



CORONAVIRUS DISEASE 2019 (COVID-19) KHAM IN HAIHAWH NGUI NATNAK KHAM IN

Nat lawhdun theihdan

- Haihawhnak ngui pen direct in lawhdun thei.
- Nat neisa tei zenkhakmi naa pakhatkhat ah a kopmi nat-hikte zen khak-nak pen lawh thei.

Muanmawh Huaimi Naknak Umdante

- Nungram ni (14) sungin nat akaimi ngamah khu-alzin in, COVID-19 nat-hik nei hi tih theih ciangmite tuah um langkhatte.
- Nat-tun tisa 38°C/100.4°F humlam tisate.
- Buk khuhm haihawhsam thabo te.



Nat Kham Theihdan Tukte

- Coronavirus natnak a nei te tuah naino um tuk ma.
- Na khut ciang zetin adembel sekan (20) sung som lelung tuk.
- Hehthik le buk khuh ten naal le kam komno in hup tuk.
- Puanno (tissue) tuah na hup celhten kuak vawknak ah vawk paih inna, no khut som leh paih in.
- Pumpi thianthoknak bawl lelung tuk. Vaitamin ummi ante ei kim tuk. Hihbuh khamno in hihbu tuk.
- Mitampi umnak ah hawhtuk ma.
- Hotel le mi tampi umnaka electric kailawn mehnak kailawn khutlet, le kongka khutlette a kul ngawl len tuk ma, na len tale khut phanoin som leh tuk.
- Electric kailawn mehnak, khutlet le kongkha khutlet te cu Alcohol 70% telmi nathik kapnak tuituah tu le tu in zut tuk.
- Khut le kete tuamdun masa ngawlin nganhingte zen tuk ma.

Hotel leh khualzinnak lam nadeh neitu ten Coronavirus natank (COVID-19) nei muanmawh mi na nei uh tale a naibel sizungah hawhpil in tuamlawm bawm in.

Ngamsung, ngam pualeu khualzinte, Damnak le Ummahnak lam vuanzi zung pen a suah haw mi damnak lam sosuahnakte zui in.



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