
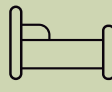












COVID-19, tangfah le adang thawchuahnak lei zawtnak pawl nih lam dangdang in minung kha harnak a pek. A tam-u cu a din tein zeimaw tiang zawtnak an ngei lai i siizung kai lo in an dam than lai. Na dam cuahmah lio ah na zawt hmelchunhnak pawl tha tein zohfel le a herh ahcun bawmhnak hmuh kha a biapi. Zawt hmelchunhnak pawl ah aa tel khomi cu:

Kiktlaih he aa lo ngaimi A tam-u a um tawnmi zawt hmelchunhnak pawl, hi ah hin aa telmi:

	taklinh		thadih
	khuh		rawlei kaa thawt lonak
	hnap chuah		or fah
	a thawtnam asilole a rim theihnak tlaw asilole thlen (COVID-19 mizaw pawl)		ingchiatnak

A tlawmdeuh a um tawnmi zawt hmelchunhnak pawl

	lufah		raw lei khawh lonak le tlawmte tidah baunak
	thawchuah iharhnak pawl		Luak, chungtlik

A fakmi zawt hmelchunhnak pawl

- thawchuah iharhnak, tch. thawchuah rang taktak he tampi izuamnak asilole thawchuahnak pawl karlak ah saupi idin ta nak
- mitkuh tuknak, tch. thangh iharhnak asilole lungbuainak
- tidah bau tuknak, tch. daipal tlawmte cinternak asilole voidang tawnnak in ek-inn tlawmdeuh kalnak, asilole tihal tuknak
- fahdaihnak sii din hnu ah a damlomi tang fahtuknak asilole paw fahtuknak
- lungmih pengnak asilole lufah pengnak
- ni nga nak tamdeuh taklinh pengnak asilole thla 3 tang bawhte taklinhnak
- ke fahnak asilole phinnak

Hihi a si khomi zawt hmelchunhnak pawl dihlak i cazin a si lo. Na thin an phantertu adang zawt hmelchunhnak pakhat khat ceihmai dingah zaangfahnak in COVID@homeplus dairek in chawnh khawhnak **1800 973 363** ah pehtlainhak tuah.