

# Nangmah pumpak le midang pawl caah **coronavirus** ttihnunnak zorter dingah fawi tein tuah dingmi pawl



the power of humanity



A tlawmbik sekaan 20 chung chatpiat le ti in **na kut ittawl lengmang**, asilole kutttawlnak ca an tuah i saporit aa telmi ahang kha hmang.



Na kiu asilole tissue cungah **khuh asilole hachio**. Tissue kha hmunthur bawm chungah hlonh law na kut kha rianrang in ittawl.



A taklinmi asilole a khuhmi minung pakhat khat he **naihnam in um kha hrial**.



**Na zawt ahcun inn ah um ko**. Na taklinh asilole, na khuh asilole thawchuah naa harh ahcun nangmah umnak i na siibawi kha chawn asilole ruahnak cheuhmi ngahnak ah 1800 020 080 hi chawn.



A dang tein zarh 2 um na hauh sual ah **na innchungkhar caah timtuahnak ngei**.



**Na dam ko ahcun**, hmurhnup (mask) ihruk na hau lo.ask.



**Lungdai te'n um law na thinphang hlah**.

Coronavirus a ngeimi tam-u nih cun zawtnak tlawmpal lawng an ngei lai.



**Kumkhua upa pawl** le zawtnak a ngeimi pawl caah tti a nung khun.

**Biahal awk a um maw?** Coronavirus Ngandamnak lei Thawngthanhnak caah Chawnh khawh a simi 1800 020 080 kha chawn. Nangmah holh in a holh khomi holhlettu na hal khawh.