

# Novel Coronavirus(COVID-19): Zohkhenhtu hna ca Hruainak

March 9, 2021 thlennak hna i Tawinak

- Zotnak khamnak si chunhmi pumpak hna caah konglam thar

## Timhnaak

COVID-19 ruangah a tonsual ding harnak fakpi a zaw tuk mi a zohkhenh tu na si ahcun, hi bantu hi tuah ah a tha lai:

- Nangmah le na dawtmi he inn ah caan sau deuh um ding nan si cun, ngandamnak lei zohkhenh tu sin ah nan i chiaah ding sii-ai pawl kha hal in i chiahret.
- Na ngandamnak sii-ai tling tein nan hmuh khawh lo ahcun, ngandamnak sii-ai caah mail-order hman ding kha ruat chih.
- Sii-ai le thopbulnak thilri dangdang (tissue, tibantuk) cun tak linh le zawtnak hmelchunh nak dangdang zong i thlop bul.
- Sii-ai lei thlopbulnak thilri (Oxygen, zun zunnak lei ah harnak peknak, Thi thianternak lei le a pem in a kok mi pawl) sii-ai thuh mi pawl le mah cun a hlankan in timhnaak ngei.
- Na dawt mi pakhat kut cungah khan a rawk kho lo mi ti rawl a ngei maw timi kha ruat tuah.
- Na zawt ah cun na dawtmi pakhatkhat a zohkhenh kho tu ding kha kawl ding. Mi dang pawl he phone in siseh, Email in siseh thawngpang i thah leng mang u. Hawikom in siseh, inn chungkhar in siseh, inn pa in si hna seh, ngandamnak lei riantuan mi, mibu tibantuk hna sin in bawmh na hal khawh.
- Abiapi taktak pehtlaihnak cazin pawl kha i ser hna.

## Hlan kan in ralrilnak ngei

- Nangmah le na dawtmi cu nan pahnih in hmuhruh nan i huh awk a si. Hmaithuhnak puanthan cu tling takin na ka le na hnar khuhmi a si, cucu na hmai pahnih le na khabe tang ah him tein a thuh. Puan tahnak la thap hnih asiloah thap tam deuh he na lu velchum asiloah na hna hnulei um dingmi temnak asiloah puan tlap he tahmi a sih awk. (Hmaithuh hna konglam a tam deuh cu mahhi section/cheu donghnaak ah zoh.)
- Na pawngkam kha thianhlimhnak tuah peng. A thurhnawm mi pawl hna kha thianhlimhnak tuah law Rungrul thahnak sii in (tahchunhnak, cabuai, inn ka, mei van nak, ek-inn, ti merhnak, Khengtawlnak kung, cell phone le lenglang mi thilri pawl.) EPA COVID-19 Rungrul thahnak cazini khumhmi.
- Na kut kha ti le Chapiat(sa-bia) in second 20 chung a tlawmbik i tawl. Abik in na khuh, na hathio silo ah mibu sin nan um tikah.
- Chapia(sa-pia) le ti kha hman awk a um lo sicun a tlawmbik alcohol 60% aa tel mi khan na kut i tawl.
- Na hmai, na mit le na hnar hna kha i tong hna hlah.

- Asi khawh ahcun khuachung i mizapi nih an tongtham mi pawl kha tong lo in hrial khawh i zuam hna. – tahchunhna, kutlah, sehin tumkainak (elevator), kutka hunnak, tibantuk. Thil pakhatkhat tongh lo awk tha a um a sicun Tissue hmang siloah na kut dong in tuamnak caah na angki kha hmang.
- Eidin tam deuh na duh sicun, inn chungkhar, zatlang silo ah Sumdawng mi hna hmang in na sin a phak khawhna ding lam kaw.

## Zohkhenhtu

- COVID-19 zawtnak hmelchunhna pawl, taklinh, thawchuah har, le khuh hi runvennak ngei peng. Ka zual deuh ti naa ruah cun, na Doctor kha au colh.
- Na dawtmi pakhtakhat kha COVID-19 ruangah pakhatkhat ralrinnak pek mi a than chin lengmanh a sicun a rannak in siizung ah kal pi. Upa sinah cun a biapimi ralrin hmelchunhak pawl cu:
  - Thawchuah i zat lo
  - Taangfahnak tuar nak ngeih
  - Thintawi siloah panhhlau lonak
  - Hmur le hmai pawl a dummi

(Hi cazin chungah aa tling dih lo. Fahnak dangdang napum ah a um rih sicun, na ngandamnak kong zohkhenh tu ding theihter colh.)

## Na dawtmi cu thawchuahnak he aa pehtlai mi fahnak a ngeih sicun

- Na dawtmi nih zawtnak langhchuahnak a ngeih ahcun, zulhdng mi; Center for Disease Control and Prevention CDC kha zulh ding, [inn chungkhar khat ah ummi sihna seh, neihiam tein riantuan mi hna, COVID-19 zawtnak fehter cang timi le mizaw zohkhenhtu pawl hna caah a hlan kan tein chimhpiakmi](#) (tuah ding a si timi ruahnak pekmi pawl) cu zulh ding.
- Khuacaan nih a pek sicun, naa zohkhenhna hmun cu thli lutchuak a tha lai, Air-con siloah thlalang awngka hun ding a si lai.
- Na dawt mi kha na zohkhenh khawh ko zongah lamhlat deuh in um i zuam.
  - Nangmah le na dawtmi karlak ah thilri nan i pekchanh mi pawl kha tlawm ter. Mah cu bantuk cu kut in i pekchanhna nak in khengkur te tu in i pekchanh nak tu in kan tuah deuh awk a si.
  - Na dawt mi sinah tak tahnak (thermometer) kha a ka ah vachiahnak nak in a mah tu kha hei pe ko.
  - Bia nan i ruah tikah pe ruk hlat in dir.
- Asi khawh ah cun, na dawtmi mizaw cu ihnak khan a dang tein na pek lai i tak kholhna khan zong a si khawh ahcun na pek chih lai.
- Inn khan na thianh dih tikah inn chungkhar nih thilri an hman hlan ah thianhhlhlimhna tuah hmasa law rungrul thahnak in tawl dih hna.

Centers for Disease Control and Prevention (CDC, Zawtnak Lei Tlopbulnak le Runvennak Tuanvo Latu Bu) nih tunaite ah hruainak thar a theihter i cukah cun COVID-19 zawtnak ngeimi pakhatkhat he a hnai tei ummi zawtnak khamnak si tlamtling tein chunh cangmi pumpak hna nih quarantine i um a herh **lo**, a tanglei tahnak hna hi a tuah ahcun:

- Tlamtling tein zawtnak khamnak si an i chunh(zarh 2 maw a tam deuh hnu ah voi hnihnak chunhmi voi 2-chunhawk zawtnak khamnak si aa pehmi, asiloah zarh 2 maw a tam deuh hnu ah voi khat-chunhawk a simi zawtnak khamnak si aa pehmi).
- Atu lio i COVID-19 ngeimi he hnai tein um hnu in zawtnak langhchuahnak a ngei bal lo.

Tlamtling tein zawtnak khamnak si a chunhmi pumpak hna cu hnai tein um hnu ni 14 chung zoh rih an si lai. Hmaithuh an thuh lengmang zong a herh rihi, social distancing an tuah i, a tlawm bikin hawikom hein an um rih a herh.

Hruainak i a luatmi cu zawtnak khamnak si chunhmi mizaw hna le ngandamnak zohkhenhnak rian hna i a ummi hna nih cun COVID-19 a ngeimi he hnai tein an um hnu in quarantine i an um peh a herh.

Tahnak an pahnih in a phak lomi pumpak hna cun mahhi an peh, an zulh a hau [atu lio quarantine hruainak](#) (English Ca lawngin hmuh khawh a si) COVID-19 a ngei tiah fehtermi le a ngei rua tiah zumhmi pakhatkhat he hnai tein an i um hnu ah.

## Zawtnak Khamnak Si Tlamtling tein Na i Chunh Tikah

Mi hna cu tlamtling tein zawtnak khamnak si an in chunh tia ruah an si:

- Voi-2 chunhmi si he pehtlai in zarh 2 hnu ah voi hnihnak chunhnak, Pfizer asiloah Moderna zawtnak khamnak si hna tibantuk, asiloah
- Zarh 2 hnu ah voi-khat chunhnak, Johnson & Johnsoni Janssen zawtnak khamnak si tibantuk

Theih dingmi: si na chunh ni sin zarh 2 nakin a tlawm deuh a si i, asiloah voi hnihnak chunhnak na co rih a herh ahcun, nangmah kha tling tein hunphenh na si LO. Mahhi hna hi a dihlak in zulh [khamnak step hna](#) tlamtling tein khamnak si chunh na sih tiang.

Tlamtling tein khamnak si chunh na si cang ahcun:

- Inn chung ah khamnak si chunh cangmi hna he hmaithuh thuh loin na in pum khawh.
- Inn chung ah khamnak si chunh lomi innchungkhar dangmi hna (tahchunhnakah, inn khat i umttimi rualchan hna tlawnnak) he hmaithuh thuh loin na in pum khawh, anmah pawl asiloah an umtti sin pakhatkhat nih [COVID-19 zawtnak a fakmi](#) a tammi ttih awk i a um lo ahcun.
- COVID-19 zawtnak a ngeimi velchum ah na um bal ahcun, zawtnak langhchuahnak na ngei lo ahcun mi dang hna sin a hlatnak i na kal a herh lo asiloah hneksaknak na lak zong a tul lo.
  - Sihmanhselaw, bu umnak i ummi na si i (tahchunhnakah, remtthannak thonginn asiloah tanternak hmun asiloah bu zapi inn) COVID-19 a ngeimi pakhatkaht he aa hnai ah na um ahcun, ni 14 chung mi dang hna sin a hlatnak i na um i hneksak na herh, zawtnak langhchuahnak hna na ngei lo zong ah.

Zawtnak khamnak si na chunhnak sining zeirello in, mahhi step hna hi na zulh rih a hau [nangmah le midang hunphenhnak caah](#) zapi hmunah um tikah. Mah ahhin hmaithuh thuh, mi dang he pe 6 (meter 2) i hlat in na um, mibu le thli luhnak a ttha lo ngaimi hmun hna hrialnak timi hna an i tel. A chap in, aa pummi bu a laivung le a nganmi na hrial rih a hau, cun mahhi zoh peh [COVID-19 zawtnak langhchuahnak](#), a hleikhun in mizaw pakhatkhat velchum ah na um bal ahcun.

Konglam Hram: [Centers for Disease Control and Prevention](#).

## Hmaikhuh kong ah A Tam deuhmi Thawngpang

A hunphenh deuhmi thuhnak hna, hmaithuh asiloah thawchuahnak thil hna kha rianttuannak hmunah a herh awk. Hmaikhuh le puan fonhmi cu tthanconak lei, ziaza lei, asiloah si lei dirhmun nih hmaikhuh khuh lo ding i a khammi hna nih an hman lai. Hmaikhuhnak phaw cu ngakchia zohkhenhnak, chuncaan camp hmun, le K-12 hmun i ngakchai hna zong nih an hman lai.

Centers for Disease Control and Prevention (CDC) sin in hruainak nih [kal thiamnak hna a chimpiak](#) hmaikhuh cu COVID-19 karhnak ttha tein khulnuar deuhnak ding ca i rup tein tthatter deuh ding ah. Mahhi kal thiamnak hna ahhin puan hmaikhuh kha si lei tuahning hmaikhuh cunglei ah khuh ding, si lei

tuahning hmaikhuh i hna hri hna beo ding, hmaikhuh rupternak hmanna, asiloah hmaikhuh cunglei ah nylon puan asimi khuhnak khuh timi hna an i tel. A chap in, Department of Health (DOH, Ngandamnak Bu) nih thawchuahnak phihnak asiloah thli luhternak hna, asiloah thap khat lawng a ngeimi hngawngngerh le hngawng tiang a ummi hmaikhuh hna hi a chimpia lo. Zawtnak khamnak si chunhnak, i hlatnak, kut thianganfainak, le a dangte in umnak le quarantine tibantuk zapi ngandamnak a tthami tuahtia zungzalnak zapi hmun hna ah hmaikhuh khuh kha a biapimi a si.

## COVID-19 Konglam Hman Khawhmi hna

[Atulio Washington ah a cangmi COVID-19 dirhmun](#), [Uktu Inslee in thawng thanhnak](#), [zawtnak langhchuahnak hna](#) (Mirang Ca lawng in hmuh khawh a si), [zeitin dah a karh ning asi](#), le [zeitik caan le zeitin dah mipi nih cheknak an tuah a herhmi](#) (Mirang Ca lawng in hmuh khawh a si) timi hna a caan ning in zohnak. [Hal Tonmi Biahlnak le Bialehnak](#) hna cu hika ah zoh khawh asi.

Pumpak i miphun/ethnicity asiloah ram miphun sinak nih, amah lawng in, COVID-19 zawtnak ngeinak tti awknakah a chiah lo. Sihmanhselaw, hngalhmi hna (data) nih mirang silomi hna cu COVID-19 nih a khawn bikmi an si tiah a phuan. Mahhi miphun tthenawknak chuahtermi a si, a khunhle in, a hramthawk miphun tthenawknak a si i, a cheu bu hna cu anmah le anmah maw anmah hmun hunphenhnak ding ca caan ttha a thlawm deuh lawng chiahpiak an si. [Mi thangchiatnak hna nih hi zawtnak dohnak ding caah zehmanh bawmhchanhnak a pe lai lo](#). Biachokvai le a dik lomi thawngpang hna a karh lo nakhnga ding caah a dikmi thawngpang lawng hna kha na hawi pawngkam sinah thanh/hrawm ding asi.

- [WA Ramkulh Ngandamnak Lei Zung 2019 Novel Coronavirus Pulrai \(COVID-19\)](#) (Mirang Ca lawng in hmuh khawh a si)
- [WA State Coronavirus Response \(COVID-19\)](#)
- [Na Tual Chung Ngandamnak Lei Zung asiloah Peng Chung A Um Mi Kawl Piak](#) (Mirang Ca lawng in hmuh khawh a si)
- [CDC Coronavirus \(COVID-19\)](#)
- [Mi Thangchiatnak Zorter ah Hman Khawhmi Hna](#) (Mirang Ca lawng in hmuh khawh a si)

**COVID-19 Zawtnak Rungrul Kong aa dang deuh biahlnak na ngei maw?** Kanmah hotline rak ka chawnh: **1-800-525-0127**, Nikhat ni – Ninga ni, zinglei suimilam 6 in zanlei 10 suimilam tiang, Aa dang deuh biahlnak hna na ngei maw? Kanmah COVID-19 Konglam hotline rak ka chawnh: 1-800-525-0127 Nikhat ni– zinglei suimilam 6 in zanlei suimilam 10 tiang, Nihnih ni – Zarhpi ni tiang cun Cozah zungkhari ni kan ulh zinglei 6 in zanlei 6 tiang in. Holhlehnak lei rian hna caah, mahhi # hi hmetpiak an leh tikah cun na holh kha chimh. Na ngandamnak kongah biahlnak, COVID-19 hneksaknak, asiloah a phichuak kong pawl bia an in hal ahcun na ngandamnak an zohkhenhtu kha pehtlai.

Hi ca hi a dang deuh in hal na duh hna sicun, 1-800-525-0127 ah rak ka chawnh. Hnachet le hna theihnak kongah harnak ngeimi hna caah, zaangfahnak tein 711 ah pehtlai law ([Washington Relay](#)) (Mirang Ca lawng in hmuh khawh a si) asiloah maivan in pehtlaihnak email in [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov) ah ca kuat.