

# 1 COVID-19 phreik mihning kha raca si hüm kryoi hüm mih kaham jok tau misi Kxp tahi tama si kham ning petjok mih.

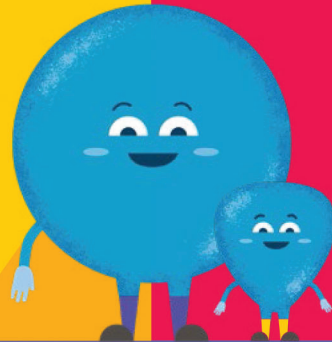
Nohai kai tok ma? Kjawng si pik vitky ma? Poisa ng'ka kaham kaling kamawm ma? Maca mihning kha ra-ui phici hmu hak ra-ui txptap miva si cü phreik reing mih plo si tawk.

Kjawng si pik vit mih cü ihmat hai tahi, tama si hala kum mih tahi, tama si hak hnai kük mih py roi hüm mih kaham akhon arei hlük phreik mina. Miva hly juajua petjok ning mih cü khri par lakhülklom hüm hnai mina. Cami cü raca hüm kavanra hly hak khukjok mitho ka-üing nü miva cü aly ky misi na peikhü txngjok mihly ka-üing mina.

## Kxp raca si hak vei tüm hüm mih ning jokjok bah.



Ihmat mah khüm kajok ning thai miluk jau khü (20) minik, nona kacü miluk nonai pü ning jokjok thai mina. Kxrni jok ning mih tu tyjok kacü y mihning hüm miva cü mingva hüm mih na.



## Raca si kham miva py na si hüm hia va peimih hlyjok bah.



Roi hüm jokjok mih cü raca kaham ihmat mah hüm ka-üp vei hly mina. Ruikhüp, miva py hüm hia mih cü juajua kaklai kahly vei hüm kla peimih hlongsai hly nokabak lat kacü y mih hlongsai hüm miva kham txrjok hüm mih akhon arei man haimih na. (Bet mih rutsxn cacong hüm jau bah)



## Ün hak lila aroi vei mih raca si, hmangtoptap mih raca si hak vei tüm mikha jok tau misi

- > Miva hai mikna vei mih sai hak txn si hüm miva hai py mitho pyjok tung bah.
- > Coi hak buk lai si hüm py tüm-miar khü txrjok meng si bah.
- > Kahlei mih vünsai si hak khap klai si hüm cün khü kahlejok dei bah
- > Riujok hrangta bah. Phraijok cah bah. Pung si hüm jau hly tüm bah.



## T.V si hak phone si hüm pik vit bah. Maca mikha virus rawka hlongsai si hüm bong kadawn ri bah.

## Ün hai hala ngür hai tahi, tama si hly vei tüm mikha jok tau misi.

- > Akaca, meng, mingky mih imi si, roiklang si hai hmatva ra-ui kajok miva hai hlongsai si hüm txrjok dei bah.
- > Ca hüm hia mih khamcak si hüm eing ca tüm dei bah.
- > Miva khreik mih menglai si hüm txr hly tüm dei bah.

## Ün hai raca si hly tüm vei mikha jok tau misi.

- > Phrai ca bah. Nona kacü jau pung bah
- > Jawn kheideing ( nona kacü ) kheideing si hak sawi pung bah.
- > Menglai si hak plai bah ( nona kacü ) txr meng bah.
- > Kxrni py mih tok si py tüm dei bah. Eing cak kan mih pasxm sxr si mih raca si hly tüm lakhülklom prai mihly py dei bah.
- > Kjawng ca si py mih somjok dei bah.

Miva hai txr mih keing bah. Jaujok bah. Kry-oijok bah. Lakhülklom mira plau hly hüm.

Raca si hüm kry-oi mih hlongsai si tuk hüm hia kacü nep ca dei bah.

Parenting tips from WHO

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In worldwide languages

Khawt mih kahmarra si cü vei ca cah.



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# 2 COVID-19 phreik mihning kha raca si hüm kryoi hümmih kaham jok tau misi Kijok hnai dei bah.

Raca si hak hala ngür thang hai tahi, tama si hmatva mah thuk hnak par mih pyva mikha kijok hnai hüm peimih cü rai prai mina. “Pei üng miva si py mih kanawn hlai” peikhü txrjok mih cü hu mina. Mitawk kapü, ihmat cü miva hüm hnai thang txrjok nü miva hai py ruihnai miva si hüm pahlojok kacü hmatva py hüm hia miva si khüm pyva rarat hümmih na.

## Ün ki hüm hia mih vei mih sai si txrjok.

➤ Raca pyna hüm kla va peimih txrjok mikha hnai mih klykui si hüm tong bah. Txr hüm peikacü, “Nunu, Dadüng y, ünü hai vanki si popai vit dei”. (Ca cah bongpy sxr jang-ai”peikhü txrjok hümmih luk cü.)

## Txrtep mih sai aly ky mina.

➤ Raca hüm lap khü txrjok mih cü ün hmat hak raca hüm ra-ui phici hmu hu hly khü hrak pü kaluk hly rat mina. Raca hai ming hüm phau mihly hak keing hnai mah hümmih txrjok bah. Ra-ui klang mihly hak txrjok bah.

## Hnai miva si py mikha raca si hüm pahlojok bah.

➤ Ün hai raca ( nona kacü ) hala hngür hai tahi, tama si hnai mih amjx hlüklük py kacü pahlojok bah. Miva cü y mih hüm noty sadi pü noty thai. Mitawk kapü, y mih hnai mih hüm miva py bei mih ün ki hüm hman. Peikhü pahlojok mih cü miva hüm ün ty sadi khü kry-oi mih peimih kahmar hly mina.

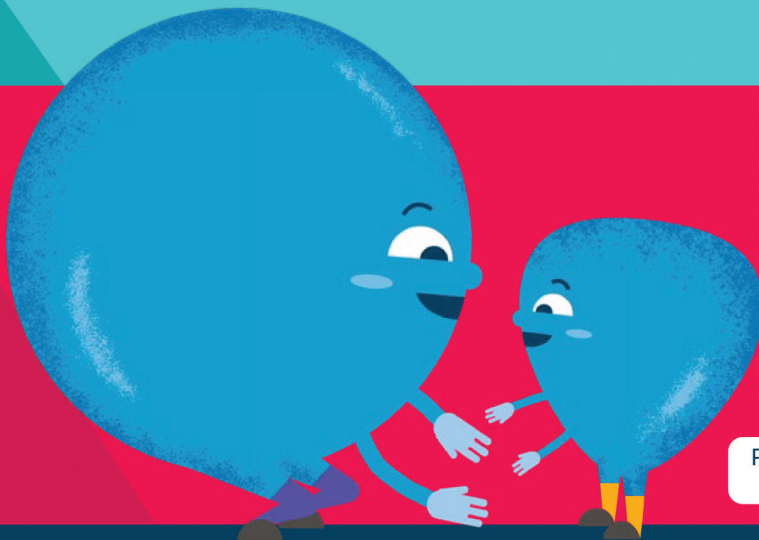


## Ruikhüp khüm py mih na nakhü.

➤ Raca kham py hüm ün mah txrjok mih cü mi khüm pythai ma? Nikuk raca hüm vei hly kim tangtang mih cü vei hüm rai prai. Mitawk kapü, ün karam phone mih 15 minik tarei rük cü sxp peikhü vei thai mina.

## Ün hai hala hngür mih raca si hüm kxrni som nü kryjok bah.

➤ Hala hngür hai raca si cü hmatva hai roi si hly hak kxrni kakrum hüm aly hiava mina. Ün hai tahi, tama si hüm social media si hüm khüm tuk tong thai hümmih somjok dei bah. Cami cü tahi, tama si hak kanu, kapa si kaklai kasom pythai mih amjx si na.



Raca si hüm kry-oi mih hlongsai si tuk hüm hia kacü nep ca dei bah.

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# 3 COVID-19 phreik mihning kha raca si hüm kryoi hüm mih kaham jok tau misi Ni hai kaham hnaipxng pyty bah.

COVID-19 cü isi hai tok si, kim hak kjawng si hai py hüm mih tok si hüm ning paty hly mina. Cami cü raca si, hala hngür hai raca si hak ün hai kaham rai mira na. Kxrni py hüm mih tok si hüm pungeeing har hly hak py kacü asang prei mina.

## Plang hrxt thai mih kxrni pytok hüm mih ningcarang pyty bah.

- Ün hak ün hai raca kaham patüp mih sai vei mih kahlei mih amjx si hüm kaman mihning kha kahlei hüm mih pyjok dei. Cami cü ün hai raca kaham ra-ui xp pei hly khü hnai miva si py hüm mih somjok hüm hmang.
- Pei üng mih ni hai kaham aciceing ( Kjawng ning carang tho mih) kei mikha raca si ( nona kacü ) hala hngür misi cü som kei thai mina. Hmatva mah soi ty mih na miluk hmatva pajui kük va hüm hmang.
- Kxrni kahlei mih amjx theing dei bah. Kahlei mih cü ra-ui phici hmu si hüm di hly khü kahlei hüm hia mih raca si kaham hnai hly rat mina.



Ün cü ün hmat hai raca kaham aly ky kük mih tun na.

- Ruikhüp, ün cü kasür mihly vei nü juajua kaklai kahly khü vei mih, rau miva hak tongnang miva si hüm van khü somjok kacü ün hai tahi, tama si pü ün py mitho pyva ra hüm mih na.

## Raca si hüm imi si hak kahly khü vei hüm txrjok bah.

- Ruikhüp, ihmat vei mih tüm tum raca si hüm cawn kum hüm mih akhon jok kacü, cawn hly dei bah.
- Cami hlongsai hüm pung hly soi, ca hly kei khü va kham jokjok thai mina. Va ki thai hüm mih kaham kim kum thang pü bet ty thai mina.
- Isi bürbür veihnai mah hüm mih kaham napei pyty by peimih hüm tahi, tama si kham txrjok kacü miva pü ra-ui xp peiva hüm mih na. Miva hai jok tau misi hüm pü keingjok hnai mah ra bah.

## Phjau rut mihly hak ihmat kasür mih hüm lakhülklom mihly py bah.

- ▼ Meng hly hak cakeing 20 kakra mirük phjau rut dei bah. Amu ara pü py dei bah. Raca phjau rut kreik kreik mih hüm pahlo dei bah.
- ▼ Mikna hüm rut hly ria mih di kük mih imi cü ja mih kahlei mih amjx kahlei khü ja mi kham jokjok su bah. ( Juajua kaklai khüm rep thai mina).

Nikuk hai txtbxng mihning kha cü nikuk kha hai py miva si hüm kako kadawn tung hüm mih ning khütdeik jokjok bah. Raca hüm hmat py phük mih lakhülklom mih amjx (nona kacü) hnai mih amjx hlükhük txr hly bah. Kamai nikuk ün hnai kük miva si khüm py miluk ihmat mah hüm pahlo bah. Ün cü sata tawky ky.



Raca si hüm kry-oi mih hlongsai si tuk hüm hia kacü nep ca dei bah.

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