

Thliri bawm na neih ahau. Timhtuah nak naneih cia ahau. Thil sining natheih ahau.

A rak um kho mi har/rawk/van chiat ton caan le adang imagensi pawl ca i ahlan in khuakhan chungnak itimhnak hi a biapi ngaingai mi asi. Koketein le minung-chuahtermi har/rawk/vanchiat tonnak pawl nihhin zeitik caan le khoika paoh ah, ruah lo pi in a kan tuk kho. Mah cucu a hopaoh nih cawlhchanghnak pathum pawl ilak in bawmhkhawh asi lengah thil umtuning adan ter kho...Thliri bawm na neih ahau. Timhtuah nak naneih cia ahau. Thil sining natheih ahau.

Be Red Cross Ready (Harnak A Tongmi Hna Bawmtu Bu Timh Cia In Um Nak) Chek/zohpiak mi cazin

- Kaumnak hmun ah zeibantuk imagensi asiloah har/rawk/vanchiatnak dah kan ton khawh ti mi ka hngalh ko lai dah ka ti.
- Kan innchungkhar nih har/rawk/vanchiat ton caan caah timtuahnak kan ngei i a cawn zong kan cawng cang.
- Imagensi timhtuahnak thilri bawm ka ngei.
- Atlawmbik kan innchungkhar ah mi pakhat cu CPR/AED cawnpiak le hmankhawh asi lai.
- Ka umnak mibu timhtuahnak ka bawmh khawhnak dingah cawlhchanghnak ka tuah cang.



Thliri bawm na neih ahau

A tlawmbik in, a tang lei i cazin tuahmi a tlangpi herhmi thilri pawl na ngeih a hau.

Thilri pawl kha imagensi caan i afawimi-i-kenkhawhmi itimhnak caah bawm ah na chiah lai mah ticun na inn ah asiloah na zam/kaltak ahau sual tikah na kalpi kho lai.

- Ti: minung pakhat nikhat, galan pakhat (atlawmbik ni 3 caah zam/kaltak nak caah i timh cia ding, zarh inn ca i aherhmi cu 2 ca i timh ding)
- Eidin: arawk kho lo mi, fawitein tuah khawh mi (atlawmbik ni 3 caah kal/zamtak aherh ahcun, inn ca i aherhmi cu zarh 2 ca i timh ding)
- Dahmei • Betteri rawnmi asiloah kutin mer mi redio (asikhawh ah cun, NOAA nikhua kong chimmi redio) • Betteri ahlei • I khawnsual tik ah tuamhlawm nak ding thil chiahnak bawm • Sii pawl (Ni 7 ca) le ngandamnak he aa pehtlaimi thilripawl • Zeipaoh ah hman khawh mi hriamnam thilri • Thianhhlminak le pumpak ngandam nak thil pawl • Nangmah pumpak aherh mi ca pawl (na si cazin le abiapi mi ngandamnak kong, naumnak ahman ti langhternak, ro/inn hlan nak, paspot, chuah nak lehnmah, le insuarent pawlisi tibantuk) • Thla 6 voikhat thlen lengmang mi kandawtmi hna i atu lio an hmanthlak, abikin hngakchia caah. • Fawn le betteri rawn nak • Innchungkhar le imagensi ah ipeh tlaih nak theih hngalh nak kong • Phaisa ahlei • Imagensi blanket • Khuaram hmanthlak (pawl) umnak eria ta

Innchungkhar mi vialte herhmi kha ruat law cun thilri pawl kha na thilri bawm ah chap hna. Ruahnak pekduhmi bawmhak dingah aherhmi chapmi thilpawlcu:

- Ngandamnak ca si lei thilri pawl (theihnak bawmtu seh kha betteri ahlei he, mit hman, mitchung bunh mi thlalang, si chunh nak le tthengthunh) • Nauca aherhmi thilri pawl (hnuk thawl, formula (cawhnuk podar), nau rawl, daipar tibantuk) • Hngakchia caah lentecelh nak le cawlhchanghnak tuah nak ding • Inn ah zuatmi saram nih aherhmi thilri (Uico hngawng oih, temnak hri, aidi, rawl, phorh nak, rawl kheng) • Kap hnih redio (chawnh khawh/khat talei chimmi theih khawh) • Inn tawh le mawttaw tawh ahlei •Kutken cauk thawl awnnak

Na inn ah asiloah na bawm ah na chiah chap rih dingmi thil cu na umnak pawngkam i a rak um tawn mi har/rawk/vanchiat ton mi cung ah aa tthum lai:

- Firik • N95 asiloah hlainak hmaituamnak pawl • Meilah • Ruah khamnak thilpuan • Hmai hnawhnak puan • Riantuannak kuthrolh/hruk pawl • Na inn ahim nak ding caah aherh mi thilri pawl • Thilhruk ding ahlei in, lukhuh, le afek mi keden • Plastic tlap • Tep • Cerep • Innchungkhar ranternak si a hang • Lawmhternak thilri pawl • Puanbu asiloah ih nak puan tawm • Ni dah khamnak (Tak cuar ah thuhmi) si • Fikfa seh lo nak caah thuh mi si



Timhtuah nak naneih cia ahau

- Na innchungkhar hna asiloah na innchungkhar mi hna he itong uh.

- Nan um nak hmun, cawnnak, rianttuannak, le lentecelhnak ah imagensi ah zeitin i timhtuahnak tuah ding ti kha nan ni ceih tti lai.

- Chungkhar pakhat cio caah antuanvo ding kha thiah piak hna law nan zapi in bu khat in rian nan tuan tti lai.

- Nan chungkhar ah ralkap atuan mi asiloah caan saupi rian ruangah khual atlawng lengmang mi an um ah cun, inn ah an um lo lio asi ah zeitin tuah ding timi kha timhnak nan ngei cia lai.

- Nangmah asiloah nan innchungkhar mi hna mi pakhatkhat he luhnak asiloah rianttuan herhmi, cawl kholo ttuankhawhlo pawl aa tel in, ruahawk asimi cu a kaumi chuahnak cu ahlan in itimhtuahnak cu innchungkhar, zohkhenhtu, zohkhenh bawmtu pawl he aatlak ning in ser ding asi. Bawmh aherhmi i atuah khawh mi chek nakkha natuah dih lai i rawhnak le harnak ton lai te le ton hnu ah zaidah aherh lai timi kha natheih lai i pumpak bawmtu pawl bawmh na hal lai.

Rawhnak le harnak nan ton caan ah chungkhar nanni tthensual asiahcun zeitin nantuah lai timi zong i timhcia ah:

- I tonnak ding hmun pa hnih nan i thim cia lai—

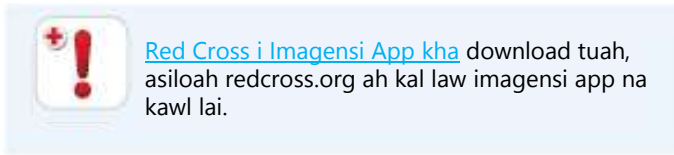
1. Mei kang tibantuk imagensi aum sual ah, nan inn leng ah i ton ding.
2. Na inn ah narak kir tthan khawh sual lo ah asiloah zaam ahauh asi ah cun, nan um nak pawngkam aleng lei ah i ton thannak hmun pakhat nan thim cia lai.

Lamkal nak ding caah bawmh nak thilri hman ahau mi caah asiloah mawttaw anei lo mi caah tlunkal nak ah harnak antong kho timi kha ruahpiak ding philh hlah.

- A lenglei ummi imagensi caah auhding thimding na philh lailo. Umnak hmun cozah tuahmi fawn tin lo caan asiloah rian a ttuan lo caan hna caah ca kuat hi a fawi deuh lai. Zapi te nih zoh loin chimh khawh hrimhrim a herhmi cu imagensi pehtlaihna ding le a ttialmi zong asiloah na ngei lai i mah hna cu anmah le kutken khawh mi fawn cio ah than piak ding asi.
- Ipehtlaihna ding ah ka dang lam pawl (thil pakhatkhat tuah sernak ca i sermi bu pawl sin in email, cakuat, auhnak, carek in cakuat nak le adang tibantuk in maw) ti na hngalh lai.

Zam/kal tak na herh ahcun ze i tuah ding ti timtuahnak ngei cia

- Khi ka hmun na phanhhawhna dingah khoika in dah na kal lai ti le khoika lam dah na zullh lai tikha biakhihna na tuah lai. Hotel asiloah lamkam riahbuk na thim kho men mah ticun hawi asiloah rualchan hna he himnak hmun asiloah aherh ahcun kal/zamtak nak ca sermi idornak ah na kal a hau lai.



Mah app nih an pek mi cu har/rawk/vanchiat ton caan ah zeitin tuah ding timi le mah i aatel mi Red Cross nih a hun piak mi idornak umnak khuaram hmanthlak asi.

- An nin duhpiaknak hmun luh khawh lo asi sual ah adang hmun pakhatkhat na ngeih a hau.
- Na inn zam/kaltak ning cang ding kum khat ah voihih na tuah peng lai. Na timhning bantuk in na zuam lai mahcu zam/kaltaknak lam le lam dang umnak khuaram hmanthlak lam kalkhawh lo mi asi sual i a herh sual ah. Na innchungkhar mi vialte hna nih zam/kaltaknak lam le lam dang pawl kha an theih ve hrimhrim awk asi cun nan ni tontuahnak ding hmun le adang itonnak hmun pawl zong an thei dih lai.
- Na innzuat sara pawl caah timhtuahnak a hlan in tuah piak. Fawn nambar cazin na chiah ding mi hna cu "innzuat saramhawikom duhmi asimi" lamkam riahbuk/hotel le saram idor/umnak hmun asi lai i na kalnak lam pawng hna i um thluahmah mi pawl an si lai.



Thil sining natheih ahau

Na umnak na pawngkam hrawng ah ze i bantuk har/rawk/vanchiatnak thil dah tlung kho ti na theih lai.

Mah thil a hung um mi pawl nih hin nangmah le na innchungkhar hna long nan umtuning athlenpiak, tahchunhnakah inn kanghna asiloah ngandamnak lei imagensi tibantuk pawl, asi nain lihnin nak asiloah tilian ti bantuk nih cun hmunkhat i aummi mibu vialte hna a hrawhkhoh dih hna.

- Har/rawk/vanchiatnak ton caan ah na umnak nawlungeitu hna nih ze i tin dah na um ti an theihkhawh lai, cun nangmah nih tah zeitin dah thil umtuning le khua caan na theih khawh lai, na umnak radio in maw, TV asiloah NOAA Khua Caan Radio hmun asiloah anthlahnak hmun in maw tikha na hngalh lai.

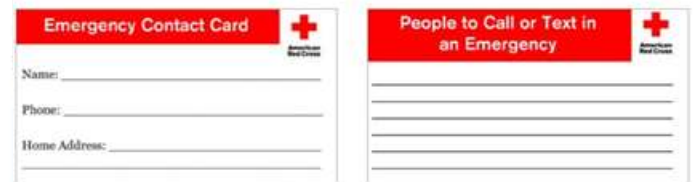
- Na theihawk asimicu khua caan hliplaunak pawl an ni dan nak benabiah ah "zoh" le "ralrin peknak" ti ban tuk pakhat cio caah zeibantuk cawlhchanghna dah na tuah lai ti hi asi.

- Har/rawk/vanchiatnak ton caan ah na himnak caah ze i bantuk cawlhchanghna dah na tuah lai mahcu na khuatlawnnak hmun asiloah nai te i na pemnak hmun zong ah asi kho. Tahchunhnakah, lihnin nak ah khual na tlawng mahcu na theih bal tuk lo mi khi asi va ti seh law, na theihawk asimicu nangmah na himnak ding caah ze i tindah na tuah lai ti ban tuk.

- A ngantuk mi har/rawk/vanchiat nak a um sual ahcun na umnak minung umttinak bu ah ruahlo in thil a hung um kho. Dawtmi hna ihliamnak le imagensi bawmtu hna rangtein rak phanhhawh lonak tiban tuk. Na tuah hrimhrim awk asimi cu na innchungkhar mi lak in atlawmbik pakhat cu a hmasabik tuahawk bawmhna le CPR le AED seh kha zeitin hman ding ti bantuk pawl na cawnter lai. Mah bantuk cawnnak hi imagensi pawl an hung umnak hmun ah a tthahnemh mi thil an si.

- Na innchungkhar, innchungkhar mi pawl le inn pawngkam mi pawl hna sin zong ah na cawnni kha na chimh hna lai cun anamh nih zong chim ve ding in thazaang na pek fawn hna lai.

Innchungkhar mi hna vialte caah Imagensi I Pehtlaihna Kat



Na kat kha online in hika ah [na lak lai](http://na.lak.lai) asiloah, hika redcross.org ah na kal lai i imagensi pehtlaihna na kawll lai.

- Innchungkhar mi vialte hna caah kat pakhat cio ting ding in na nam piak hna lai.
- Innchungkhar zate mipawl, rian, sianginn, le kutken fawn nambar ti ban tuk pehtlaihna ding nambar pawl vialte kha na ttial dih hna lai.
- Hngakchiahna ca i kat na ser tikha na rualchan pawl min pawl (pi, ni, tibantuk pawl) an min fak zong tel in an theih fawinak min pawl zong na telhchih dih lai.
- Kat kha na phaisa bawm ah a tlum khawh nak dingah na bil lai.
- Har/rawk/vanchiatnak asiloah imagensi kong ah na zoh tthan ding caah mah kat hi na put peng lai

Na Him ti kha Na Innchungkhar mi hna nih in thei hna seh

Na dawtmih na na chimh ding mi cu an ngeih mi American Red Cross Himnak le Damnak Website asiloah hika in luhkhawhna cu redcross.org in na kawldingmi himnak le damnak asi. Mahka i internet-hrambunh hriamnam hna hi imagensi na ton tik i ipehtlaihna timhna ah lam pakhat asi. Har/rawk/vanchiatnak nih a hrawhna hmun i aummi pawl hna nih anmah te in an tuahawk asimicu "hinnak le damnak" ah minkhumhna asi i cun an innchungkhar le hawile amah pehtlaihna mile fawn nambarle umnak hmun pawl kha an kawll khawh lai i bia zong an chiahtak kho lai. Internet luhkhawhna ngeihlo asi ahcun, hika **1-800-REDCROSS** ah na auh lai i nangmah le na innchungkhar hna caah minkhumhna na tuah lai.