

## 2019-nCoV ruangah hngakchia lungrethei (stress) zohkhenh ning

*Unofficial translation by the Chin Languages Research Project ([chinlanguages.org](http://chinlanguages.org)).*

Original website available at [https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

- Hngakchia cu thinphan thlatau caan ah hin phundang in i hnoh nak, lungretheihnak, herh lo ah thinhun, mi sin um duh lo, le zun i cehnak tibantuk in an um tawn. Na fa a lungretheihnak cu theihthiam bu tein zohkhenh law, a lungretheih nak cu ngaih piak law dawt deuh le a duhmi ngaih piak le tuahpak khawh i zuam.
- Hngakchia cu harsatnak ton caan ah upa deuh (nulepa) dawtnak le theihthiam nak an herh khun. Na fale kha theihthiamnak he caan tu tam deuh in pe hna. Na fa chim mi kha ngaih piak le theihthiamnak le lungfehnak te he chawnbia. A si khawh ahcun na fa kha lentecelhnak le i dinhnak caan pawl ser piak.
- A si khawh chung in fale le nulepa kha hmun khat te ah um ter peng hna. Sizung um caan tibantuk ah then an hau sual a si ahcun, caan hman tein phone tibantuk in i chawnh ter peng hna law lungthawnnak le zeidah a cang timi pawl theih ter hna.
- A si khawh chungin na fale caah innchunkhar ah punghman tein nan tuah tonmi le nan um ton ning in um pi khawh le tuahti khawh i zuam hna. A silole caan (schedule) thar ser piak hna law cazohnak caan ti bantuk le lentecelhnak caan ti bantuk ser piak khawh i zuam hna.
- Na fale kha anmah le an kum ning cio in le an i fian khawh ningin, a tu lio a cang mi thil kong hi tha tein theih ter hna law, zeitin dah anmah le anmah zong virus ngah lo dingin an i khamh khawh lai ti bantuk zong chim hna. **Cun, zawt an ton sual silole chungkhar ah pakhat khat nih zawtfah a ton sual ahcun, sizung ah kal in check le caan zei maw zat chung (“quarantine”) sizung ah um a hau ti bantuk zong kha chim chih hna.** Tahchunnak ah, inchungkhar ah pakhat khat dam loin um sual ahcun a dam deuh nak ding caah sizung ah kal a hau i caan zei maw zat sizung ah a um a hau ti bantuk.

*Unofficial translation by the Chin Languages Research Project ([chinlanguages.org](http://chinlanguages.org)).*

Original website available at [https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)