

Khualtlawnnak in a kirmi caah COVID-19 kong hngalhternak

Unofficial translation by the Chin Languages Research Project (chinlanguages.org).
Original website available at https://coronavirus.in.gov/files/Coronavirus%20Self-Monitor%20Infographic_ISDH%203.16.20.PDF

Mah tein i ngaicaang law midang he i hlat:

- Na tak a lum le kih tahnak (thermometer) in nikhat voi hnih i tah law na tak linh ngaicang. Cun na khuh silole thaw vamh kha i ngaicang
- Inn ah um law midang sin ah chuak hlah. Sianginn silole rianṭuannak ah ni 14 chung kal hlah
- Mipi hman mi chawh lehnak, taxi, silole midang he i don-thlah hmang hlah
- Mi tampi an umnak (chawdawrnak hmun le baisikup zung) ti bantuk hrial hna law mipi sinah na luh/chuah tlawmter
- Midang he hlat deuh in (6 feet silole 2 meters) hrawng in um
- Mah tein na ngaicaang lio le midang he i hlat lio caan i bawmhchanh na duh ah cun, 877-826-0011 toll free, 24/7 hi khawl
- Na phanh hnu ni 14 chung i dam tein na um ko i COVID-19 na ngei lo ahcun nangmah umkel tein na um kho. *Tahchunhnak ah, khualtlawn ralrinnak level 3 chiahnak ram in March 1 i na kir ahcun March 15 ah na rianṭuannak le sianginn ah na kir kho. Na rianṭuannak nih sibawi caṭjal piakmi an herh ding a si lo.*

Ze i paoh ah ralring tein um:

- NA KUT I ṬAWL
- NA HMAI TAWNG HLAH
- MIZAW HRIAL HNA

Hngalhternak le a thar: <https://www.in.gov/isdh/28470.htm>