



**Na dawtmi hna nih  
an nin kal/thih tak tik  
caan ah zeitin tuahding**

Ngaihchia mi innchungkharhna ca i  
*Lamhruaitu cauk*



**American  
Red Cross**



## American Red Cross

American Red Cross bu aiawhin, coronavirus ruangi nan sunghmi nan dawtmi hna caah kan nin zangfahnak kan langhter asi. Ngaihchiatnak hi a har peng, cun mah COVID-19 nih a chapmi harnak le herhmi dang a chuahter ti zong kan theih.

Nangmah he aa naihmi na sunghnak hi zumhkhawh lo tlukin a har tuk ko lai, cun nangmah nih ruakvuinak le rian na tlaih asi ahcun, mah bantuk tonnak hi mi a tei tuk mi asi.

Bawm dingah, mah lamhruaitu cauk nih phung ning asimi, tangka, le lung duhnak he aa pehtlaimi karhlannak pawl na herhmi bawmhnak ding pawl an chimh lai.

### **Mah cauk chungah na hmuh hnga ding pawl cu:**

1. Natuah aherhmi thil.
2. Na ttial dingmi Theihhngalhnak.
3. Ruahawk asimi Bawmtu thilpawl.

# Mi Pakhatkhat an Thih le Cangka in

## ☐ Phungning asimi thihnak thawng thanhnak ca na lak lai

Thihnak lehmah ngahnak dingah nawlIngeitu zunglei nih zapi sinah theihternak hi a hmasabik karhlannak ding asi, mah cucu abiapitukmi ca caah thiltuahmi asi. Mah bantuk phungning asimi thihnak thawng thanhnak ca na ngei maw ti na chek lai.

## ☐ Nangmah he aa naihmi na hawilehna le na chungkharhna na theihter lai

*Innchungkhar le hawilepawl theihter ding min caziin na tuah lai:*

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### **A honih khin dah upadi ning in athihnak kong a thanh khawh?**

- Na dawtmi a thih asi ahcun, asiloah sizung ah an phorh asi ahcun, sibawi nih mah kong hi cu an nin tuahpiak lai.
- Na dawtmi hna mizawriahnak inn/buk i an thih ahcun, mah riahnak inn/buk i zohkhenhtu sazama pawl na auh lai.

### **Aho Innchungkhar paoh an ni dang dih.**

Mah kongah a hmanmi tuahning ti a um lo. Innchungkhar cheukhat caah cun, minung sin ah asiloah fawn in thawng thanh le chimh hi an duh tawn lo. Mi dang caah cun email asiloah cakuat hi an pomkho deuh lai asiloah an duh deuh kho men.

*Aho nihdah theihternak atuah khawh?*

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# Mi pakhatkhat he icawnh ding

Dawtmi hna nih kaltaknak he a pehtlaimi kal umnak rianpawl zohkhenh hi a herhmi asi, ngaihchiatnak na in lio ah na takpum le lungthin lei herhmi pawl zohkhenh hi a biapi tuk hringhran fawn. Na ngaihchiat caan kar ah kan herhmi a rak kan pechan tu thil pawl umnak le tangka bawmhnak na hmuhkhawhnak ding ah hika ah an bawmtu dingah Red Cross kan um asi. Man pek haulo fawn auhnak hmang in a rannak in rak kan pehtlai uh:

## 833-492-0094

### Kan bu ah mahte in ka tuahlai tiah aa thawh i a tuahmi aa telmi hna:

#### Ziaza umtuning lei Ngandamnak

Lungduhnak, dirkamhnak, COVID-he pehtlaiin hneknak asiloah lungthin lei harnakpawl, hngakchia hna i harnak tiang telin fimchimhnak le ka dang i kalternak pek dingah.

#### Thlarau lam Zohkhenhnak

Thlarau le lungthin lei apahnih in bawmhnak pek dingah, zumhnak-hngauhmi bawmtu hna he pehtlaihnak ngeih dingah le thil a rak kan bawmchan khotu pawl he pehtlaihnak leiah seh (computer/fawn) chung in ruakvuinak le philhlonak ipumhnak pawl tel in pekding ah asi.

#### Ngandamnakca

#### Tuahpiakmi Thilpawl

Lungthin lei bawmhnak pek dingah, si lei thil i biahlnak a hrampipawl le hmunkhat i a umtими mibu kan herhmi a rak kan pechantu thilpawl bawmtu he.

Mirang holh theilo hna caah holh lettuo zong pek asi lai.

- Athimipa/nu i innzuat saram asiloah midang cungah a hngatmi pawl zohkhenh colhnak dingcaah natawlrel lai

Na dawtmi nih minung pakhat asiloah mahnak tam asiloah innzuat sarampawl ca ttuanvo an ngeih asi ahcun, caansau-timhtuahnak na tuak hlan ah a zohkhen kho tu mi pakhatkhat a ran nak in na kawl lai.

- Thil abiapi mi angeihmi kha himtein na chiah hna lai

Mithi umnak inn le mawtaw kha tawh na hrenh hna lai. Thingrampawl ti pekawk ah hawi le asiloah rualchan pawl na hal hna lai, cakuat na lak piak lai cun daikuang chung in rawl pawl zong na hlonh piak hna lai. Sibawi pekmi si pawl zong hlonh dingah na ruat lai. Inn ah thilman sung asimi, hlawn thil asiloah tangka an um sual ahcun, hrenh hna.

**Midang cungah ahngatchantu asiloah innzuat sarampawl:**

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**Aho nihdah azohkhenh hna lai?**

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## ☐ Na dawtmi i aruak kha zeitin na tuah lai ti le cun phorhningcang ding zong timhtuahnak na tuah lai.

Ruakvui pumhnak asiloah ruakvuinak he pehtlaiin, nadawtmi he i caah taak nak, nanrak ngeikholo asiahcun, tleicia nadawtmi nih ahnubik ruakvuinak caah, a saduhthahnak arak chim le chim lo asiloah ruakvuinak inn le thlanmual caah phaisa arak i pek cia cang le pek cia lo zongkha na hlat lai. A tak takah, adang ngandamnak ca pawl le mah kong attialmi ca cu aum ko lai.

Zeitindah tuah asilai timi cahtaakmi aumlo ahcun, ruakvuinak he pehtlaiin, mahpa/nu nih zeidah aduh, phaisa zeizahdah nanchuah khawh lai timi le innchungkhar nih zeidah anduh timi pawl kha anmah he nan ceihtti a hau lai. Ruakvui pumhnak zeibantuk asi lai ti ceihawkah innchungkhar hna na auh lai.

**Ralkap bu i a um ahcun**, asiloah biaknak lei bu ah aatel asiloah unau ansi ahcun, Veterans Administration asiloah a dang rianttuanawki bu ah i ser mi bu hna pehtlai law mithi vui ding caah hmuhkhawhmi a um le umlo asiloah ruakvui pumhnak an tuahpiak le piak lo theihnak ah na pehtlaih hna lai.

**Ralkap chung i saupi rian a ttuan i pension a lamipawl le ralkap innchungkhar chungtel pawl bawmhnak, Red Cross nih a ngei ve** hika ah [redcross.org/about-us/our-work/military-families](http://redcross.org/about-us/our-work/military-families).

## A biapimi thimawk thil pahnih na ngei:

### A. Ruakvui pumhnak inn na auh lai

Ruakvui pumhnak inn hna nih mithi vuinak asiloah ruak khanghnak ningcang tein tuahkhawhnak an in bawmhkhawh lai. Biakhiahnak na tuah hlan ah chimh/fial kannin duhmi cu ruakvui pumhnak inn a dangdang hna an hmuhning an ttialmi pawl le an man pawl ttha tein na chek talai, an pahnih in aman tam pi in an ni dang kho. Caan tlawnte chung fel tein kawlnak nih tangka a thawng in an khamh khawh lengah kanduhlomi ruahlopi phaisa dihnak acangdingmi zong azawr terlai.

### B. Ruak khanghnak tuahtu pawl au hna

Ruakvui pumhnak inn nih ruak khanghnak ding cazong ah annin tawrel piak khawh, ruakvui nak lei thil atawrel tu nih tuahpiak chap mi kha naduh lo ahcun, nangmah le ruak khanghnak tuahpiak tu kha direk in nanni chawn kho. Ruak khanghnak tuahtu pawl nih ruak an nin khanghpiak ahcun ruakvui pumhnak inn i ruak khanghnak nak in a man a tlawm deuh lai.

**Upa pakhat ruakvuinak ca i adih zatding hi buaktlak in kanchim ahcun \$7,000 in \$9,000 asi.**

**Buaktlak in ruak khanghnak man cu ruak khangh ningcang cungah hngatchan in \$4,000 in \$7,000 asi.**

## Zeithilcaah dah timhtuahnak natuah lai?

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### Na thim dingmi ruahnak dingah bawmh na herh maw?

Condolence Care Call Center (Hramhnak Zohkhenhtu Auhnak Center) ah na auh lai i cun thimding kongah Disaster Spiritual Care (Harnak toncaan Thlarau lei Zohkhenhnak) petu hna he nan ni chawn hna lai. Manpek haulo-nambar auhnak ding: 833-492-0094.

# Thihnak in raulo te ni caan chungah

Na dawtmi i arianttuan nak pawl kha thiehter hna

Na dawtmi hna rianattuan (asiloah mah lungthonak te in hmun khat khat ah attuan ahcun, na dawtmi a thihnak kong kha mah bu pawl sinah na theihter hna lai.

*Pehlaihnaak tuah dingmi bu pawl*

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**Theihngalhnak haldingah na ruahawk asimi kong:**

1. Tthatnemhnakpawl le hmuhmi tangka zeipaoh pekawk caan/ nikhiah a tling kho men.
2. Kampani-zapi life insuarent pawlisi paoh paoh.

Ruakvui pumhnak, mithi vuinak, asiloah ruak khanghnak caahawrel nak natuah lai

Ruakvui pumhnak inn hna he rianttuan tti dingah biakhiahnak na tuah asi ahcun, na thimkhawh mi pawl ceihawk ah ruakvuinak nawlgeitu ukto na ton lai. Khulrang ngaiin ruakvuinak (pumhnak umloin ruakvuinak), asiloah ruak khanghnak na thim ahcun, philhlonak pumhnak asiloah nunnak conglamhnak pawl zong a hnu ah tuah te dingah na thim a haulai. Micheunih cun, thihnak he pehtlaiin ngaihchiatnak adam deuh nak ding caah caan tlawmpal angeih deuh tikah, sullam angeideuh in tuah khawhnak ding caah, mah bantuk ruakvui colhnak tuah hi anduh deuh.

**Thlichia ahranlioah this time of COVID-19**

Philhlonak ipumkhawmhnak pawl hi zoom asiloah a dang online kalpi/ tuahning in na tuah a herh men lai.

Condolence Care Call Center (Hramhnak Zohkhenhtu Auhnak Center) ah na auh lai i cun na thimmi kong le na herh ahcun tangka lei bawmhnak petu kawlnak na ngakhawhnak dingah Disaster Spiritual Care (Harnak toncaan Thlarau lei Zohkhenhnak) petu hna he nan ni chawn hna lai. Man-pek haulo fawn auhnak nambar: 833-492-0094.

**Ze bantuk thil biapimi a hung um mi paoh ah bawmhnak na hal lai.** Ruakkuang putu, thangtthat le hlorh dingah, pumhnak timhnak tuahtu ding ah, damnak-duhpiaknak caziin tuah le chiahtu dingah, lunglomhnak kat cattial tu dingah le ruakvui-hnunglei ipumhnak khuakhang tu dingah rualchan le hawile hna kha na tlang ter hna lai. Mithi pa/nu kong ttial dingah, biachim thiammi, hawikawm chungin asiloah chungkhar chungin na fial lai.

*Philhlonak pumhnak tuah natim lai maw?*

- Katim       Ka timlo

*Tangka hmanding zeizat dah na tuak?*

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*A hao khi dah nangmah bawmtu dingah na hal lai:*

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Na dawtmi sinah email anraklutmi kha pakhat khat sinah kuat chin hna law cun thim hna

Na dawtmi nangmah he an um tti lo ahcun, carek ah va kal law nangmah sin ah asiloah tuahcolh dingah aherhmi thil pawl, nangmah he nantuahti dingmi nu/pa sinah, a ca vialte rak in kuat hna dingah nava tuah chimh hna lai. Mah bantuak tuahnak nih cakuat pawl ipennak in le inn kha a umtu anum lo asi timi chungin aa khamkhawh lai. Mah bantuak cakuat thimnak nih tangka pek a herhmi le tangka hmuhnak le hmunnak caziin pawl khar ding na theihkhawhnak lai an in bawmh fawn lai. Ka thih hnu ah ka chawva hi mahnu/pa nih run tawlrel seh timi na sinak le zohkhenhtu dingah nawlpekmi na si nak hmuhsaknak dingah carek ah hal/nawlnak ca na pek a hau lai.

**Mah caziin hi rovuihnak caah ttuanvo angeimi kha na hrawm lai** cahmai pa 6 nak cungah mahpa hi na theih hnu ah. Mah nihhin a biapimi hmanding tangka cawimi aamahkhan thilpawl, ngunkhuaipawl le na dawtmi i innlo thilri ro pawl bia ceihpiak an si hnu ah tthathnemhnak thilpawl ttha tein zohkhenhnak ah an bawmh lai.

**Cakuat le capawl hmang in na thim bantuak in kut in ttialmi caziin pahnih na ser lai:**

*Thlakhat/Kumkhat ca manpek i lakmi/akhawng h pawl khar ding*

*Bill pek dingpawl*

KHARDIH CANGMI

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# Thih hnu Zarh 2 Chungah

## Thihnak lehnmah cattialmi kawpi pa 10 in na lak lai

Adang thil pawl lakah, tangka hmuhnak le hmannaq caziin kharnak caah, insuarent ka ta asi ti chimhnak caah, le cozah lei bu agensi pawlah athi tiah cazin khumh nak ding caah, le adang dang caah, thihnak lehnmah kawpi tampi na herhlai. Nangmah he a ttuantti mi ruakvui pumhnak inn hna nih nangmah aiawh in mah kawpi pawl cu an nin hmuhpiak khawh lai, asiloah mithi umnak peng i nunnak zeizat dah asi ti cawnnak zung ah na cah khawh lai.

## Rovuihnak ca le ka thihhnu ah ka chawva hi hun tawrel seh tiah fialmipa na kawl lai

Na dawtmi i a taantakmi achung le nih tangka, thilri asiloah ngeihmi thilri pawl khoika dah an kal lai timi an theih a hau. Atak tak ah, na dawtmi a thih hlanah, a rovuihnak khoika ah achiah timi kong nan ni chim cang. Asilo ahcun, cabuai sau, a himmi chiahnak kuang, asiloah a biapimi ca paohpaoh an chiahnak pawl ah na kawl hna lai. Minung pawl nih an rovuihnak ah ka thih hnu ah ka chawva hi hun tawrel seh tiah fialmipa min an chim tawn. Hmailei karhlannak tambik ah mah rovuihnak ca i ummi pa hi a tel a hau. Rovuihnak aumlo ahcun, ka thih hnuah ka chawva hi hun tawrel seh tiah fialmipa aiawh in upadi ningin rovuihnak ca cu tuah asi ti fianternak zung biaceihitu bawi nih tuahtu min a pek lai.

### **Rovuinak caah ttuanvongaitu min:**

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## Zumh/bohchanhawk a tlakmi pawl le inn/lo/thilri/ro kong sihni na ton lai

Innlo thilri le ro pawl caah sihni na herh lo lioah, pakhat ngeihmi nih thil fawi tein a kan tuahpiak lai. Innlo thilri le ro man kha \$50,000 cunglei asi ahcun, ngeihmi thil kong ceihnak le phawtnak in bawmtu dingah ruahnak cheuh mi cu sihni hlan ding hi asi. Ro cotu ding nih upadi ning in midang caah rianttuan khawhnak angeimi kha a thim hrimhrim lai.

## Certified Public Accountant (Cohlan Asimi Zapi Tangka Cazin Tlaitu) (CPA) kha pehtlaihna natuah lai

Na dawtmi nih CPA an ngeih ahcun, na pehtlaih hna lai: an ngeih lo ahcun, pakhat nahlan lai. Innlo thilri le ro pawl caah a cozah sinah ngunkhuai sawk a hau men lai i, cun a hmahnungbik ngunkhuai sawkmi cu a thimi min in amah aiawh in sawk ahau lai.

## Rovuihnak kha upadi ningin na tuah lai

Upadi ning in rovuihnak ca cu tuah asi ti fianternak tuahnak hi upadi ningin rovuihnak tlinter asi. Mah na tuah tikah peng asiloah khuapi a ummi upadi zungah (probate court office) ah na tuah ahau lai. Upadi ningin rovuihnak ca tuahnak zung nih a thimi i ngeihmi leiba le pek hrimhrim ding asimi laiba pawl a pek dih lai i a taangmi ngeihmi thil pawl kha a cotu ding sinah a thial/pek piak lai.



## ☐ Man a ngeimi asiloah ngeihmi thilttha pawl vialte kha zeizat dah um tiin chek law caziin tuah.

Peng cio upadi an ni dang cio, sihmansehlaw upadi ningin rovuihnak hi ngeihmi thil zapi tein zeizat dah a um ti i chek i caziin i khumhnak in aa thawk tawn (mi pakhat nih ngeihmi thil, bengk tangka hmuhnak caziin, inn, mawttaw, sipuazi tuah i tangka hmuhnak caziin, pumpak thilri, tthutdan cabuai, hlawn, tibantuk pawl), mah cucu zungah ceih a hau lai. Innchungkhar i aummi thil pawl caah cun, aman tuakpiaktu hlan ding ruahnak cheuh asi.

### **A ngeihmi thilri pawl kha theih le hmuh na zuam lai**

A thilri pawl hmuhkhawh dihnak pakhat cu thil zeizat dah a um ti i chek i caziin i khumhnak hi asi. A hmasabik ah, ngeihmi thil pawl na hmuhkhawh nak dingah na dawtmi i a cozah sin i ngunkhuai, cakuat, email, chawlehnak le tangka hmuhnak caziin, ngeitu sinak ca le sining min pawl ningcang tein na chiah lai. A himmi taangka chiahnak kuang asiloah hrawl a ngeimi bizu kha aahung lo in na kaltak lailo.

**Thil zeizat dah a um ti i chek i caziin i khumhnak na tuah bantuk in,** bil pekding achapmi asiloah thla/ kum khat caah amanpek i lakman pawl kha nahmuh chap te kho men. Na thawh cangmi cahmai pa 5 nak ah mah pawl hi na chap hna lai.

### **Ngeihmi thil a tthahnemmi thil kong chimhnak**

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## Na dawtmi thihnak kong kha a tanglei i zung pawl sinah na theihter lai:

- Social Security Rianttuan/Uknak (SSA).** A thimi nih Social Security sinin hmuhmi tangka a ngeih ahcun na phih lai. Innchungkhar mi cheunih Social Security sinin hmuhmi aa tlakmi an um kho men. A tlangpi in chim ahcun, ruakvuinak ukto nih Social Security Rianttuan/Uknak ah mithi kong kha repot apek, asinain, adawngnhak ahcun, SSA sinah chimhding cu anungmpawl i ttuanvo asi. Mah tuah dingah na umnak SSA zung na pehtlaih hna lai. Zung nih Medicaid kha na dawtmi a thihnak kong an chimh lai.
- Life (Nunnak) insuaren chawlet bu pawl.** Mithi nih a ngeihmi ze i pawlisi paoh asiah ka ta asi ti na chimhnak dingah thihnak lehlmah le pawlisi nambat na herh.
- Bengh, tangka he aa pehtlaimi hmunpawl.** Na dawtmi nih tangka hmuhnak caziin pawl le biaruk i anpekmi password pawl an chiahtak ahcun, an ngeihmi tangka hmuhnak caziin phih asiloah thlen a fawi deuh lai. An chiahtak lo ahcun, thihnak ca lehlmah na herh lai.
- Tangka lei ruahnak petupawl, stock puaisapawl.** Tangka hmuhnak caziin cungah a cotu ding biachahnak na tuah lai. Ngeihmi thil phun cungah hngatchan in, a cotu nih hunkhawhnak a ngei kho men asiloah aa tlakmi fawm phihnak in le thihnak lehlmah peknak zong in a hmuhkhawh (rovuihnak caah ttuanvo ngeitu um ahau lo).
- Tangka baknak agensipawl.** Minung pakhat i sining khamnak ding caah, thihnak lehlmah kha a fekmi hmunpi pathum pawl ah a kawpi na kuat hna lai: Equifax (credit kong hletnak credit bureau asi), Experian (credit repotnak tuahtu chawletupawl) le TransUnion (credit bureau).

## A tanglei pawl hi hrawhtthan dingah le asiloah khar dingah na philh lailo:

- Mawttaw mawnkhawhnak license zong na hrawhtthan piak lai.** Mah nihhin mithi min kha Department of Motor Vehicles in a tthialpiak lai cun minung pakhat i sining khamnak zong a khamh lai. Cu sette kha sette timi cawnpianak pawl caah na umnak DMV pawl na pehtlaih lai, sihmansehlaw thihnak lehlmah belte na herh lai.
- Credit kat tangka hmuhnak caziin pawl na khar dih lai.** Thil a cawtu rianttuannak ah na pehtlaih hna lai i cun aiawhtu kha aruakchan mithi aiawh in a ngeihmi tangka hmuhnak caziin na khar lai ti na chimh lai. Mah na tuah zong ah thihnak lehlmah na herh tthiamtthiam lai. Tangka hmuhnak caziin na khar mi vialte naa i chiah lai i cun mah kat chung i a tangrihmi pawl kha rovuihnak caah ttuanvo angeitu kha na chimh hna lai.
- Terminate Insuarent pawlisi pawl.** Mithi i inn, mawttaw le ngandamnak insuaren pawlisi pawl dongh ter dingah a pechantu hna na pehtlaih hna lai, cun an hman rih lomi khirhtthan dingah na hal lai.
- Midang he pehtlaihna social media zong na hrawh lai asiloah philhlonak dingah himtein na chiah deuh lai.** Facebook le instagram pawl na hrawh lai, sihmansehlaw a nungdam mi hna cheukhat nihcun an dawtmi hna philhlonak dingah chiahawh ah an ni thim theu tawn. Mah bantuk mithi philhlonak i an chiahmi mithi facebook nih "Hngalhpengnak" timi cattial mithi min a hmaiah an chiah tawn. Hawile nih mah chungah ca an tar kho lai. Hrawh asiloah philhlonak i na chiah asi zongah, kampani (chawlettu) pawl kha nangmah ID le thihnak lehlmah kawpi he na pehtlaih hna a hau lai.
- Email zong na khar piak lai.** Minung pakhat sining firnak le hlennak in khamnak dingah, mithi i email phih piak kha a ttha mi ruahnak asi. Mi pakhat nih ruakvuinak timhnak asiloah rovuihnak a tuah asi ahcun, luhkhawhnak a ngei kho men i nangmah tein na tuah khawh lai. Asi lo ahcun, email hrawh dingah thihnak lehlmah kawpi na herh lai. Kampani cio an ni khat lo, sihmansehlaw a tamdeuh nih cun thihnak lehlmah put an fial lengah nangmah kha a thimi i rualchan asiloah rovuihnak caah ttuanvo angeitu sinak fianternak a herh lai.

# Bawmhnak na herh maw?

## 833-492-0094 ah au

Na ngaihchiat caan kar ah kan herhmi a rak kan pechan tu thil pawl umnak le tangka bawmhnak na hmuhkhawhnak ding ah hika ah an bawmtu dingah Red Cross kan um asi. Man ngeilo mi hika 833-492-0094 ah auh in a rannak in nan kan pehtlaih lai.

### Kan bu ah mahte in ka tuah lai tiah aa thawh i a tuahmi cawnpiaak mi aa telmi pawl cu:

#### **Ziaza umtuning he aa pehtlaimi Ngandamnak**

COVID he aa pehtlaimi lung hneknak asiloah lungthin lei he aa pehtlai ngandamnak lei harnakpawl, hngakchia he pehtlaimi harnak pawl zong aa telin bawmhnak, ruahnak cheuhnak, a dang ah kalternak le fimcawnnak ti bantuk pek dingah asi.

#### **Thlaraulei Zohkhenhnak**

Thlarau le lungthin lei apahnih in bawmhnak pek dingah, zumhnak-hngauhmi bawmtu hna he pehtlaihna ngeih dingah le thil a rak kan bawmchan khotu pawl he pehtlaihna leiah seh (computer/fawn) chung in ruakvuinak le philhlonak ipumhnak pawl tel in pekding ah asi.

#### **Ngandamnakca**

#### **Tuahpiaakmi Thilpawl**

Lungthin lei bawmhnak pek dingah, si lei thil i biahlnak a hrampipawl le hmunkhat i a umtими mibu kan herhmi a rak kan pechantu thilpawl bawmtu he.

Mirang holh theilo hna caah holh lettu zong pek asi lai.



Virtual Family Assistance Center  
Integrated Condolence Care Program he  
pehtlainak dingah hika ah saken tuah