

Thaw thawnak lam thawn pehparin inn lamih tuamhlawm awk dan phun 10

Na taksaa, na khuh, lole thawn sam tivekin na um asile na siibawi ko aw. A tanglam vekin inn lam ihisn tuamhlawm awk dan ding an lo sim ding:

1. A tanglam vek na si tiang inn ah um aw:

- Na damo nak a mal bik ni 10 a si zo
- Sii ei tul nawn loin ni 1 sung taksaa loin na um zo
- Na naatnak a zia um vivo



**6. Na Khuh le na hahtheu tikah tissue
thawn khuh awla, hlawn cih aw.**



**2. Na damlonak ralring ten zohawk
thiam aw.** Na nattnak a luar le na siibawi ko lohli aw



**7. Na kut tu le tu sapia thawn a malbik
second 20 rei in kholh aw.**



3. Cawl huahhi awla, ti tampi in aw.



**8. A cang thei tawkin midang kiangah
um hlah.** Room hran le tikhohnak khal a hran ten hmangin, midang kiangih na um ding le hmaituamnak hmang aw.



**4. Siibawi hnen na feh hlanah,
COVID-19 na nei lole na nei men thei
timi sim cia aw.**



**9. Inn ih thilri pawl hman tlanglo ding.
Rawl khal tawm awk lo ding.**



5. Cakkhai ah 911 ko awla. COVID-19 na nei lole nei men thei timi sim cia aw.



**10. Na tham tam bikmi pawl nitin faiten
thian ringring aw.**



NC Department of Health and Human Services – www.ncdhhs.gov/covid19

Call 211 or go to nc211.org to find other resources.