

America a ummi caah Ramukbawi (President) nih coronavirus kong he pehtlai in zulhphung a chuah mi:

Ni 15 chungah zawtnak a karh lonak hnga tinhmi

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Original website available at https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf

- Nan umnak **khua le ram cozah** nih zulhphung an chim mi kha tha tein ngai le zulh khawh i zuam.
- **Ka zaw ti na ruah ahcun**, inn ah um. Rianṭuannak ah kal hlah. Na sibawi chawn.
- **Na fale an zawt ahcun**, inn ah um ter hna. Sianginn kai ter hna hlah. Na sibawi chawn.
- **Nan inn chungkhar um mi nih coronavirus an ngeih ahcun**, nan chungkhar tein inn ah um u. Rianṭuan hlah u. Sianginn kai ah kal hlah u. Na sibawi chawn.
- **Tar na si ahcun**, inn ah um law midang sin ah chuak hlah.
- **Tar deuh le zunthlum, cuap damlonak, silole lungzawtnak tibantuk damlonak** a ngei cia na si ahcun inn ah um law midang sinah chuak hlah.

CORONAVIRUS A KARH NING A ZOR NAK HNGA I TEL VE.

- Mino na si i na ngandam ko hmanhah na zaw kho ve, cun zawtnak hrik (virus) midang na chonh kho hna/na karh ter kho. Coronavirus a karh ning a zor nak hnga i tel ve.
- Na rian silole sianginn lei pehtlaihna cu **na inn in** a si khawh chungin tuah khawh i zuam.
- **Mipi pumhna** ah minung 10 cung um lo dingin hrial.
- Rawl dawr, zu dawr, le eidin dawr dangdang ah kal i hrial. A zuartu nih na inn ah put ding silole nangmah nih va lak ding tu in cah hna.

- **Mah duhsalam khual tlawn**, dawr kal, le i lengkai sawsawh kha hrial hna.
- Tar zohkhenhnak inn le mizaw zohkhenhnak inn pawl cu a herh tuk lawmmam lo ah cun va leng hna hlah.
- **Thianhhlimeh Uar:**
 - *Na kut i ṭawl*, a hlei in tawngtham lengmang mi thilri na tawng di paoh ah
 - *Na hmai i tawng hlah*
 - *Na hathio silole khuh tikah tissue hmang, silole na kiu/ban ah tuah*
 - *Thil le cabuai thianhnak in na hman tawnmi thil paoh kha hnawt lengmang hna*
- Tar deuh cu coronavirus hi i laak sual a fawi khun. Federal lam hmuhsaknak cu states kip nih an zulh i tar zohkhenhnak inn le mizaw zohkhenhnak inn pawl cu mileng an khap ding a si
- Coronavirus a um ti theih cang nak hmun ah cun mibu in i tonnak vialte khap/khar di ding a si

Sianginn cu mi tampi he i cawhnak hmun a si ruangah coronavirus hrik karh a fawi ter deuh. Governors nih an states ah zawtnak hrik a um an theih bakin sianginn le a pawngkam vialte khar dih awk a si. Governors nih virus a karhnak pawng i sianginn, zatlang, le khatlang vialte cu an khar dih awk a si. Cun, state le pawngkam cozah zong nih coronavirus a ngei mi a sianginn kainak le a pawngkam i sianginn pawl zong khar chih ding a si lai. State le local government nih sianginn an khar tikah emergency workers (doctor, nurse) an fa le pawl kha zohkhenhtu siseh, inn ah an ei ding pawl siseh, a dangdang an herh bau mi tlamtling tein an khaan piak hna a hau. Doctor le nurse pawl cu Coronavirus in a zawmi, mizaw an zohkhenh hna a hau i inn ah an fale herhbau ningin an zohkhenh khawh ti hna lo ruangah states le local government nih emergency workers i rian a ṭuanmi an fale cu an herhning in an bawmh hna awk a si.