

Thawk lam harsatna avanga in lama in enkawl dan tur chi 10

NC

MIZO CHIN

I pang a sa, I awmna, I thawk a harsat chuan i doctor phone rawh. A hnuai ami ang khian a tih dan a hrilh ang che.

1. In ah awm rawh:

- I natna inlar tan atanga a tlem ber ni 10 anih thlengin
- Khawsik damdawi ei lova ni 1 chung i pang a sat tawh loh thlengin
- I natna te a ziahawm tawh thleng



6. I khuh leh i hachhiau hun ah tissue in i ka hup la, i hman zawh ah paih rawh.



2. I natna inlar chhuahdan ngun takin chik rawh. I natna a zual chuan, I doctor phone nghal rawh



7. I kut kha sahbawn nen tuiah seconds 20 a rei sil rawh.



3. Chawl hahdam la, a tui lam in tam rawh.



8. A theih hram chuan puipun na hmun ah awm suh la, pindan hran ah awmin bualin hran hman rawh. I bulah mi an awm chuan mask vuah rawh.



4. I doctor hnena I kal hmain phone la, Covid-19 i neih thu emaw i inrinhlelthu hrilh rawh.



9. Inchhung thleng, bungrua in hmantawm suh la, ei in thlengin.



5. Emergency a nih chuan 911 call la, Covid-19 i neih thu emaw i inrinhlelthu chuan hrilh hre rawh.



10. I hman thin bungrua ti thianghlim fo rawh.



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

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

