THAWCHUAHNAK HE AA PEHTLAIMI ZAWTNAK INN AH I ZOHKHENH NING PHUN (10)

NC

HAKHA (LAI) CHIN

Na tak a linh, na khuh silole na thaw a cham ah cun na sibawi chawn. Inn ah mah tein i zohkhenh ning an in chimh khawh. Mahbantuk hin tuah hna:

1. Mahtiang hin inn ah um:

- na zawtnak aa thawk in ni 7 a rauh tiang **cun**
- taklinh daihnak si din lo in ni 3 chung na tak a linh ti lo **cun**
- na zawtnak a vun that deuh tiang.

2. Ralring tein na zawtnak i zoh/tah. Na zawtnak a zual deuh ahcun na sibawi chawn colh hna.

3. Dai tein i din law ti tampi in ding.

4. Sibawi sinah na kal hlanah chawn hmasa law COVID-19 in ka zaw tiah chim.

5. Lakhruak poipang a chuah ahcun 911 chawn. COVID-19 in ka zaw tiah chim hna.

6. Na khuh maw na hathio tikah na kaa kha tissue in i hup law cun hlawnh colh.

7. Na kut kha ti le sahphiat in seconds 20 chung i tawl lengmang.

8. A sikhawh chungin mi dang he a hlatnak ah um i zuam, nangmah tein innkhan dangah um law ekinn a dang tein hmang. Midang pawng naih ah na kal tikah hmurhuh i hruk.

9. Rawl telhchih in innchungkhar hmanmi thil pawl i hrawm hlah.

10. Na tonghmi thil pawl hna kha nifatin in na thianh/hnawh hna lai.

NC Department of Health and Human Services – www.ncdhhs.gov/covid19

Call 211 or go to nc211.org to find other resources.

Adapted from the CDC flyer titled "10 ways to manage respiratory symptoms at home"

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