



Hmunkhat i um mibu Hruaitu i Hramhnak Zohkhenhnak Thilribawm

Rak kan bawm, kannin bawmh lai, midangpawlkha bawm



Khulrang Hramthawhnak Lamhruainak

Hika i thilribawm chungah a ummi thilri pawl cu hmunkhat i um mibu hruaituhna nangmah bantuk i hmankhawhmi nangmah mipahun umttimi mibu pawl pehtlainnak ding ca i a herhmi rak in pechan khotu le manlo in bawmhkhawhnak ding caah asi i hika i Red Cross Virtual Family Care Assistance Center (VFAC) redcross.org/vfac ah a um.

Ca in chuahmi Thilripawl (Aa telchih)



Anganmi Thawngthanhnak ca mizapi hmuh awk i tarmipawl



Hramhnak Katpawl



Ngaihchiatnak aingmi innchungkharhna ca i Lamhruainak Cauk

Relkhawh in chuahmi ca pawl nan herh chap maw? Na umnak hmun i Red Cross Chapter hika _____ ah na pehtlaih hna lai.

Seh cungin zohkxawhmi ngahkxawhmi thilpawl (dawnglot tuahnak email ah)



Social Media i Ca taarmipawl



Email Biafang



Seh cungin zohkxawhmi Thawngthanhnak ca zapi hmuhawk i taarmi



Ngaihchiatnak a ingtu Innchungkhar hna caah seh cungin zohkxawhmi Lamhruaitu Cauk

Bawmhnak Hmunkhat i aumtmi mibu Chungtelpawl

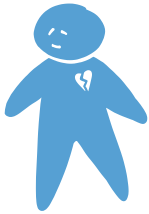


Ngaihchiatnak a ingtu Innchungkhar hna caah Lamhruaitu Cauk

Mah lamhruaitu cauk hi midangpawl nih an dawtmi an sunghtik caan ah zeitindah an tuah lai an theihkhawhnak lai bawmtu dingah asi. Dawtmi hna nih kaltak mi na theihmi hna kha relkhawh i chuahmi asiloah seh cungin zohkhawhmi phun cu lamhruainak cauk he na kaut chih kho. Mah lamhruaitu cauk nih zeitin tuahding timi tuahning le cheknak caziinpawl, cun American Red Cross VFAC i herhmi a rak kan pekchanh tu thilpawl he a kan pek lai.

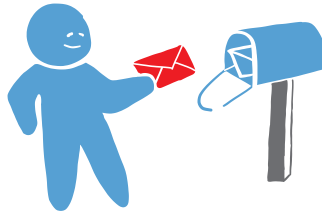
Hramhnak Katpawl

Mah thilribawm chungah hramhnak kat a dangdang phun thum a um. COVID-19 ruangah na theihmi hna thil cawtu asiloah bu chung ummi chungtel nih mi pakhatkhat an sung h caanah, kan herh caan i a rak kan pechan tu thilpawl a ummi katpawl na kuat hna lai.



Sungthi/hihnak kanton ruangah, hmunkhat i aummi mibu pakhat nih aing/atuar:

Covid-19 ruangah na umnak hmun mibu chungin mi pakhatkhat nih an hawi asiloah an innchungkharmi nih an thihtak.



Nangmah pumpak in ca kuat hna:

Red Cross Hramhnak Kat ah nangmah pumpak in ca ttial law cakuat asiloah kut in pek dingin kuat hna.



Na kat a ngahtu Mi:

Hmunkhat i a umtmi mibu chungtel nih nangmah pumpak i na ttialmi ca a ummi kat na kuat/pek mi a theih lengah a rak hmu h i Red Cross VFAC he fawn in asiloah website ah an ni pehtlai kho.

Hrawm Theih hngalhnak



Thawngthanhnak ca zapi hmuhawk i taarmipawl

Thawngthanhnak ca zapi hmuhawk i taarmicu na rianttuannak hmun ah asiloah mibu hna umnak hmun pawl ah na chiah hna lai. Seh cungin zohkhawhmi catlap tlemnak cabawm chung in kawpi a dang na herh ahcun tihnak zehmanh umloin na hal kho.

Thawngthanhnak ca zapi hmuhawk i taarmi pawl chiahnak hmunthta pawl cu:

- Community Centers.
- Sianginnpawl.
- Cauk chiahnak inn/khaanpawl.
- Biakinnpawl.
- Eidin awk thil anzuarnak Chawdawrpawl.



Nangmah i seh cungin zohkhawh ding ca i arak kan bawmchan khotu thilpawl na kawl maw?

Na email kha chek law dawnglot tuahnak i pehnak ah seh cungin zohkhawhmi le an pekmi cung i lamhruaitu pawl dawnglot tuahkhawh chih asi. Biahalnakpawl aum maw? Na umnak Red Cross Chapter _____ na pehtlaih hna lai.