

"NAI TAK IN KI OM" IH CIH CIANG BANG DAN A HI HIAM?

- Minute 15 val sung in pi 6 sang a nai zaw ki om.
- Mi tawh DIRECT PHYSICAL CONTACT—Lawonna, khut ki lawng, ki kawi, ki nohset
- An nek na, keu leh kuang te a hih kei leh hai, thawl te ZANGH KHAWM.
- A hu pan hong leeng khia te tawh ki nai (gentehna, amau nang tung hong khuh)

COVID CONTACT CHART

Sang naupang leh nasem te a ding

Ki nai tak in mi
khat tawh
kizom...



...natna a nei kha thei
khat tawh kithuah
khakna



Symptom nei
symptoms?

Symptom nei nailo
symptoms
(yet)?

Natna leh symptoms te
nei maw? neilo? nang leh
nang kisit in, LEH social
distancing zangh in

... mi khat in natna a
nei kha thei khat
tawh ki nai tak aa
om

Social
distancing
zangh in.

• COVID-19 a nei te

Nang leh nang vak lo in, ki
kem in LEH natna leh
symptoms te nei maw
neilo maw nang leh
nang ki sit in.

KOI DAN IN...

... NANG LEH NANG KI KEP NA?

- Nasem te: Na supervisor gen in.
- Sang naupang te: Attendance Office gen in
- Na siavuan gen in
- Ni 14 sung in **INN AH OM IN.**
- **Mi dang te tawh ki THUAH KHA KEN.**
- Inn ah van zat te **ZANGH KHAWM KEN.**
- HOIH TAK IN KHUT SIL

...SELF-MONITOR?

- **BE ALERT** for symptoms of COVID-19, especially a dry cough or shortness of breath.
- **TAKE YOUR TEMPERATURE** every morning and night, and write it down.
- **CALL** your doctor if you have trouble breathing or a fever (temperature of 100.4°F or 38°C).
- Call your doctor **before** seeking medical attention

...SOCIAL DISTANCING ZANGHIN?

- A hi thei zahzah in **INN AH OM IN**
- Mi tawh a ki nai in OM KEN; a tawm pen pi 6 ki gamla in.
- Ki kawi KEN LA, ki nohset ken.

AND PRACTICE GREAT HYGIENE!
 WASH your hands frequently • AVOID TOUCHING your face • WIPE DOWN frequently touched surfaces regularly
 ADAPTED FROM MIT MEDICAL

- Mi hon a om thei mun teng leh a ki khoih den mun tuamtuam teng tawh KI PELH IN.
- Muk tuam bulh in.

Khut SIL den in • Na mai KHOIH KHOIH KEN • A ki khoih den, ki lawng den mun teng HAH/SIANG SAK den den in (gentehna mei honna, kawng hawanna, etc.)

Natna leh symptoms te nei maw neilo maw nang leh nang ki sit in.

- COVID-19 symptoms te na neih khak leh, a diakdiak in buh khuh a hih kei leh huih dik ding haksatna
- Zingsang sim leh nitak sim na CI SA TEH in la, lai dal tungah ciamteh in.
- Huih dik haksa hi ta leh cisa (100.4°F a hi kei leh 38°C) leh na siavuan te SAM in.
- Na ki lah ma, na pai ma, na siavuan te **sam in**.