

# COVID-19 natna ii let-kha-na tuam tuam te na inn pan in na theih na ding leh na kidop na ding zia nam 10

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## COVID-19 na kisit ciang in na positive khak a leh:

### 1. Na innsung bek ah om in.

Na nasepna ahi zong na sangkahna ahi zong adang mun tuamtuam ah zong pai khia kei in. Mi hon ki kaih khopna ahi zong, mikim zat ahi bus, taxi, leh adang tuam tuam te zong zang/ tuang nai kei in.



### 2. COVID-19 natna let-kha-na (symptoms) tuam tuam na neih te na theih teh na hih theih zah in ki kem in la,

na natna a suk semsem leh na siavuan te kiang ahi kei leh zato ah ki lak in. Na natna a nasiat mahmah kei leh, na inn ah na hih theih zah in ki kem hit hiat zaw in.



### 3. Na inn ah tawInga hithiat in la tui zong tampi dawn in.



Zato lam tawh kisai appointment khawng na neih khak a leh, **na siavuan te ahi zong na paina ding clinic te phone tawh sam masa in la,** COVID-19 positive hing cih thei sak masa in.



COVID-19 na neih sung in, cidamna tawh kisai emergency a om khak zenzen leh, 911 phone sam in la **COVID-19 na neih lam zong thei sak pah in.**



6. **Na khuh ciang in leh na sneeze (Hat-chei) ciang in zong na kam hum in.** Mi tawh na om khop laitak a hi leh zong a kigam la thei ah pai in la khuh in.



7. **Na khut te zong satpiang tawh ni khat in a tam Vei pi sawpin la, na sawp ciang zong a tawm pen second 20 sung sawp in.** Hand-sanitizer zong zang in.



8. Ahi thei zah in, natna a nei nang na hih leh **na khan (room) sung ah nang bek ki tuam kep in la na innkuanpih te tawh ki su kha kei in.** Zunbuk zong na tuam zat theih leh zang in. A pelh loh phamawh in midang te tawh na kimuh ding a kisap leh muktuum (Mask) zang hamtang in la, na khut zong khuttuum na tawh tuam in. Midang tawh na ki thuah ciang in a tawm pen pi 6 (6ft) ki hal in om in.



9. **Na van zat khempuuh, nang bek in tuam zat in** la, na innkuanpih te' van zat tawh ki su kha sak kei in. Lupna zong zang khawm kei in la, an nekna van zat te zong zang khawm kei in.



10. Na inn ah ahi zong, na omna khat peuhpeuh ah, a kizang a koih khak na mun, sabuai, khongkhak letna, leh adang mun tuam tuam te **ah za kap in nul in la siang sak hamtang in.**



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)