

# 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.



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**



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



**Lungdai te'n um**. COVID 19 a ngeimi tam-u nih cun zawtnak tlawmpal lawng an ngei lai.



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



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



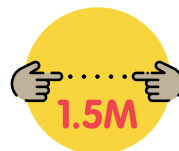
**Na zawt ahcun inn ah um ko**. Na taklinh na khuh, na or fah asilole thawchuah awk na ngeih huaha lo ahcun nangmah umnak i na siibawi kha chawn asilole ruahnak cheuhmi ngahnak ah 1800 020 080 hi chawn. Tha lo tukin na zawt asilole thawchuah naa harh ahcun 000 kha chawn.



**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.



Na umnak hmun i acozah nih an in chim ahcun **hmaihuh ihruk**.



Nan innchungkhar in a leng na kal tikah nangmah le midang pawl karlak ah **takpum ihlat in um uh**. Nan kut i tlai hlah uh asilole i kuh hlah uh.

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