

# Upa deuh Tar pawl

Ralring tein Umnak kong Cheknak cazin

Vanchiatnak nih ahopaoh umtuning a danter khawh nain, upa nawn a simi kum upa pawl caah tuahkhawhlonak, aa dang tein umnak, le ngandamnak lei zohkhenhnak hnahnawhnak ruangah ton sual ding harnak nganpi a si kho. Khuati thlennak nih nikhua ttha lo hringhran a umter lengmang.



## Na Phu he itimh

- Vanchiatnak caan chung an ibawmh khomi na bawmh khomi zumhmi pumpak pawl he itimh.
- Timhtuahnak nan tuah khawhnak hnga phu pumhnak ngei tuah.
  - Vanchiatnak caan chung le hnu ah khat le khat nan ichawnhnak ding ningcang timhtuah uh.
  - Nan silei, takpum lei le hngalhnak lei herhmi pawl nih zeitindah vanchiatnak na leh khawhnak umtuning a danter lai ti cehti uh.
  - Ahopaoh sin ah anmah herhmi an hrawmnak hnga forh, an bawmh khawhnak lam pawl zawng chimh.
  - Ttuavo pawl kha a hlankan tein pek/thiah.



## Na ton dingmi Tilian Ttihnungnak kha Hngal

- Na mibu i a hung cang khomi vanchiatnak kong kha cawn.
- Na umnak mibu nih zeitindah a leh lai ti kha hngalthiam, cuni zeidah ruah awk a si ti na hngalhthiam lai.



## Him tein Um khawhnak caah Timhtuahnak pawl Tuah

- Na mibu umtuning a danter khawhtu vanchiatnak sin in na phu kha him tein a um khawhnak hnga timhtuahnak tuah uh.
- Vanchiatnak caan chungah ngandamnak lei herhnak pawl caah timhtuahnak lam pawl kong na sibawi he cehti uh.
- Vanchiatnak ah hngatchan in, him tein na um khawhnak hnga na umnak hmunah khan na zamtahnak hmun ah na um a herh lai. Mah biahalnak pawl hi ruah:
  - Mei loin inn ah him tein ka um kho maw? Silei thilthuam/thilri hmannak dingah silole sii pawl kihter dingah mei ka herh maw?
  - Zamtak ka herh ahcun – Khuazeiah dah ka kal lai? Zeitindah khika ah ka phan lai? Khawika dah ka um lai? Zeidah ka put lai?
  - Zeitindah ka pet satil ka zohkhenh lai? Pet satil pawl hi ka kaltak awk hmunah onh a si lai maw? An herhmi eidin le sii ka ngei lai maw?



## Midang he ipehtlaih kha itimh

- Na umnak hmun i nawl ngeitu pawl lamhmuhsaknak kha ngai.
- Khulrang ralrinpeknak kha sign up tuah.
- Mei thih caan chung ah a hrampiin herhmi pawl na ngei khawhnak caah mei backup nak kha ngeih itimh.
- Betteri a hmanngmi radio pakhat ngei law.
- Nikhua dirhmun pawl kha ttha tein zoh dingah itimh.



## Gather Emergency Supplies

- Rawl, ti, le sii kha pumh. Go-kit (Khualtlawnnak Thilri Bawm) le Stay-at-Home Kit (Inn ah nuam tein umnak Thilri Bawm) pawl kha ningcang tein chiah.
  - Go-Kit: Khulrang tein kaltak na herh ahcun, a tlawm bikah ni thum ca hman khawhmi supply pawl. Backup tuahnak betteri pawl le na thilri (cell phone, CPAP, wheelchair, tbk.) pawl an itel.
  - Stay-at-Home Kit: a tlawm bikah zarh hnih hman khawhmi supply pawl. Chawdawr le sii dawr pawl an khar khawh.
- Vanchiatnak caan chungah sii pawl hmannak ah hnahnawhnak a um kho. Na herh ngaingaimi si pawl hmanng fehter dingah na sibawi kha bia ichawnh.
- Na pet pawl le bawmhpetu uico pawl ca supply pawl, eidin, sii, hnawm hlonhnak zal pawl, kuang le uico hngawng hri tibantuk pawl an itel.



## A Biapimi Cahren kha Timhtuah cun Khamh

- Pumpak, tangka he aa pehtlaimi, le silei rikhawt pawl kha him tein le zoh fawi tein (catlap khawpi asiloah him tein back up tuah in) chiah peng.
- Na silei konglam: dirhmun, pum nih huatmi pawl, sii, si din ding ttialpiakmi rikhawt pawl, sibawi, le aamahkhan card pawl cazin a tharmi chiah peng. Na pet pawl le bawmhpetu uico pawl caah a khatmi cazin aa tel.



## Nangmah kha ttah tein i Zohkhenh

- Vanchiatnak silole a dang lakhruak hnu ah lungput ttha lo, hneknak silole lungretheihnak ngeinak cu a si tawnmi punghman thil a si. Ngan a dammi eidin/rawl kha ei, na hneknak zohkhenh dingah a za mi caan chung kha ih.
- Vanchiatnak hnu ah, hlen hmanngmi artist (thil dawh serthiamnak lei i thiammi) pawl, identity mifir pawl, le adang misual pawl nih anmah ttathnemnak caah mi cheu khat pawl kha an hmanng lai. Fiangtein na zoh cikcekmi, na izumhmi pumpak he ttuanti, cun na pumpak kong le tangka he aa pehtlaimi konglam kha runven law.
- Vanchiatnak Ttihiphannak zung Kawhnak kha midang he ichawnh na duh ahcun man loin na pehtlaih khawh timi hngalh. **1-800-985-5990** ah rak kan pehtlai asiloah ca kan kuat law.

Prepare so you can protect.

| Thawngpang tam deuh theihnak ah, [redcross.org/prepare](https://redcross.org/prepare) ah kal

| Emergency App download tuah

