

# COVID-19

lio ah nuam te'n le  
ruahchannak he  
umnak lam pawl



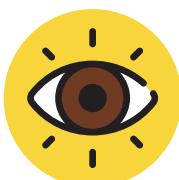
the  
**power**of  
humanity



**Nan inn chungah zeibantuk thinphannak lei hmelchunhnak dah a um kha hngal.** Thinphannak a can tikah zorter dingin tuah dingmi thil pawl cazin kha tial.



**Hmuu ning kha chiah khawh i zuam.** Na nunnak ah tihnunnak pawl le thihpheihsnak pawl na hmuhton men ko lai. Atu lio ahcun, na thing khawhmi thil pawl cungah lungthin chiah ding kha a tha.



**Thawngpaang caah zumh awktlak hrihhram ngei kha zoh.** A hnubik thilcang pawl cungah thanh lengmangmi ngah dingah ni chiarte caan la.



**A ngandammi nun ning in um peng.** Tha tein ei law it. Ni fatin eksisai tuah law nitlang to.



**Kaa lawm timi chim dingah caan la ta.** Siisaya/ma pawl le siibawi pawl, dawr ngan pipi i riantuantu pawl, atu lio i rawlzuarnak le inn ah chanhnak a tuahtu phu le hmaisuang i riantuantu dang pawl sin ah i lawm.

**Thawngthanymi tamdeuh?** Takpum ihlatnak tuah lio ah na thinlung lei damnak ngeih peng dingin tuah ning kongkau ah a takin tuah dingmi pawl tam deuh hmuhnak caah [redcross.org.au/covid-19](https://redcross.org.au/covid-19) ah zoh