

Tha Cahnak (Power Outage)

Timhtuahnak Zohfelnak cazin

Tha Cahnak(power outage) kan timi cu electric mei a mih caan khi asi. Timhcia silole ruahlo piin a cang kho, Nikhat silole nikhat leng a rau kho. Meivan, Tikhal kuang, ti, thlikik peknak seh, internet, le sii lei a herhmi thilri pawl rian an ttuan kho lo men. Khuaticaan thlennak nih a faktuk mi nikhua pawl tamdeuh a chuah ter. Hi nikhua pawl nih kan electric zayar(grid) harnak a pek khawh cun tha cahnak(power outage) lei ah a hruai khawh. Asinain timhtuahnak kan ngei kho. Nangmah le nangmah, na dawtmi hna le na inn khamhnak ding ah a tu in i timhtuah.



Zeidah Tuahding asi: A can hlaan ah



Na Pumpak Electric lei a Herhmi hngal law timhtuahnak ngei.

Tlikzaamak a sullam cu a himlonak hmun in a himnak hmun lei ah kal kha asi.

- Umlo ngahlo mi na electric lei a herhmi cazin i kal pi. Cun tha cahnak a chuah tik ah mah pawl lo in ze tin na nun lai timi kha ruat. Umlo ngahlo mi caah timhtuahnak ngei.
 - Zeitindah lum in silole dai(cool) in ka um lai?
 - Zeitindah rawl silole ti thiang ka ngah khawh lai?
 - Adang pawl he zeitindah kan i pehtlaih lai?
 - A herhmi sii lei hmanmi thilri pawl zeitindah ka tuah lai?
- Sii pawl cu a kihnak hmun ah chiah na herh ahcun silole meitha(power) a herh mi sii lei hmanmi thil na ngeih ahcun, na sibawi he airoltu(backup) timhtuahnak i ceih uh.
- Inn ah um a him lo kho, himtein tlikzaamak timhtuahnak ngei.



Bawmchantu Pehtlaihna Ser

- An bawm kho tu silole na bawmhnak a herhmi zumkhawh ding minung pawl i fiang hna.
- Zeitindah na pehtlaih khawh hna lai timi hngal. Pehtlaihna cazin(contact list) cu catlap in i chia.
- Pakhat le pakhat zeitin kan i bawmh lai timi hngal. Bawmhnak ah aa tel kho ding cu:
 - Inn umnak ah silole tlikzaam tik ah bawmh.
 - Rawl eiawk silole a herhmi bawmhnak pawl put.



Pehtlaihna Cahlo ding Timhtuah

- A lak in laakhrak ralrinpeknak(emergency alerts) caah na ramchung cozah sin ah luhnak tuah.
- Ramchung khuaticaan le thawngpang pawl zohding in timtuahnak ngei.

- Batter a hlei/airoltu ngei silole na kutken phone tha tuinnak lam kawl.
- Tha cahnak(power outage) a can lio ah hmanding batter-thangei radio i chiah.



Laakhrak Thiamnak pawl Cawng (Learn Emergency Skills)

- CPR le a Hmasa Thlopbul Damhnak(first aid) cawng.
- Tha(power), gas le ti lo in nun ding i tim cia(ready).
- Tha a hlei/airoltu(backup) caah timhtuah.



Laakhrak Bawmtu pawl Khawm (Gather Emergency Supplies)

- Rawl, ti le sii pawl khawm hna. Chawdawr le sii dawr pawl cu an khar khawh. Putding-thil(Go-kit) le Inn-ah-Chiahding thil(Stay-at-Home kit) tiah bawmtu phun hnih in tthan hna.
- Putding-Thil(Go-Kit): Nangmah nih naa put khawh ding a tlawm bik nithum bawmtu Na thilri(kutput phone, CPAP, leng-tthutdan(wheelchair)) caah battery a hlei pawl le tha tuinnak(chargers) pawl telh chih.
 - Inn-ah-Umding Thil(Stay-at-Home Kit): a tlawmbik zerh hnih ca bawmtu.
 - Rawl a kik in chiah nak ah kihnak le tikhal ngeih ding timhtuah. Na tikhal kuang a kih-lum zohfel khawhnak ding ah thermometer ngeih hrim ding i zuam.
 - Thla-1 ca sii(medication) hman awk cun sii lei bawmtu silole hman awk thilri pawl cu ngakchia on khawh lo nak bawm ah i chiah.
 - Na pumpak, tangka lei le sii lei hmat-ttaan(record) pawl cu a himnak le laak a fawi nak hmun ah i chiah (hard copy pawl in silole him tein laak tthannak ah). Na sii pawl le na sii dinmi cazin(list) pawl naa ken khawh nak hnga kat(card) a hmete ah i ttial hna.

Zeidah Tuahding asi: A can lio ah



Zohnak Ralrinpeknak(Monitor Alerts)

- Na umnak hmun chung thawngpang le ralrin peknak theihnak caah radio ngai cun na kutken phone kha zoh.



Rawl Kik te'n Chia cun a Tthat lo Tikah, a Leng ah Hlonh

- A rawh a fawimi na rawl pawl kha ei hmasa.
- Na rawl kik te'n aum nak hnga tikhal kuang on cu hrial. Tikik bawm cu a herh ahcun tikhal hmang chih.
- Thermometer in na tikhal kuang chung ii rawl a kih-lum kha tah. A rawhfawimi rawl cu 40 degrees F nak in a lum deuh ahcun hlonh.
- Thlalang awng ah vennak thirtung an um ahcun, rang tein na chuah khawh nak ding in tuah hrim.



Tha Tamtuknak(Power Overloads) le Mei Ttihnung kha Khamh/Runveng

- Tha rin(power surges) in na hmanmi electric thilri pawl a rawh lo nak hnga plug in zuk hna.
- Dahmei hmang, mei-lul hmang hlah.



Carbon Monoxide Sivai Khamnak

- Na inn lumhnak ding ah gas meipung(stove) hmang hlah.
- A leng ah chiahmi meipung(stove) cu inn chung ah lumhnak caah le rawlchuannak caah hmang hlah.
- Mei-seh(generator) na hman ahcun, thlalang awng he aa hlatnak innleng thliluh thlichuah tthatnak hmun ah chia.



Um na Herh ma silole Kal Na Herh dah timi Biakhiak

- Na inn a linh tuk silole a kik tu a si ahcun, silole tha(power) a herhmi sii lei hmanmi thil na ngeih ahcun zaam.
- Pawngkam bu nih a caan ah cun a lumnak silole kihnak hmun pawl le tha tuinnak hmunnhma pawl an pek tawn.

Zeidah Tuahding asi: A can hnu ah



Him tein um

- A rawkmi silole a tlu mi mei(power) hri pawl, mei tung pawl le meihri(wire) pawl cu hrial hna. Mah pawl nih khan dat an in leih khawh.
- Ti lianhnak hmun pawl ah electric leihnak pawl hrial. Ti tang(underwater) a rak si khawh caah tilianhnak hmun ah kal hlah silole zeibantuk electric thil pawl hmanh hmang hlah .
- Carbon monoxide sivai i raling. Gasoline, propane, tabawah gas silole meihol-ahnak thilri pawl cu zeik tik hmanh ah inn chung, inn tang, ku-dawng, buk(tent) silole thlaam – silole thlalang awng aa onnak pawng hmanh ah hmang hlah. Carbon monoxide cu hmuh khawh le a haw theih khawh asi lo, nain rang tein an

thah khawh. Na lungmih silole na tha der, a zaw bantuk in na um ahcun, **thli thiang ngah ding ah lam hlat ah kal colh – i nuarh hlah.**



Nangmah le Nangmah i Zohkhenh

- Lung nuamhlonak, lungbatnak(stress) silole launak ngeih hna hi a phung si ko.
- Lungbatnak damhnak caah a ngandam mi rawl ei le mitkuh vuai te'n ih nak nih lungbatnak(stress) damnak ah an in bawmh.
- Minung pakhat khat he chawnh na duh ahcun Disaster Distress Helpline ah a lak in pehtlainhak na tuah khawh. ah Chawn silole cakua **1-800-985-5990.**

Prepare so you can protect.

| Thawngpang tam deuh theihnak ah, redcross.org/prepare ah kal

| Emergency App download tuah

