hngalh ahcun ti le chaphiat hman hi a tha deuh. Tawl lo mi kut in mit, hnar le kaa tawng cu hrial.

“Tawng-h-tam” thil vialte nifatin thianh hna

Tawng tam ti mi cu kawngta, cabuai, innka kuttalaih, zunput chung thilri, zunput kheng, fawn, keyboard, tablet, le bizu cabuai fa tete an i tel. Cun, thi, ek asiloah pum chung chuak tihang phun aa neh kho mi thilri paoh thianh hna. Innchung thianhna thil kahphun asiloah hnawhna puan pawl kha cabenh cung aa tial ning tein hman hna. Hmuhsaknak cabenh tial mi ah kuthruk hman ding ti bantuak a thianhna thilri himbawm te le hmualngei te'n hman ningcang aa tel i thilri na hman lio ah thli luhchuah thatnak zawn te ah na um lai ti bantuak ralinnak tete zong an i tel.

Na zawthmel na ngiat lai

Na damlo a zual (thawchuah harh tbk na um) ahcun damlei thlopnak kawl colh ding. Hramhna na kawl hlan ah, na sibawi te kha chawn hmasa hna law COVID-19 na ngei, asiloah a ngei hnga maw tiah zoh lio mi na sinak kong chim hna. A hmun na phak hlan ah hmaihuh i thuamh. Cu ti na tuahnak thawng in na sibawi zung ah asiloah milengkhaan i a um mi pawl sin zawt chawnh a um sual lo nakhnga a bawmh lai.

Khuasang asiloah ramthen ngandam zung cu chawn hna law tiah na sibawi cu na hal lai. Ngiat lio mi asiloah mah te'n ngaitnak aa tuah mi a si paohpaoh nih khuasang ngandam zung asiloah damlei mithiam hna nih a herh ning in chimhrelhna an ngeih mi cu an zulh awk a si. Na khuasang ngandam zung he riantuanti tik ah an i manh caan ti bantuak tuaktaan chih te.

Lakhrak cangsual na ngeih i 911 kawh na herh ahcun, COVID-19 na ngei, asiloah a ngei hnga maw tiah zoh lio mi na sinak kong kha na theiher hna lai. A si khawh ahcun, cangsual poipang zawn hnawh awk ah a ra mi hna an phak hlan ah hmaihuh rak i thuamh cia.

Inn ah mah lawng thleinak ngol ning

COVID-19 a ngei tiah fehter mi nih cun ralrin in innchung mah lawng thleinak cu pehzulh rih ding a si, midang chawnh khawh a sinak a tlawm cang tiah ruah a si hlan paoh. Ralrin innchung thleinak ngol ding kong biachahnak tuah tik ah mahle sining hoih in zoh a si lai i ngandam lei zohkhenhtu sibawi le ramthen le khuasang ngandam zung i ruahnak peknak in tuah ding a si.

For more information: www.cdc.gov/COVID19