



## COVID-19 natna a omna mun pan in hongciah / honghawh te innkuanpihte zuih ding

1. A hongciah/honghawh pa/nu innkhan dang ah omsak in
2. A kisap kei leh hongciah/honghawh mi tawh naitakin tukhawm, khawlkhawm kei in
3. Nakhut satpiang tawh siangtakin silsiang pahpah in
4. Hongciah pa/nu kiangah napaiciang, naomciang muktuum (mask) leh khuttuum zang hamtang in
5. Neek leh dawn nabawlsak ciangin a ma aa ding tuampiak / tuambawl sak in
6. Hongciah pa/nu cisa, khuh, naakhaksa sa in a om aa leh zato ahihkeileh cidamnam zum ah thu zasak pah in
7. Hongciah pa/nu hong tun zawh ni 14 sung innpualamah pusuak sak kei in
8. Nisim in a dam leh damloh encik in
9. Cidamnam nasemtein honget ciang in a kisam bangin huh in

2019-nCoV



ဤနေရာတွင် Scan ဖတ်ပါ။

ကျန်းမာရေးနှင့်အားကစားဝန်ကြီးဌာန

(၇-၂-၂၀၂၀)



COVID-19 natna a omna munpanin hongciah / honghawh te zuih ding

leitungbup Cidamna (WHO: World Health Organization) in COVID-19 natna pen leitungbup a kilawhthei natna (pandemic) ciin ciamtehkhin / ki zasakkhin a hihmanin COVID-19 natna a piannagam pan in hongciah / honghawh tein a nuai aa bang teng zui hamtang ni.

1. Na zintunna inn ah innkhan dang a om aa leh khandang ah om in. Khandang a om kei aa leh innteekte tawh ki nailualo pi 6 a kigamlat naah om in
2. Innsuang ah na om ciang a kisapkeileh midangtawh nailua in tukhawm kei in
3. Innsungah na om ni 14 sung muktuum zang tawntung in. Na khut satpiang tawh limtak in silsiang pahpah in
4. An naneek ciang na innkuanpih te tawh nekhawm kei in
5. Innsung vanzat te nazatciang siangtho tak in zang in
6. Na hatchei ciang leh nakhuh ciang tissue zang hamtang in. Nazatsa tissue te ningbung sungah limtak in paai pah in
7. Hong kikep ni 14 sung mipi kikhopna, mipi omna ah pai kei in
8. Cisa, khuh leh nakhaksa sa in na om leh cidamna zum ah thu zasak pah in
9. Cidamna lam zumnasem tein honget ciang akisam bang in huh in panpih in

COVID-19 natna nei nahihkhak leh atung aa teng nazuihciang bek in na innkuanpih te natna lawhlo ding hi.

2019-nCoV



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