

KAN MIBU HIMNAK CAAH HMUNKHAT TEIN RIANTUANTI USIH

Hmunkhat te ah, COVID-19 a karh nuarhernak le kan mibu runvennak kha kan bawmh khawh.



**Minung tampi umnak hmun pawl ah
hmaihuh i hruk**



**Mi dang sin in 1.5 metres
hlat ah um.**



Na kut i tawl lengmang



**Na khuh tik le na hachio tikah na
kaa kha i hup**



**Na kum le na ngandamnak caah
duhpiakmi ningin COVID-19
raikhamsii i chunh bu in um**



Na zawk tikah inn ah um



Thawngthanhami tamdeuh hmuhnak caah National Coronavirus Helpline
kha 1800 020 080 ah chawn. Man loin holhnak lei riantuanpiaknak caah
thim khawhmi 8 kha hmet.