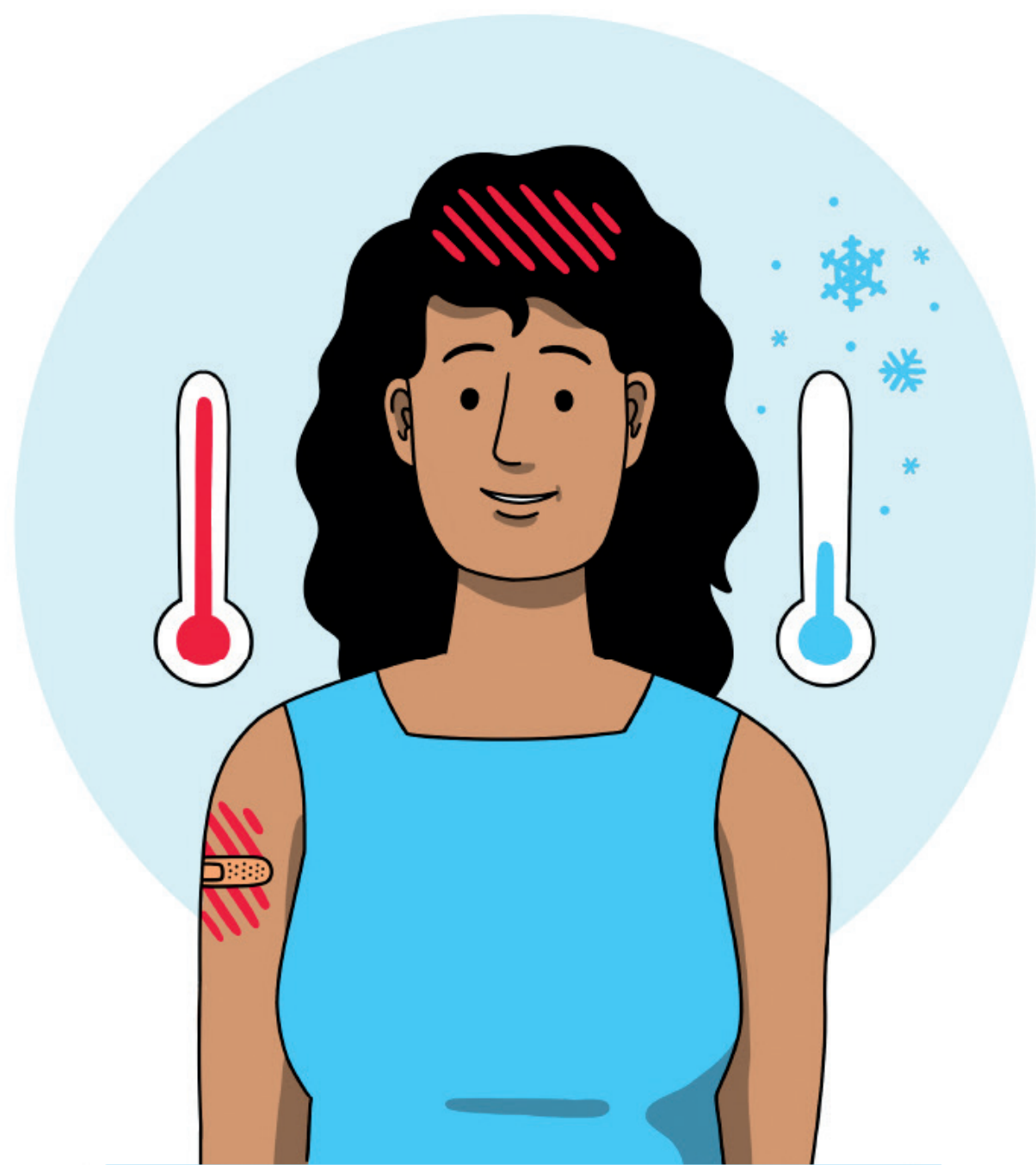


# COVID 19 TLAWH DAAMNA SII KAH AKA THONG KOI THLI TAH,

- 1 Thaa hongna on lukiilna (lawkna)
- 2 Ngannat on pum ling
- 3 Khawsik
- 4 Sikahna hyn ah tlou nawh atah phing



## Thlang zahawh lawng asaw kah tlawhnatna thli atawng u de kawlkah ah hoih kop ai.

Tlawhdaamna sii na kah cong khawnoklung 24 khui na tlou mai nawh atah tlawhna bet asan atah ahoikhang nawh atah Siiben aka ming Siibawi nawh atah sii sayama tengah na nyh ham ango.



Tlawhdaamna sii na kah congah na tlawh khatkhat awm tih ahoikhang nawh atah Siibawi on athenla dothihna khyh, khasut tah sii zoihna ah tuisii awm thai tede khasut awm nawh my.

Bungpui tlawhna on kumsan tlawhna, tlawhrym aka khyhthli hamla adangkah tuisii mingthli he na hawna vengah ngaithyyn bet ango.

- Ibuprofen
- Aspirin
- Antihistamin

## Rangpui lawng tlawh daamna sai sih.



Saapet on kut popa sil uh.



Khat on khat a zaangla hooi awm uh.



Harawng on kaa dah uh.



Azaangla soi awm uh.



Athlokla awm uh.



Zilhlaw a theenna ah awm uh.



Tlawh daamna sii kaap uh.