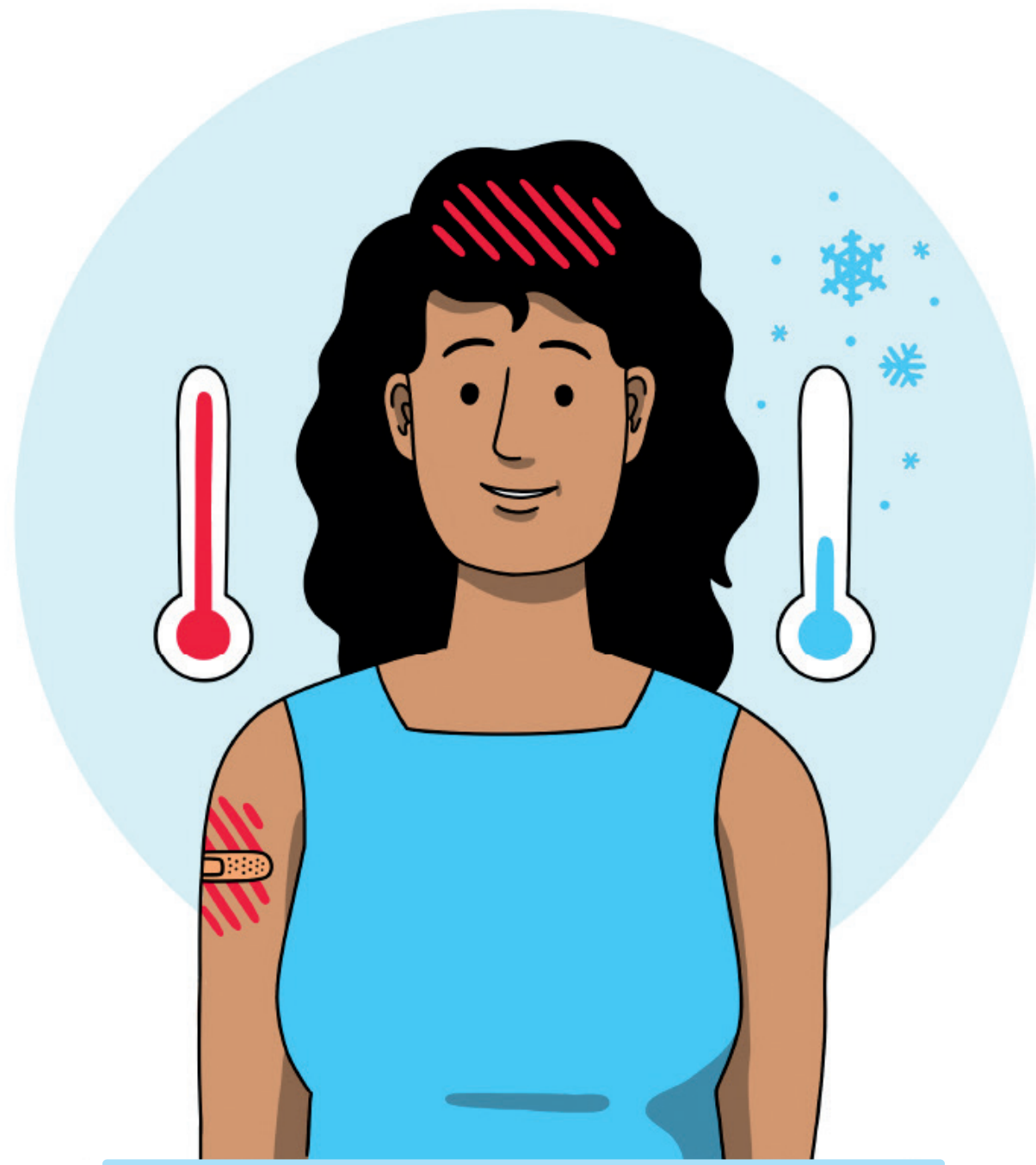


COVID-19 SUNGKHAM SEIA NGSUNA PHÄH SETNAK THEI HE TA

- 1 Bawngkha lü lu jah kaihki
- 2 Mlingmhnat/ mtisa ngingki
- 3 Jah kthüngki
- 4 Sei ngsunnak hnün üng jah hui lü ngphyüngki.



Sei ngsunki khyang aknung üng hikba thawn lü asäng üng khyük beki.

Sei ngsun kän naji (24) nghjawkkia jah hui law däm lü (or) khawmhnüp khawveia a jah huih am a dawei law üngta phetyai pä üngka mat mat (or) Doctor jah khü vai.



Setnak avang he hin ta sei jawihnaka ka sei he am daw be kyaw lüpi phetyai ksing bawkki Doctor üng mtheh vai hlüki.

Kkhawnnu mneh (or) mke mnehki hea phäh ta hina sei he jah sum üng jah läklam vai veki he.

- Ibuprofen
- Aspirin
- Antihistamin

Abäng läklam hin, ni vana lätnak ni.



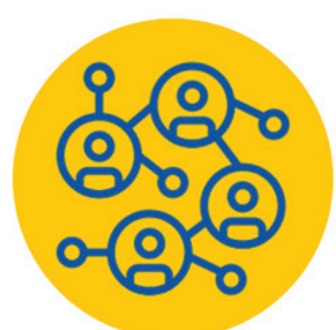
Sapon ja tui üng na kut mthia.



Mat ja mat khawcáp kkeh na lü ve vai.



Mpyawng ja hna khümnak na bün lä vai.



Nghnet lü na vepüi yawtea hnuma na sui vai.



Ahngaa na ve vai.



Khawkhia a luhlang adaw vai hlüki.



Sungkhamnak sei na ngsun vai.