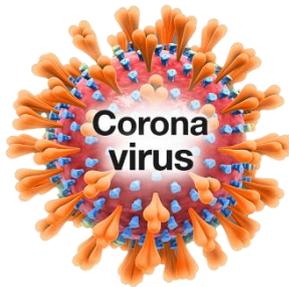


Coronavirus leh COVID-19 a cih bang a hiam?

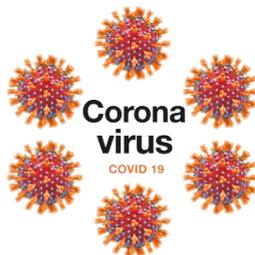
What is coronavirus and COVID-19?

16 March 2020 update



Coronavirus te pen mihing leh ganhing te ci a na sak thei, lungno(hik) honpi khat hi.

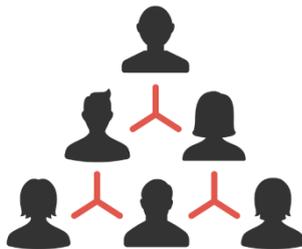
Coronaviruses are a big group of viruses that can make people and animals sick.



Virus pen mi a cina sak thei khat hi.

A virus is something that can make people sick.

Mi a cina sak thei Coronavirus nam khat pen COVID-19 ki ci hi. 1 type of Coronavirus that can make people to sick is called **COVID-19**.



COVID-19 pen mihing khat pan khat ki suan thei hi.

COVID-19 can pass from person to person.

COVID-19 a nei mite in

People with COVID-19 may:



- **Khuh nei ding hi**
have a cough
- **Cisa nei ding – sa mahmah dinghi**
have a fever - this is when you get really hot
- **Hu sang, naak ding hamsa sa ding hi**
find it hard to breathe.



Cisanat mawkmawk leh natgual nei te zong in a tua dan mah nei thei cih theih ding thupi hi.

It is important to know that people who get a cold or flu may also have these things.



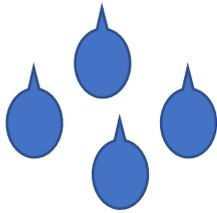
COVID-19 nei mipawlkhat a ci uh na tuan lo thei ding hi. A hih hang mite lawh sawn thei veve ding uh hi.

Some people with COVID-19 may not get sick.
But they can still pass the virus to another person.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Mikhat in COVID-19 a nei khat kiimnai a om khak zawh a cinat a kipat ding ni 14 bang sawt thei ding hi.

It can take up to 14 days from the time a person has been around someone with COVID-19 to when they get sick.



Mikhat in COVID-19 a neih ciang a taak neu luang te pan midang a lawh sawn theihna thu te pen

When a person has COVID-19 they can spread **droplets** onto things or people around them when they:



- A khuh ciang
cough

- A hatchei ciang
sneeze



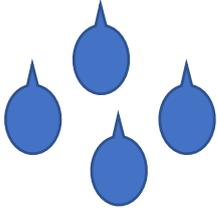
- A pau ciang
talk

- Midang te tawh khut kilen cih dan in a ki lawng khak ciang
touch other people like shaking hands



- A mau khit ciang midang khat in a lawng khak ding mun leh na te a lawng na uh pan

touch **surfaces or objects** that someone else then touches



A taak neu luang te pen a neu mahmah mihing khat ii nak leh kam pan a luang khia tuitaak te hi.

Droplets are very small bits of liquid that come out of a person's nose or mouth.

Tua a taak neu luang khia te sung COVID-19 lungno(hik) te na om hi.

The droplets could have the COVID-19 virus in them.



A kilawh theihan mun leh nate

Surfaces and **objects** are things like:

- Sabuai
tables
- Tuibuk nasilna kuang
bathroom sinks
- Anbuuk tautung
kitchen benches
- Kongkhak kaihna lubawk te
door handles.

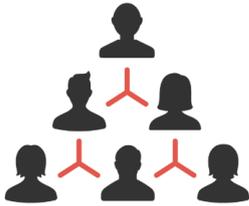


COVID-19 Na ngah theihna a tawm theithei ding in nahih theih thu te hi lai in hong gen ding hi.

This factsheet will tell you what you can do to have less chance of getting COVID-19.

COVID-19 pan nang leh midang te kidalna di na hih theih thu te

Things you can do to protect yourself and others from COVID-19



COVID-19 a kizeel loh na ding mimal khat ciat ii sep theih ding om hi.

There are some important things that everyone can do to stop the spread of COVID-19.

Nasep hui na te:

You should:

- A dam lo cisa nat leh natgual nei mite neh kei in

stay away from people who are unwell with a cold or flu

- Na dam mel kei leh inn ah om in stay home if you feel unwell

- Na khuh leh nap na hatchei ciang tissue tawh na kam leh na nak tuam in

cover your mouth and nose with a tissue when you cough or sneeze

- Na zatsa tissue te paikhia pah in throw away any tissues that you use

- Tissue na neih kei leh na khuh leh nap na hatchei ciang na kiu sung lam pan na ban tawh dal in cough or sneeze into your elbow if you have no tissues.





Na khut te satpiang leh tui tawh
second 20 sung silsiang hamtang in.

Make sure you **wash your hands with soap and water** for at least **20 seconds**:



- na khuh khit leh hatchei khit ciang
after coughing or sneezing



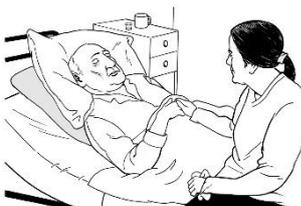
- Nap na siak khit ciang
after blowing your nose



- An neek ma leh nektheih ten a lawng
ma in
before eating or touching food



- Awng hawh (Dai leng) khit the
after using the toilet
- Naupang te ii nak na nulsak khit the
after helping children wipe their
noses



- Cina te na kep khit the
after caring for sick people.



Tui leh satpiang a om kei leh khutsilna zatui (hand sanitiser) na zang thei hi.

If there is no water or soap you can use **hand sanitiser**.

A dang a thupi mahamah na hih theih lai ten pen a hi thei zah in hih a nuai aa te an lawng loh ding hi;

Another important thing you can do is try not to touch your:



- na mit eyes
- Na nak nose
- Na kam mouth.



Tamvei pi na lawngkhak zel na mun leh van te zuut siang zel ding zong a hoih thu ahi hi.

It is also a good idea to clean **surfaces** and **objects** that you use a lot.