

**Be Red Cross Ready**  
Prepare so you can protect.



Holh pakhatkhat nih thil pakhatkhat kong  
chimhning (Version) 3 – Cauk Chuahni May 5, 2020

## **COVID-19 zawtnak um lio caan ah Mah Inn Umnak in lung retheihnak harnak zawrter deuh nak**

Coronavirus zawtnak 2019 (COVID-19) rungrul a karh a nuar khawhnak dingah umnak hmun le peng i nawlgeitu hna nih an hmanmi cu inn-i-umnak (a chel ahcun himdeuhnak-innah, asiloah dornak-inn-ah) ti hi asi. Inn i umnak ruangah, minung tampi voikhat te i zawtnak hi kan tlawmter deuh khawh, a zawkho deuh khunmi hna fakpi in zawtnak in kan khamh khawh lengah kan ngandamnak tuah ningcang pawl nih chei ti lo nak in kan khamh kho asi.

Vanchiatnak taktak asimicu, inn lawng te i umnak nihhin kan tuahhnga ding le nifate kan cawlhchangning, rian le dawtmi hna zohkhenh ti pawl a kan hnahnawh, i harnak akan tawn ter. Mah bantuk i thlennak ruangah, a tlangpi in a fianglo mi hmun zakip i zapi harnak, hneknak, ttihpahnak le thather derhdorh in umnak a ser kho. Mah bantuk lungthin hi a um tawnmi asi ko, cun mah harnak a dihhnu ah phun sining in minung pawl an ttho tthan kho ko lai.

COVID-19 khamnak si atutiangah a um rih lo. Zawtnak khamnak ca a tthabik mi lam cu zawtnak hrial/i ngah ter lo hi asi. Nangmah le nangmah naa huhphenh khawhnak ding ah COVID-19 hmelchunhnak pawl le na karhlannak ding satep pawl na theihhngalh khawhnak dingah hika CDC website ah rak leng [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus). A tanglei ih theihternak pawl nih hneknak teikhawhnak le tu bantuk imagensi caan ah midang bawmhkhawhnak an nin pek lai.

### **Inn i Umnak timi Achimduhmi Zeidah asi?**

- Inn ah um peng timi sullam cu inn ah na um lai i na herh mi cawk ding lawng ah chuak, ngandamnak lei athiammi hna len/ton, asiloah imagensi/aherhtuk lawngah kal tinak asi.
  - Na chuah aherh ahcun, hmaituamnak na hruk lai i cun midang he a naihbik pe 6 i hlat in na um 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. Hmaituamnak kong he aa pehtlai in a nekcok tiang in hika ah a um: [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)

## A tu lio ah mah ban tuk lungthin ngeih hi a si tawn mi asi ko:

- A herhmi thil pawl an dih lai ti ttihpinnak.
- Lungretheihnak, a khun in dawtmi hna he i tthennak.
- Zei can tiang inn ah um na herh lai timi fianlonak.
- Nangmah le midang ca i takpum himnak ca i lung retheihnak.
- Zawtlai ttihpinnak.
- Ttuavo hlenh kho lo, rian, fa le ca asiloah upa mi nu le pa le hngohneilo pawl zohkhenhnak pawl ruangah sual/palh i ruahnak.
- Umharnak asiloah adang te i chiahnak
- Mawhchiatnak, lungretheihnak asiloah ttihpinnak ruahnak pawl.
- Hmuhmi tangka (lahkhah) sungd ding ttihpinnak.
- Na zawt ahcun thangchiat asiloah minih pakhat khat nasi aan ti ding ttihpinnak.

## Lung retheihnak Zawrternak Thilripawl

- **Na dawtmi hna he** hmuhkhawh in video he auhnak, fawn cawnhnak, cakuat, asiloah zapi ca hman mi hawi le he i komhkhawhnak (social media) pawl hen **pehtlaih** hna.
- **Bohchanhawk a tlakmi bia theihkhawhnak hrampi lei in asi taktak mi bia na theih khawhnak lai pehtlaih peng hna.** Ttihpinnak thawngpang asiloah bia chokvai a chuahtertu social media akhawngd pawl le tadin pawl hna kha hrial hna.
- **Na ngandamnak ca** le na dawtmi hna ca i **aherhmi pawl zoh/ngaih peng.** Ngan a dammi rawl ei, ti tampiin ding.
- Zawtnak hmelchunnhak na ngei asiloah COVID-19 zawtnak tthetnak ah na ngeih tibantuk asi lo ahcun, **leng chuah i lentecelh le na zuatmi saram na chuah pi cu a poi lo. Mi zapi umnak ah,** puanin tuah mi hmai tuamnak ihruk law cun midang he a naihnik pe 6 i hlatnak ah na um peng lai.

- **A tthabik hungchuah ding na lungchung ah i ngeih.** Na tthawnnak pawl cazin i tuah cun nangmah le midang lungthawhnak tthawng chin dingah na bawmh khawh nak dingah hmang.
- **Biaknak asiloah thlarau mi na si ahcun,** hnangamnak le lungthawhnak lei tthawnnak an pe tu **na tuah tawn lengmang mi inn ah zulh.**
- **American Red Cross nih angeihmi fimchimtu man lo in cawnkhawhmi kha hi harnak caan ah nangmah le midang hna caah ainak/tuarkhawhnak na ser khawh le thazang na pekkhawhnak dingah adihlak in hika ah na cawng lai** [Psychological First Aid: Supporting Yourself and Others During COVID-19.](#)

## Midang bawm hna

- **Saupi a ummi zawtnak a ngei mi hna mi upa deuh asiloah mipi pawl** sin phak i zuam law bawmhnak pe hna. Tahchunhnakah, an herhmi eidin thilri, si, le adang an herhmi pawl va lakpiaknak tibantuk tuahpiaknak in. Fawn in hmanhman tein na chek hna lai. Thil mi na pek tikah, pakhat le pakhat i hlat in a tlawmbik pe 6 dan ah na um lai i cun puanin tuahmi hmaituamnak na hruk lai. Thil kha innka ah chiahtak hna, innchung luh i sum.
- Zeiruangah mahhi a cang, cun zeitik tiang dah arauh lai ti na fa le **hngakchia pawl** kha fiang tein chimh hna. Aa thleng lomi na hman tawn mi holh in biakchawhnak voi dang tawn bantuk in hman te in na nei lai. Nuamhnak cawlcanghnak pawl nih an caan a teinak hnga siter khawhnak na ngeih a hau. Caan thiahnak cazin kha i chiah, aa tlakmi/azaa mi ri chiah cun asi khawh ahcun voi dang tawn bantuk asimi phung pawl bantuk in na tuah peng lai.
- Na **zuatmi saram hna** hramh, na thil tuahmi ah a biapi mi thazang an pe tu hna ah an cang kho. Minung bantuk in, zuatmi saram pawl zong an pawngkam le tuahtawnmi hna an lehtthan ning aa thleng ve, mahruangah an umtu ziaza zong, aa thleng kho. An-ngandamnak lam tlinter law cun an herhmi na tuah khawh tawk in tuah piak hna.
- Bawmtu nei lo asiloah **a dang te i chiah** mi pawl sinah zangfahnak nalanghterlai. Midang bawmhnak ah na ti khawhmi a tlawm zong asi kho men, asinain zangfahnak pelte zong mi pakhatkhat caah a rak herhmi asi kho.

## Chapmi Hrampi pawl

- **Center for Disease Control(Zawtnak Khamhnak Hmun):**  
[cdc.gov/coronavirus](https://cdc.gov/coronavirus)
- **American Red Cross:** [redcross.org/coronavirus](https://redcross.org/coronavirus)
  - Man lo online in ah cawnnak [Psychological First Aid: COVID-19 Zawtnak Umchung Caan ah Nangmah le nangmah le Midang hna Bawmhnak](#)
- **National [Disaster Distress Helpline](#):** COVID-19 zawtnak ruang i lung retheihnak hneknak a tuar tu hna vialte caah hman khawh in aum. 1-800-985-5990 ah auhding asiloah **TalkWithUs** ah ca kuat law 66746 ah zohkhenhtu ruahnak petu he i biakchawnh ding in. TTY 1-800-846-8517. **Spanish Holh hmangtupawl.** 1-800-985-5990 ah auh cun Peng 50 in "2" nam, 66746 ah Hablanos tiah cakuathna. Puerto Rico in, ca in Hablanos tiah 1-787-399-2663 ah kuathna.
- **Na lungchung ah lungthawhnak pawl asimi** ngaihchiatnak, lungthin nuamhlonak, lungretheihnak, asiloah nangmah le nangmah asiloah midang hrawh na duhnak pawl nih ante ahcun, 911 asiloah hikha National Suicide Prevention Lifeline ah au hna 1-800-273-TALK (1-800-273-8255).
- **Na umnakmun rawl tampi aa pongmi hmun hika ah hmuhkhawh asi** [feedingamerica.org/find-your-local-foodbank](https://feedingamerica.org/find-your-local-foodbank). Rawl tampi a pongnak dangdang nih tuahning a dangdang an nei. Auh hmasa hna law na rawl a pongnak bu nih a herh anti mi thil pawl chek hmasa
- **Na umnak bu hrampi le sawhpiak mi hna caah 211 auhna.** Asiloah the national ah leng [Center Search webside caah 211 auh](#) naa naihbik 211 thiehternak le sawhpiak mi center na hmuh khawh nak lai. Rakleng [auntbertha.com](https://auntbertha.com) Mah umnak hmun hrampi pawl.