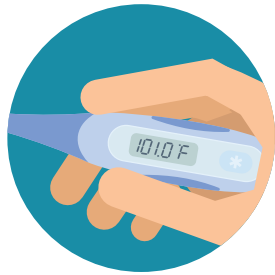


## COVID-19 ngah dinga ki-ummawh maw, natna ngah khin-a a hong kiciapteh leh:

1. Nasepna, Sang leh mipi omk-hop-na munte pelin **inn ah om in**. Na pusuah-khiat a kul leh, mipi kikawmna bus, meileng namte, mawtaw-sap kihawma tuante, ahih keileh teksite zangh kei in.



2. Na natna omzia limtak sit inla, a hong suuksiat leh, na Siavuan/Zatote a manlangin hopih pah in.



3. Tawl nga inla tui tampi dawn in.



4. Siavuan tawh kilah ding kiciamna na neih leh **na Siavuate hopih** khol inla COVID-19 nei ing cih ahi zong, nei kha thei ni'ng, cih ahi zong gen in.



5. Cina gim ima-zensi vai a hih leh, 911 sam inla phone a hong len **Mi-sawlte tungah** COVID-19 nei ing cih ahi zong, nei kha thei ni'ng, cih ahi zong **theisak in**.



6. Na khuh leh na hatchiai ciangin kihum in.



7. Saban leh tui tawh setkan 20 sung peuhmah **na khutte sil zelzel in**, tua a hih keileh zu a tawmpen 60% a kihel khut lungno thahna senitaiza te tawh sil in.



8. A hih thei zahzah-in na inn ah **midang-te tawh a kigamla khan tuam khat ah om in**. Hi thei laileh, zunbuk zong tuam zat lecin. Inn sung inn pua ah mi tawh na kikhoh loh a phatmawh leh muktuumte zang in.



9. **Na innkuanpihte tawh na vanzatte** uh, kuang le keu, mainul, leh delhpah cihte **zangh taang kei un**.



10. **A kilawng mun zawdeuh mai-tangte ahi** Kawngtate, Sabuai tung leh kongkhak honna bomte **hah siang in**. A zat zia ding lai a kisuang a om bangin inn sung sianthosakna za tuikapte ahih keileh a nulate zangh in.



[www.cdc.gov/covid19-symptoms](https://www.cdc.gov/covid19-symptoms) ah COVID-19 natna ii zia kilatkhiatna te thu kisim thei hi.

A thu kicingzaw  
[www.cdc.gov/covid19](https://www.cdc.gov/covid19) ah om hi.