

REDUCE THE RISK CORONA VIRUS (COVID- 19) NAT HAHSA HI SULHOM'INOF CORONAVIRUS (COVID19)

NA-IN HONGBIT NIN

Insungmi jousen aboldiivin tilkhovuin.



INSON JOUSEN

- Imai khoi louding, chit ahiloule lkhut teng pon'a imuh sip ding.
- Kot kil na, tables chule banlhun ho phatseh-a sabun- a sop ngim ding.
- Hui theng a-um be nadia khirkhit ho honding



INSON'A INSUNGMI AKUM TAM DAMMONA NEI KITHOPI NGAI CHAHO, KITHOPI DING DAN

(Dammona nei avetsah na: lungchang, chop, kal, jinlhun vei jeh-a itahsa veng bitna pang (Immune System) lhasam ho)

- An ineh sah, ijen ding ahiloule ihou limpi masang'a ikhut sop ngim ding.
- Insungmi dammona nei ho ahitheia- ahile gal jepma'a kon'a sasah ding (ha nai lou ding)
- Kongle bel chule toh khah thei bang ho phatseh-a sabun'a sop ngim jing ding.
- Ahitheile , adam mo ho dan chom'a kojia chule kot kam khum ding.
- Insungmi khatnin bou ajen ding.
- Insungmi kum som guple nga chung lang ho se, jen ding dan kipe bang'a atum beh-a khohsah na neitah-a jen ding

KAITHIL HOLE MIPI LHATCHAH NA MUN HO VENG BIT'IN

Nathil joh ho le thil cho hon abol diuvin til khovuin....

Damtheina dia thilpha ho bol'in



- Salam bol louva lam chom'a kitong khalouva kilem to ding.
- Thamkhah thei thil avetsah na; kotkil , tables , lekha ngap na chule banlhun ho jouse ' hi ' thina thei lou kap jing ding.
- Hui theng a-um be na ding'a khirkhit ho hon ding.
- lkhut teni sabun'a phatseh-a sop jing ding.
- Khut le hai ding dan avetsahna: na khut ahiloule na chit teng na kiu asung lang ahiloule kamsa-a na muh sim'in.
- Khut-sop louvin namit ho nanah chule namuh khoi hih-in/ tongkha hih-in

Mipi kikhop na ho peldoh-in



- Ahi thei chan'in amun cheh-a chelouvin online mang chan
- Mipi kikhop tam na ho-a akikhom suh lhom ding
- Mipi lhatchah nale mun ong ho-a chil moh set thang lou ding

Khol'a chele vale na taxi's chule adang dang ho



- Ahithei chan'a khirkhit ho hon jing ding.
- Hui lut tam sah ding.
- Tohkah thei thil ho phatseh-a sabun ahiloule 'hi' thana thei (sodium hypochlorite 1%) jao nalou ho man'a sop jing ding

Thuhet be nading

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