

2019-nCoV ruangah lungrethei (stress) tei khawhnak

Unofficial translation by the Chin Languages Research Project (chinlanguages.org).

Original website available at https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_8

- Ṭihphannak caan ah cun ngaihchia, thlatau, khuaruah har, thinphan, le ingpuan i um hi a phung a si ko. Na zumh mi le na naihnam mi hna he i chawnhbiak nih a bawmh khawh mi a si. Na hawi le silole na chungkhar chawn hna.
- Inn i na um hrimhrim a herh ahcun ngandam nun cawng- din ei thiam, it caan theih, exercise tuah, le dawtmi minung he i pehtlai le chungkhar hawikom le he phone siloah email in pehtlainnak ngei peng.
- Na um har phentu ah kuakzuk, zudin, silole sii ṭha lo in i hnem hlah. Ngaihchiatnak nih an tei tuk ahcun cawnpiaktu minung chawn hna. Na taksa le thinlung bawmchantu dingah an zohkhenhtu ding minung ngei hna.
- Biatak thei. A herh ningin naa kilven khawhnak hnga na caah hrial awk thilri a simi biatak kha ṭha tein theih khawh i zuam hna. Zumhtlak a simi Vawleicung Ngandamnak Bupi (WHO) website silole na pawngkam cozah le ngandamnak bu sin in thawngpang ngai hna.
- Na thinphan le thinhun a dam deuh nak hnga na caah thinhunnak le thinphannak a chuahter tu media (Facebook le video zoh tibantuk) pawl cu nan chungkhar in zoh i sum deuh u.
- A hlan i harsatnak na ton caan i na tei khawhnak zungthiamnak kha ruat ṭhan law a tu lio caan harsatnak ah hin na thinlung tei khawh nak caah hmang.

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