

Mincimnak

Ralring tein Umnak kong Cheknak cazin

Mincimnak cu lungpi, vawlei, le nawncek slope (hrap) a tla mi a si. Ruah lo piin hmakhat tein asilole khulnuar tein caan rei hnuah a langh kho. Cu cu thihnak a chuahter khomi a si i, inn le lam pawl kha a kalpi kho. Mincimnak cu lihnin, ruahpi, hawhra ti aa cang, tlangkang phawtnak le ram im mei nih a canter kho. Nawncek luan, hnawmtam luan, nawncek mincim le hrawhra tlang chim pawl hi mincimnak phun pawl an si. Ni khua can har nih ruah sur a tamter i, a hlan i hrawhra kha ti a canter i, rili level a tamter ii ram im mei a nganter, mincim khonak ttihnungnak a santer. Sihmanhselaw itimh dingin cawlcanghnak kan tuah kho.



Zeidah tuah a herh: A Hlan ah



Na ton dingmi Tilian Ttihnungnak kha Hngal

- Na umnak hmun in mincim ttihnungnak kong kha icawn.
- Mincimnak cu ze US ramkulh le hmun paoh ah a hung um. Tlangpi asilole tlang nih mincim a ngeih kho.
- A hlan i mincimnak kha a dang mincimnak umnak hnga ttihnungnak a tam bik a si.
- Slope tthialnak lehnmah tlawmpal zawng nih na in a hrawh kho, septic, swer, ti laknak a chiatter kho i, na inn hram kha a kuaiter kho.
- Mincim hung cantertu sullam pawl le hmelchunhnak pawl kha hngalh.



Na Ttihnung kha lawmter

- Na ram kha zohtah dingah a hleice in a tthiam ngaingai mi he ruahnak cheuh kha iruah. Na mincim ttihnungnak tlawmter khonak lam an um.
- A hrapmi slope pawl ahnak tuah kha ihrial.
- Ram i a tlangpiin a ummi thingkung pawl tam deuh phun/cin.
- Na inncung asilole na matthaw mawngnhak ii a tلامي ruah ti kha mincim hung can khomi slope pawl i hlatnak ah hruai.



Him tein Um kho dingin Timhtuahnak Tuah

- Na umnak hmuh i Khulrang response le zohfelnak timhnak kong pawl kha ichawn.
- Na chungkar asilole chaw lehthalnak rian caah khulrang timhtuahnak tuah.



Mincimnak a Hung Um Kho ti na ruah ahcun

- I Zam tak! Mincim lam in asilole hnawmtam luannak in ichuah kha i huhphenhnak ttha bik a si.
- Na him tikah khan:
 - Khulrang thil kha theihter dingah **9-1-1** kha pehtlai.
 - Mincim thlennak pawngkam ii mibu kha theihter. Na innpa chakthlang nih ttihnung kha an hngal lo zawng a si kho.



Mincim Ralrinnak pawl Hngalh

- **Mincim kong Ruahnak peknak:** Ruahnak peknak nih hmun cheukhat i mincim a um khomi a phuan.
- **Mincim Zohnak:** Zohnak timi a sullam cu mincim pawl a hung um kho tinak a si. Mincim Zohnak hmun i mipi nih nikhua dirhmun pawl ttha tein an zoh a herh i, mah hmun cu an hrial a herh.
- **Mincim Ralrinpeknak:** Ralrinpeknak nih mincimnak a hung um ti a hmuhsak. Kha hmun kha hrial. Mincimnak hmun ah na um ahcun, i zam tak!

Mincim a chuahtertu pawl	Mincim Hmelchunhnak pawl Na Umnak Hmun i Cawlcanghnak
<p>Koke tein a simi a chuahtertu pawl</p> <ul style="list-style-type: none"> ▪ Ruahpi sur ▪ Ti a khat tukmi vawlei ▪ Tilet asille or tiva nih vawlei a eimi ▪ A hrapmi slope pawl ▪ Lihnin ▪ Ram im mei <p>Minung nih an chuahtermi pawl</p> <ul style="list-style-type: none"> ▪ Tlangzau cung ii a chukmi tizirhnak ▪ A himlomi cawhnak ▪ A chiami ningin chiahmi hma a portertu kuang ▪ Tlangzau cung ii a rit ngaimi chiahnak ▪ Lam ah tizirhnak um lonak ▪ A him lomi ti khahnak zone pawl ▪ A chiami ningin lo tipeknak zohfelnak ningcang ▪ Ram im mei 	<ul style="list-style-type: none"> ▪ Thingkung khattelei a niam deuh asilole a kun deuh ▪ Utility linepawl a Kui ▪ Hmun thar ah cerhtipu pawl an um asilole hmakhat tein tiva pawl luanna a dongh ▪ Vawlei aa khuai ▪ Slope cungah vawlei bo a um ▪ Lam pawl an ttumchuk asilole an kuai ▪ Khuachung lampi ah, vampang ah, zeltuung ah, le thlalang awng ah innka kharah kehkuai an um ▪ Cong pawl ah ti aa zuk asilo ah cong an kuai ▪ Zeltuung, post, asilole vampang pawl an niam deuh ▪ Thlalang awng asilole innka khar pawl hmakhat tein ruah lo piin aa chuah thawk ▪ Innhram in vawlei an tthial ▪ Na inn pawngkam ii tizirhnak totho ti pungsan pawl kha zoh. Ti hmanmi luang hmun khat ah i tonnak hmun kha ttha tein zoh. Mah nih mincim khonak hmun pawl a langhter kho hnga.

Hrawhra kong teh zeitin dah?

Hrawhra tlang cimh cu tlang in hrawhra tam nawn a tla mi hmakhat tein a tlami kha a si. Hrawhra tlang cimh a dongh tikah, hrawhra cu a khah in a khah. Mipi a tangmi nih an i caw chuak khawh lai lo. Mipi hna cu thaw chuah kho loin umnak, lungchhiatthlak, asilole thisen mal tuk zawtnak (hypothermia) caah an thi khawh.

Hrawhra tlang cimh a hung um hlan ah itimh:

- Na umnak hmun ii hrawhra tlang cimh ttihnungnak kong kha cawn.
- Ttihnungnak a karhnak hmun pawl kha hrial.
- A tunai bik hrawhra tlang cimh pawl le slope pawl ii kehkuai a ummi pawl telchihin a karhmi ttihnung pawl hmelchunhnak kha ihngalh.
- Ttih awk a simi dirhmun hngalhning training ah i kai.
- U.S. Tupi Rian Hrawhra tlang cimh Hmunpi sin in ralrinnak pawl ah minkhumh tuah. Na mibu nih umnak hmun zawng nih ralrinpeknak ningcang a ngei men lai.

Zeidah tuah a herh: Chung lioah



- Him tein um khawhnak um chunte cu mincim um hlan ah a hmun in i zam tak kha a si. Umnak hmun nawl ngeitu hna chuahmi lamhmuhaknak kha ttha tein zulh. Zam tak dingah fimchimh na si ahcun, khulrang tein tuah. Ttihnungnak ah na um tia na ihngal a si ahcun, offician phuannak kha hngak hlah, atuah zam tak!
- Nikhua dirhmun kha ttha tein zoh. A ttawngmi, caan rei lo chung ruahpi a surmi nih mincimnak a umter khawh ti kha hngalh.
- Ti asilole nawncek a luannak lam kha zeitik hmanh ah zawh hlah.
Kirthan, Pil Hlah!
- Tiva pawngkam ii nelrawn le a niammi hmun pawl kha ttihnung um caan chungah hrial.

Zeidah Tuah a herh: Hnu ah



Him tein Um

- A hmun sin hlap ah um. A chapmi mincim a um kho.
- Ding tein mincimnak hmun ah lut lo in, hma pumi le a tangmi mipi pawl kha kaw. Cawnpiakmi khamhtu pawl kha anmah hmun pawl ah lam sawhpiak.
- Na zam tak ahcun, kirthan a him cang maw ti hngalh dingah nawlgeitu pawl chimmi kha ngai.
- A chiat mi asilole a tlumi elektrik tung hri, tung, le thirhri kha hrial. Mah pawl nih khan dat an in leih kho.
- Na inn ah le thilri pawl ah rawhrlnak a um maw chek tuah. A herh ahcun a thiam ngaingaimi he ruahnak i cheuh.
- Mincim a um lio mi na ram le na thingram pawl kha fehter.



Nangmah kha ttah tein izohkhenh.

- Vanchiatnak asiloah adang khulrang thilah, lungput ttha lo, hneknak silole lungretheihnak ngeinak cu a si tawn mi punghman thil a si.
- Ngan a dammi eidin/rawl kha ei, na hneknak zohkhenh dingah a za mi caan chung kha ih.
- Mi pakhatkhat na rak kan chawnh duh ahcun, a lak in Disaster Distress Helpline (Vanchiatnak Ttihpahnak Zung na pehtlaih khawh. **1-800-985-5990** ah ran kan auh asiloah ca kan kuat.

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