

# INNPAN HUIHDIK NAWGKAI NATAWH KISAI KIKEP ZIA DING NAM 10

NC

TEDIM CHIN

Cisa, khuh or huihdik haksatna naneih aleh, Sia vuan te phone sam in. Siavuan ten inn pan bangci kikep ding cih hong gen thei ding uhhi. Anuai a deihsak nate na zui in:

## 1. Hihteng a pianma, innah na om in:

- Natna apian dingzia kilatnate ni 10 a phak khit ciang **AND**
- Ni 1 sungin Cisa zatui zanglo pi in Cisa aom kei leh **AND**
- Natna kilah khatna te a hong hoihzawk aleh



## 6. Na khuh or hehchiai ciang in lanel tawh na kam hum inla, na man ciangin tissue paaipah in.



## 2. Natna limleh kilah khatnate hoih tak in encik in.

Natna ah kilahna te a sukzawk aleh manlang takin na Siahuan te phone sam pahin.



## 7. Na khut khutsopna (satpiang/soap) leh tui tawh silzelzel inla, atawm second 20 sungbang sil hamtang in.



## 3. Tawnga inla tui tampipi dawn in



## 8. Midangte tawh a kigamla thei penin om in.

- Khantuam ah om inla
- Kisilna tuibuk tuamzat in.
- Na gei ah mi aom leh Muktuan zang hamtang in.



## 4. Siavuan te kiang napaima in, phone sam khol inla COVID-19 nei ingh or nei a naki up mawhlaam thei sak masa in.



## 9. Neeklehdawn Vanzat a kipan a tuamtuan te Midang tawh zangkhawm kei in.



## 5. Thupha mawh a om leh, 911 sam in. Phone na sap ciangin COVID-19 nei ingh or nei a naki up mawhlaam thei sak.



## 10. Na lawnkhak, na sukkhak, na nisim vanzatte nisim in siangtho sak in.



NC Department of Health and Human Services – [www.ncdhhs.gov/covid19](http://www.ncdhhs.gov/covid19)

Call 211 or go to [nc211.org](http://nc211.org) to find other resources.