

COVID-19 nei aa na kiupmawh leh bang hih ding hiam?

What to do if you think you have COVID-19

16 March 2020 update

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 mipawlkhata 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				

Hih a nuai aa dan te tawh na ki tuak leh banghah ding cih natheih tel ding thupi hi.

It is important you know what to do if you:

- **COVID-19 nei the ci aa a ki gen mi khat tawh a beisa ni 14 sung in ki nai tak in omkhawpna nei**

have been in close contact with someone in the last 14 days who has been told they have **COVID-19**

- **COVID-19 kisit aa muhkhiatna a ngak laitak**

are waiting for your **COVID-19 test results.**

COVID-19 nei aa na ki upmawh leh na hih theih thu nam 2 om hi.

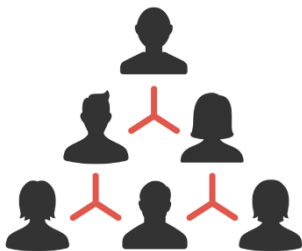
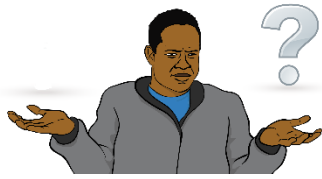
There are **2 things** you need to do if you think you have COVID-19:

1. Na inn ah tuam omkhiat na nei ding

You need to stay at home and **self-isolate.**

Tuam omkhiat cih ciang COVID-19 mi na lawh sawn theihna ding mun te ah 14 sung omlo ding in kideekna hi

Self-isolate means not being in places for 14 days where you could give the COVID-19 virus to other people.



Na tuam omkhiat kul maw kul lo na khen tat theih kei leh HELAHLINE te **0800 358 5453** ah hopih in.

If you are **not sure** if you should self-isolate you can call **Healthline** on: **0800 358 5453**

COVID-19 nei aa na kiupmawh leh

- Na GP leh
- Zato te na pai **LOH** ding thupi hi.

If you think you might have COVID-19 it is important that you do **not** go to:

- your Doctor
- the hospital.

Na GP leh Zato ah na pail eh midang te COVID-19 na lawh sawn zaw kha thei ding hi.

Going to see your Doctor or hospital could give the COVID-19 virus to other people.

Tua dan aa na pai tang in **Healthline** te ho le cin COVID-19 sitna na neih kul maw, koi dan aa sitna nei thei ding cih te ong hild ding uh hi.

Instead **call Healthline** as they will tell you what to do if you need to be tested for COVID-19.