

Nangmah pumpak le midang pawl caah

COVID-19

ttihnunnak zorter dingah fawi tein tuah dingmi pawl



the power of humanity



A tlawmbik sekaan 20 chung chatpiat le ti in **na kut ittawl lengmang**, asilole kutttawlnak ca an tuah i saporit aa telmi ahang kha hmang.



Na kiu asilole tissue cungah **khuh asilole hachio**. Tissue kha hmunthur bawm chungah hlonh law na kut kha rianrang in ittawl.



A taklinmi asilole a khuhmi minung pakhat khat he **naihnam in um kha hrial**.



A si khawh chungin inn ah um. Na taklinh na khuh, na or fah asilole thawchuah awk na ngeih huaha lo ahcun nangmah umnak i na siibawi kha chawn asilole ruahnak cheuhmi ngahnak ah 1800 020 080 hi chawn. Tha lo tukin na zawt asilole thawchuah naa harh ahcun 000 kha chawn.



Na dam ko ahcun, hmrhnup (mask) ihruk na hau lo.



A dang tein zarh 2 um na hauh sual ah **na innchungkhar caah timtuahnak ngei**. A fawimi te kan thilri pawl lak ah pakhat tuah dingin timlamhnak ngei hika ah zoh redcross.org.au/prepare



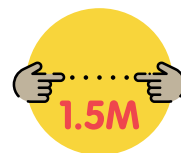
Lungdai te'n um. Coronavirus a ngeimi tam-u nih cun zawtnak tlawmpal lawng an ngei lai.



Kumkhua upa pawl le zawtnak a ngeimi pawl caah ttih a nung khun.



Mah te lawng a dang tein um dingah chimh na si ahcun, sii lei thlopbulnak na herh dah ti lo ahcun, na um hrimhrim lai.



Nan innchungkhar in a leng na kal tikah nangmah le midang pawl karlak ah **takpum ihlat in um uh**.

Biahal awk a um maw? Coronavirus Ngandamnak lei Thawngthanhnak caah Chawnh khawh a simi 1800 020 080 kha chawn. Nangmah holh in a holh khomi holhlettu na hal khawh.