



Corona Virus Disease 2019 (Covid-19)

He pasana he nâma tawhta avai pathao awpa

Pasana hri apakâ theina yzie

- Husona tawta apakâ thei.
- Chhaichhi liata a y pa hri-iah tawta apakâ thei.

Pahnothaina awpa châta ngiana;

- A khôchiehpa noh 14 liata hri-iah yna su lâta asiepa vâta pasana a hnei tahpa ta ama zo-ngâ ah leipa nata hmaokha y lei awpa.
- Apasa tuhpa ngiana; apalona 30 C/ 100.4 F chôla a y hawpa pakhpâpa ta huso riethei ta thachhana ahnei hawpa.



Avai nawpa dah

- Corona Virus pasana a hneituhpa nata hmaokha ta y lei awpa.
- Apathaih kawpa ta ku ti ta asi lyma awpa.
- Pakhu(hâthi)na hnei tita hnapasu nata pakahzy pamai/chhihru ha awpa.
- Tisu, pônchihpa hmâpa achâ khiah apualeipa byh liata thy lyma awpa.
- Cha hawhpa tao khai tawta ku nah pheih apathaih kawpa ta apasi-pathai ha awpa.
- Eima pônha apathaisa lymapa ta niedopha viapzy nie lyma awpa.
- **Zawpi ahmaopakhyna su lia y lei/pualei awpa.**
- Kupakyu leipa ta sahrozy hria lei awpa

Corona Virus hri (Covid-19) hri-iah nakaw tlô thlu ngyna,
tahpa a pangiasana na hnei khiah tala,

**Nâhnia chaipa thohna o (hospital)
lâta thlai apamosa ha may.**



Asia kawpa ta
napahno khokhiah he
QR CODE he Scan
ta angia ma y.

