



COVID-19 ZAWTNAK HRIK IN ZEITIN DAH KAN IKILVEN NING A SI LAI

2019 thok in nikhat hnu nikhat in a hun karh thluamah mi Coronavirus (COVID-19) cu US zong nih kan ton ve cang tikah, biapi ngai in cu zawtnak hrik in kan ikilvennak ding caah timtuh caan a si cang. COVID-19 thawngpang a thar poah cu a tanglei lei langhtermi maivan ah hin zohpiak khawh lengmang an si <https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/>, asiloah Facebook le Twitter ah @nkyhealth timi ah hin zoh khawh lengmang a si.

COVID-19 timi zawtnak hrik asiloah rungrul cu zeidah a si i cun zeitin dah a karh ning cang a si ?

COVID-19 zawtnak hrik asiloah rungrul (virus) cu thawchuahnak thli in minung pakhat hnu pakhat in i chawnh khawhmi a si. Khuhnak le hachionak in hin i chonh khawh bik cu a si. A ngandam lomi pakhat khat nih, an khuh asiloah hachio tikah, cu an thawchuahmi chung in zawtnak rungrul kha na dop kho asiloah na lak kho mi a si. Cu zawtnak lungrul cu na kut in na tongh khawhnak ding na taksa pum hna zong ah a phan/benh kho mi a si.

A tanglei a biapi ngaimi zulh ding le tuah ding pawl hna hi na chungkhar sinah chim hna law, atu thok in zulh hram i thok cang hna seh:



Na kut kha chatpiat le ti in thiang tein tawl piak lengmang hna. Chatpiat le ti a um lo ahcun, kut tawhnak caah an tuahmi sii (alcohol based hand gel) kha hman piak. Na ei hlan asiloah, tin a din hlan asiloah, na hmai na tongh hlan ah na kut kha tha tein tawl piak ta hmasa hna.



Na khuh na khuh tik asiloah na hachio tikah, na hmur kha na hup lai. Na hman ciami kut,hmur ti bantu hawnak tissues pawl kha hmunthur hlonhnak ah tha tein hlonhpiak hna, cu dih in, na kut kha tha tein tawl piak than hna. Na khuh na khuh asiloah na hachio tikah tissues na ngeih lo sual ahcun, na angki ban kha hman piak. Na kut cu hman piak hrim hlah.

COVID-19 zawtnak hrik a um chung poah cu nifa tin kan tlawm lennak, khuasak tuntuk ning cang zong aa thleng kho mi a si. Cucu cheukhat ca ah cun thlen remh a har ngaingai kho ding zong a si. Na umnak pawngkam a um mi minung hna kha biarua hna law, cu zawtnak rungrul chuahphut chung paoh cu, na tuah ding rian pawl kha tuan piak hna. Cu zawtnak rungrul chuahphut sual ah tiin atu tein timh lamhnak tuah cang.

Mi tlawm deuh he ton asiloah pakhat le pakhat chawnh biaknak, pehtlaihna tlawm deuh in tuahnak ding caah ah ri ser, zulh ding serisam piaknak nih zawtnak a karh lonak ding kha a bawmh ngaingai.

Cucu a luancia caan ah kan rak tonmi cang mi tihnung zawtnak rungrul a tluo lio ah, Mi tlawm deuh he ton asiloah pakhat le pakhat chawnh biaknak, pehtlaihna tlawm deuh in tuahnak ding caah ah ri ser, zulh ding serisam piaknak nih zawtnak rungrul a karh kha a nuar ter deuh hlei ah minung nunnak tampi a khamh hna. Mibu sinah um, i cawhnak thawng in zawtnak cu na ngei kho asiloah mi dang kha zawtnak na chawnh khawh hna. COVID-19 zawtnak rungrul hi thlop damh khawhnak si ser khawh a si hlan lo chung poah cu, zawtnak dohnak ding le mi dang nih zawtnak an tuar lo nakhnga caah Mi tlawm deuh he ton asiloah pakhat le pakhat chawnh biaknak, pehtlaihna tlawm deuh in tuahnak ding caah ah ri ser, zulh ding serisam piak hi kan i timh bikmi a si. US ram chung ah COVID-19 zawtnak rungrul a hung chuakphut ahcun, ngandamnak lei in tuarvo ngeitu upa hna nih nangmah le na pawngkam hna cu pakhat le pakhat pehtlaihna tuah lo ding ti bantu hna kha ruahnak pek nan si te lai. Cucaah, hi nih hin thla tampi chung cu na khuasaknak ah thlennak tampi a chuah pi te lai.



WH COVID-19 ZAWTNAK RUNGRUL IN IKILVENNAK CAAH ZEIDAH NA TIMH LAMH KHAWH

Nan chungkhar caah timhlanhna I tuah cia.

COVID-19 a ngeimi hna mi tam u cu inn ah zohkhenh in thlop khawh an si. Zawtnak rungrul a chuaphut tikah, zawtnak a zual tukmi asiloah biatak tein thlop damhna lei bawmchannak a herh tuk mi lawng kha sizung ah chiaah an si lai.

- Hmaihup pawl kha i khawmcia hna HLAH. Zawtnak rungrul khamnak lei tuanvo latu CDC le taksa pumhlai lei thiamsang U.S Surgeon General hna nih a ngandamnak a tha ko mi nih COVID-19 telh in thli/thawh chuahnak in chawnh khawhmi zawtnak hna in mah le mah kilvennak ding caah hmurhup (mask) khuh cu tuah ding in THAAPELO. Cu hmurhup le hmai a hupmi (facemask) cu COVID-19 zawtnak rungrul a ngei kho mi (mizaw, a khuh a khuhmi, thawh chuah aa harh mi) hna lawng nih mi dang sinah zawtnak rungrul an chawnh lonak ding lawng ah an hman awk asi.
- COVID-19 zawtnak rungrul in dam lo hram na thok sicun, inn ah um piak, leng ah chuah lo ding a si lai. Cutin inn chung na kual/umnak thawng in mi dang kha zawtnak na chonh ti hna lai lo. Cu ve ban tukin, na chungkhar rual hna zong an dam lo asi ahcun inn leng an chuah lo ding kha a biapi tuk. Nan innchungkhar ah pakhat khat cu COVID-19 zawtnak rungrul in a zawt sual ahcun, nangmah zong kha leng ah chawhvah loin inn ah na um piak a herh.
- Na dam lo sual ahcun, asiloah na dam lo chung ah ngakchia hna a zohkhenh ding kha timhlanhna tuah cia. Cu timhlanhna/timhtuahnak na ngeihmi cu na chungkhar, na inn pawngkam le na hawi le hna kha theihternak tuah hna.
- Na chungkhar, na inn satil zuatmi le nangmah caah tiin zarhnhic an zat ding in eidin rawl le ti hna i cawh cia. Cun, siibawi nih nangmah asiloah na chungkhar pakhat khat caah din piak ding tiah sii tialpiak mi hna cu cu a za tawh tein na ngei maw, ngei lo kha zohfel than ta. Inn ah um ding hrim na si ahcun cu bantuk si pawl nih nan chungkhar kha bawmhna an pek ngaingai hna lai.
- Ngandamnak lei thlopnak siseh, bawmhna caah a biapi mi hna asimi thi tahnak, hmaihup, thil/kuh hnawhna (tissue), chatpiat, kuttawhna tuahmi sii le tak linhna caah a tha mi si ti bantuk pawl kha na ngeih a hau.
- Na riantuannak siseh, na fa le ca chimtu saya/mah le nan umnak hmunhna i tuanvo ngeitu upa hna pehtaihna a simi phone number le maivai in pehtaihna e-mail hna kha khom cia hna.
- Na riantuannak hmun he khan timhtuahnak ngei cia. Nan riantuantu lei upa asiloah boss kha COVID-19 he pehtaih in kampani nih zeitindah timh tuahnak a ngeih timi kha hal ding. Inn in tuan khawh dingmi rian asiloah hmunhna le caan thlen thial khawhna ding lam a um maw ti bantuk kha izoh cia ding. Phone asiloah, maivan in pehtaihna e-mail hna in na riantuannak hmun he pehtaihna ngei kho peng ding in timhtuahnak ngei.
- Caan karlak chung ah na fa le an sianginn khar a si ahcun anmah caah timhtuahnak ngei piak cia hna. An sianginn lei in pehtaihna an in tuah tonnak khan, ze bantuk dah tuah ding le tuah lo ding kong an langhter mi kha tha tein tuah piak hna.
- Ngakchia hna an sianginn khar hlan asiloah khar hnu ah sianginn khar ding ti bantuk thawng an thanh sual ahcun, ngakchia hna caah timhtuahnak dang ngei piak hna.
- Zawtnak rungrul a chuaphut sual i na fa le sianginn chung ah a um mi an si ahcun, siangngakchia hna caah sianginn lei nih ze bantuk bawmhna dah an pek hna lai timi hal hlat piak hna.
- Na umnak khat mibu asiloah pawngkam hna he khan timhtuahnak ngei cia u. COVID-19 zawtnak rungrul he pehtaih in nan pawngkam pakhat le pakhat kar ah pehtonak, pehtaihna zeitin dah khamh ningcang asi lai timi kha hal fiang hna. Na inn in, phone asiloah maivan pehtaihna e-mail hna in nan umnak mibu pawngkam caah zeitin dah na teltum khawh ning a si ve lai ti kha hal fiang hna. Upa lei hruaitu hna le chungtel hna i pehtaihna phone number asiloah maivan in pehtaihna email ti bantuk pawl kha tha tein khomsuat cia hna.
- Zawtnak rungrul a hungphut caan ah, zeitin dah nan umnak mibu nih a dang cheukhat pawl kha bawmhna nan pek khawh ning a si ti bantuk pawl kha ceikhna cia ding. Tahchunnak ah: bawmhna pek dingmi thil pawl kha khawmsuat, bawmh a herh kho ding mi hna kha va zohkhenh hna le ngakchia pawl kha bawmhna pek.
- Zawtnak rungrul a chuaphut caan ah nangmah le na chungkhar hna bawmhna an pe khotu ding mibu hna kha i kawh cia hna.

Pakhat cio kan tan laknak nih thil tampi a thlen a khawh ko.

Mi tlawm deuh he ton asiloah pakhat le pakhat chawnh biaknak, pehtaihna tlawm deuh in tuahnak ding caah ah ri ser, zult ding serisam piaknak nih COVID-19 zawtnak rungrul a karh cu a nuarhter kho i, nunnak tampi zong a khamh khawh. Pakhat cio kan tan laknak nih thil tampi a thlen a khawh ko. Lungruah tein kan tuan sicun, kanmah pumpak siseh, kan chungkhar si le kan pawngkam cu him tein kan i runven khawh ko lai. Timh cia tein um law, na ngalhmi hna kha na pawng mi kha chim than hna.

Fiang deuh in theih na duh sicun, a tanglei ah zoh khawh an si:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://nkyhealth.org/individual-or-family/health-alerts/coronavirus/>

