



Tuahmi 1 - ca le cauk chuah mi ni - April 28, 2020

COVID-19 Har/rawk/vanchiatnak ton Caan chung i Itimhtuahnak

Coronavirus 2019 (COVID-19) zawtnak nih mi zapi a khawn a den caan ah kan zapi tein kan caan hi zuamnak caan ah kan kal ter hna. COVID-19 hi sau nguh ding thil a lo, cun mahruangah adang har/rawk/vanchiat tonnak pawl bantu siloin lamdang deuh in kan ni ralrin le itimh chung kan hau lai. Khawruahharnak asi ko, sihmansehlaw har/rawk/vanchiatnak pawl tonkhawhmi adang hna, thlichia ttotho le ramkanghnak ti ban tuk, hna nih a kan tuk kho rih ttiamtthiam.

Na umnak minung bu kha zeil thil ttihnung nih dah a thlenter lai ti theih bu in le mah hlan ah zeidah ka tuah lai ti cawng in, le mah hnu ah mi vialte himtein an umkhawhnak lai bawmh, le na thazang ttawnter ttan in na tuahkhawhmi cawng in, mah ti cun rang ngai in tthat/damtthan asiloah "punghman sitthannak" ah na um kho lai. COVID-19 zawtnak harnak chungin nangmah le nangmah na khamh lio caan zongah itimhnak caah thuahkhawhmi na ngei ttiamtthiam. An bawm tu ding hrampi hika i ummi hi hmang.

Zeibantuk har/rawk/vanchiatnak thil khi dah ka tawnkhawh ve?

Tilianhnak le inn kanghnak, tibantuk har/rawk/vanchiatnak thil te hna hi, khaw zeipaoh ah a um kho mi ansi. Adangpawl, lihninnak le thlivirh pawl aatelin, hi hna pawl hi tthen cheukhat hmun hna i ton lengmang mi an si. Na umnak hmun hrawng i tonsual khawhmi harnak na theihkhawhnak dingah:

- Na umnak pawngkam na eria i har/rawk/vanchiatnak tawnkhawhmi na theihkhawhnak dingah mah [Red Cross interactive map](#) hi na hman lai. Himtein na umkhawhnak dingah cawlhcanhnak na tuahkhawhmi pawl ttha tein theihhngalhnak na ngeihkhawhnak dingah hika [Red Cross Emergency Library](#) ah zohtthannak na ngeih a hau. Manpeklo download tuah khawh nak hika ah [Red Cross Emergency App](#) asi i mah cu himnak ding caah asi ("American Red Cross" tiin app stores ah na kawl lai).
- Nan khuasaknak hmun nih ttih awk thil ton ah zeitindah anleh lai timi kha na cawng lai i, COVID-19 ruangah mah timhnak hna kha hman asi maw tikha tuaktan ding asi lai. Pehtlaihnak caah theihding kawlnak naumnak peng, khua le phun uktu le riantuantu bu [government le agencies](#), le [state imagensi tawlrel tu riantuan bu](#) caah .

Har/rawk/vanchiatnak zapi nih ton caah atlangpi in ka herhmi zeitindah ka hmuh khawh lai?

Ram alumnak ah ahrangmi thlichia nih elektik mei ahrawh khawh, lam aphih khawh, imagensi thil tua nak kha hnahnawh nak apek khawh, cun, dawr le si zuar nak hmun kha caan sau pi a khar ter khawh. Mah harnak le buaibai nak ah COVID-19 hi achap chap. Atu te ah natimh ah cun, him te le ahrampi na herh mi natlinh khawh nak caah aherhmi theihnak, thiamnak le thilri kha na nei lai.

- **I khawnsual tik ah tuamhlawm ning le CPR (lung rian atuan lo tik ah tuamhlawm ning) kha na cawn ahau.** Red Cross nih mah thiamnak cawnnak ding ah [online cawnnak](#) aphun phun an nei. Cupinah, manpek hau lo in [First Aid \(i khawnsual tik ah tuamhlawm ning\) App](#) cu lak khawh asi.
- Imagensi thilri kha kuang 2 le nadin tawnmi si thla 1 ca kha nasenh cia lai. Mah he thawk [ahrampi herhmi cazin](#). Nangmah naherh mi atling nak caah nakuang ah naduh ning tein nasenh lai. COVID-19 dohnak caah thianternak, zawtnakrungrul athat tu si, le ngandamnak thil kha natelh chih lai. Thilri cheukhat pawl cu ngah ding a fawi lailo, cun har/rawk/vanchiat ton caan ah an um lo tawn, cu caah thilri pawl a tu in pumhhram na thawh hna lai.
 - **Inn chungah um tik ca hman ding (imagensi hman ding thil zarh 2 ca):**
Atlawmbik inn chungah um khawh nak caah naherh dingmi vialte natelh chih lai, rawl, ti, thianternak le zawtnakrungrul athat tu thil, chahpiat, caku in chuahmi thil (kuthnawhnak) le pumpak ngandam nak thil pawl cu an si.
 - **Zaam tik ca hman ding (kalnak paoh ah ken ding zal ah senh mi thil, ni 3 ca)**
Nakuang apahnih nak cu azaang mi asi lai, zaam aherh tikah nangmah he na kalpi khawh ding mi a hme mi asi lai. Nangmah tein ni 3 chung naum khawh nak ding caah naherh mi kha natelh dih lai - rawl, ti, pumpak ngandamnak thil, le nakal nak poah ah naken khawh dingmi thianternak le zawtnakrungrul athat tu (tisu, kut thianternak si alcohol (zu) pasenh 60% atelmi le zawtnakrungrul athat tu hnawh nak puan) kha natelh dih hna lai. Na tua hrimhrim ding mi cu [puan in tua mi hmai tuam nak](#), asi i, nan inn ah aum mi, him te in hruk athiam cangmi paoh caah hmaituamnak le pavuah nahman ter hna lai. Puan in tuahmi hmaituamnak hruk hi pakhat le pakhat i hlat in um ding timi ai awh nak caah asi lo (hmaituamnak hruk ruangah i neih khawh asi ti nak asi lo) Zapi umnak hmun kip ah midang he pe 6 hlat in naum peng lai. Puan in tuahmi hmai tuam nak cu kum 2 tang hngakchia, thawdawp avuai lo mi, asiloah pakhat khat nih bawmh lo in mah ten aphoih kho lo mi hna cu hman ter ding an si lo.

- **Nadin tawnmi sibawi pekmi si thla 1 ca, si dawr ah mahten cawh khawh angah mi khuh damnak si, tak linh zawrternak si le si lei hman mi thil asiloah thilri pawl zong kha na tim tuah cia lai.** Mah thil hna kha thil senhnak kuang adang pakhat chungah na chiah tti hna lai i, zaam ding asi sual ah cun nakal nak paoh ah na ken lai.

Zapi nih ttihpahnak harnak ton lio caan ah zeitindah itimhnak ka tuah lai?

Zeibantuk harnak asi zong ah mah harnak hlan ca, aumlio caan ca le adihhnu caaah itimhnak na tuah awk asi. Har/rawk/vanchiat tonnak pawl cio nih himnak ding caah aakhat lomi tuah herhmi an ngei cio.

- Zohtthannak ding hmun [Red Cross Emergency Library](#) ah himnak ding ca le theihhngalh dingmi pawl cazin ah asi lai.
- Manpeklo download tuah khawhnak [Red Cross Emergency App](#) cu himnak thilpel pawl, afak ngaimi khua caan hliplauhna le adang pawl asi.
- Nangmah le nadawt mi hna COVID-19 in zeitin nanni khamh lai ti mi nacawn khawhnak ding hmun CDC cu hika ah [cdc.gov/coronavirus/2019-nCoV/index.html](https://www.cdc.gov/coronavirus/2019-nCoV/index.html) le the Red Cross at [redcross.org/coronavirus](https://www.redcross.org/coronavirus) asi.

Ttihawk thil kha a rannak in na hmuhkhawhnak hnga na tuah hrimhrim lai. Khua caan hliplaunak le hmunkhat i aummi bu hna i hngalhternak pawl theihkhawh na zuam lai. Mei amih tik caan zong ah nawlgeituhna i hngalhternak pawl na hmuhnak ding i zuam. Na Umnak Peng le Hmun i Nawlgeitu hna lamhmuhnak kha nazulh peng lai.

- Nankhua nih anin tuahpiak mi imagensi thawngthanh nak nangah khawh nak caah namin na pek lai. Battery-radio cawkdin na ruah ah attha lai asiloah manpek haulo mihi download hika [Red Cross Emergency App](#) ah na tuah lai.
- Theihternak pekmi zeibantuk phun anum timi le theihternak kancohlan tikah zeidah tuah ding ti mi na theih ahau. Tahchunhnakah, "zoh" timi cu cawlcang dingah timhcia in na um lai tinak asi: "ralrinnak pekmi" timi cu na cawlhcangh colh lai.
- Koketein a ummi thil ttihnung kong na cawng lai - nawlgeitu hna i hliplaunak a zungzal in na ngah lo kho men.
- Peng le khua ngandamnak lei nawlgeitu hna nih anchim ning le tuah lo ding ti mi kha na zulh lai, zeicatiah mah hna nih nariantuan ning le nangah khawh mi thil cungah athlen khawh ruang ah asi.

Kaum lai maw asiloah kakal lai? Acheu har/rawk/vanchiatnak pawl nih a fialmi cu umnak hmun ah himtein na um ahau ti asi. Adang har/rawk/vanchiatnak pawl nih a fialmi cu ka dang ah kal in himte in na um ahau ti asi. Ka dang i na kal a herh sual ahcun, mah biahalnak pawl hi na ruah a hau:

- *Khoika ah dah ka kal lai?*
- *Zeitindah ka phan khawh lai?*
- *Khoika ah dah ka um lai?*
- *Zeitindah keimah le keimah COVID-19 zawtnak in ka kham khawh lai?*
- *Zeidah ka rak iput lai?*

Tahchunhnak ah, [thlichia ttotho](#) asiloah [ram kaang mei](#) ah, na inn kha a ran nak in na kal tak a hau lai cun har/rawk/vanchiatnak a thlennak pawngkam eria silonak a dang ah kal ding asi. Philh lo ding, nawlgei tu hna nih zaam ding anti asiah cun, zaam nak caah timhtuah ciamei kuang he kalcolh khawh ding ah na tim cia lai (imagensi thilri senh mi "kalpi ding zal" he)

- Midang he kaltti ding asi ah cun, atu te in i timhtuah nak tuah cia.
- Naumnakhmun apinlei ah aum mi nahawi/chungkhat hna sin ah um khawh asi le si lo hal hna. An inn ah COVID-19 zawtnak angah fawi deuhding mi an um ah cun phun dang in na tawlrel ahau lai. An inn ah COVID-19 zawtnak angah fawi deuhding mi an um ah cun phun dang in na tawlrel ahau lai. Hotel, motel le ramlak riahnak hmun kha an hun le hun lo na chek lai. Na umnak imagensi zohkhenhnak bu nih idornak timhtuahnak ilakmi an ngei maw ti na theih a hau.
- Na zam/kal tak a hau sual ahcun, khoika ah dah na kal lai tikha timhtuahnak na herh lai (rualchan, hawikom) le na umnak bu hme hna sinin imagensi apps asiloah na umnak imagensi zohkhenhnak nawlgeitu pawl sinin biachimmipawl na thei lai.

Ka innchungkhar hna he kan ni tthen sual ahcun, zeitindah kan ni peh tthan khawh lai?

I chawnhbiak thilri hna kha rian antuan lo ah cun, chungkhar dawtmi hna he i peh tlaih tthan nak ding timh tuah nak na nei lai. Na fawn tharawn tthan nak caah betteri adang na chiah ahau.

- Chungkhar pakhat cio caah [contact card](#) (pakhat le pakhat i pehtlaih nak ding kat) kha tling tein natuah lai i an pum cungah na ken ter hna lai.
- Fawn in cakuat hi atha bik. Fawn i chawh khawh angah lo caan zong ah cacu akua kho tawn.

- Nan chungkhar i pehtlaih tthan khawh nak ding ah anin bawmkho tuding khualeng ah aum mi pakhat khat kha nanni thim cia lai. Harnak tawnnak alenglei i mi hna kha pehtlaih afawi deuh lai.
- Him tein i ton tthan khawh asi tik ah ton tthan nak ding hmun kha nan ni chim cia lai, cu ti cun pakhat le pakhat nan ni tong tthan kho lai:
 - Na inn in a hlatnaknak himnak hmun kha khoika asi ti hngalh - tuak law a hmun i khiah.
 - Na inn ah narak kir tthan khawh soal lo ah asiloah zaam ahauh asi ah cun, nan um nak pawngkam aleng lei ah i ton tthannak hmun pakhat nan thim cia lai.
- Ttha tein na theihawk asimi cu mah [American Red Cross Safe & Well website](#) hi asi ipehtlaih tthan na herh soal ah.

Rang ngai i ka tthatthtan khawhnak dingah abiapitukmi zeibantuk ca pawl dah kaheh?

Abiapimi capawl neih nak nih ahlan nanmah sining phak ter tthan nak caah thawk nak ah anin bawmh colh lai! Nanchungkhar zapi ahlan i nanmah ning nanphak zawkzawk tthan khawh nak cading ah atu caan ah, pumpak lei, phaisa lei, insuarent lei, si lei le adang fimmi ca pawl kha him te chiachia bu in nanni sersiam cia lai. Abiapimi ca ah atel mi cu:

- Chuahnak lehmah, paspot, Social Security Kat
- Thla 6 voikhat thlen lengmang mi kandawtmi hna i atu lio an hmanthlak, abikin hngakchia caah.
- Insuarent pawlisi, ngeitu sinak, tangka cawimi aamahkhannak (inn cawknak ca) ca/thil, le phaisa cawi nak capawl
- Dintawnmi si, pum nih ziaak lo mi le ngandam nak lei caah hmanmi seh thilri.
- Insuarent sin hal nak ding caah asung lawi mi thilri neih mi pawl i hmanthlak

Har/rawk/vanchiat toncaan ca tangka itimhtuahnak theihhngalhnak kong aceknok tiangin, hikha [Disasters and Financial Planning](#) ah cun [Emergency Financial First Aid Kit](#) ah na zoh hna lai.