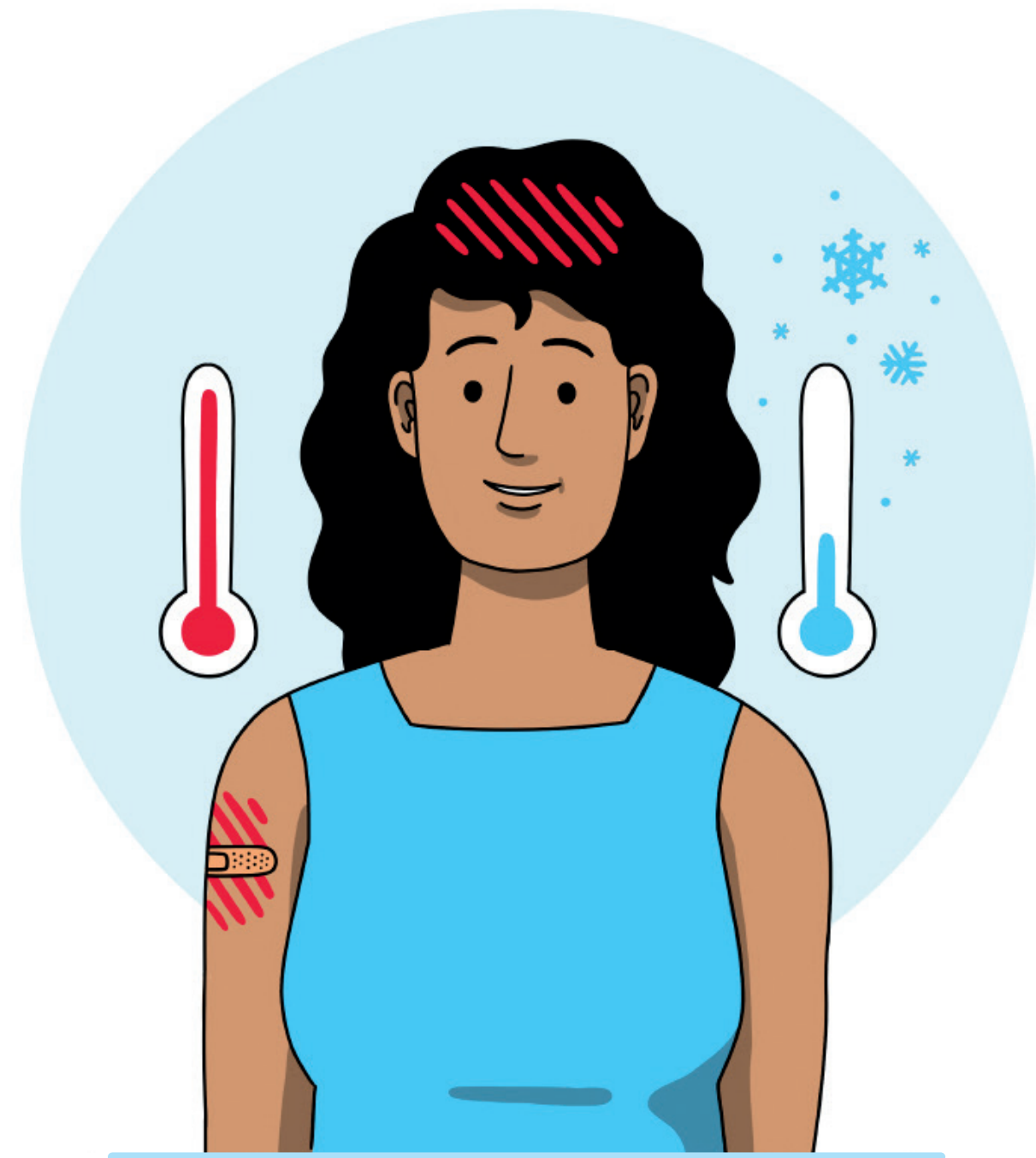


COVID-19 KIDALNA ZATUI HANG-A A PIANG THEI SIATNATE IN:

- 1 Gimna-tawlina leh lutang natna
- 2 Cinatna/ Cisa kahna
- 3 Khua damin lingna
- 4 Zatui kisutna mun bawk (ahihkeileh) na



A kisun a tamzawte sungah a tung-a siatnate piang thei a, ahi zongin a sawt lo-in damkik pah hi.

Kidalna zatui kisut zawh nai 24 khit ciang pumpi ci-le-sa na semsem (ahihkeileh) ni tawmno sung bang zatui sutna hanga piang siatnate a noptuam het kei leh cidamna lam a sem (ahihkeileh) siavuan khat tungah a thu ko in.



Kidalna zatui sutna hanga piangthei siatna pawlkhat pen zatui sai pan-a kileithez iau zatuite tawh noptuam thei tamahleh cidamna lam a sem (ahihkeileh) siavuan khat tawh kikum phot in.

Gilpi natna (ahihkeileh) kum tawn kalnatna cih bang a neite in a nuai-a zatuite nek ciangin theihkhoh ding thu pawlkhat om hi.

- Ibuprofen
- Aspirin
- Antihistamines

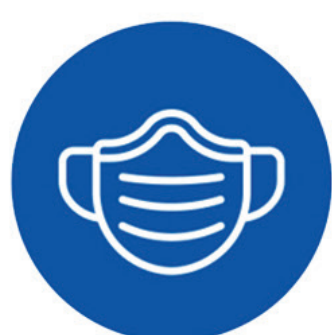
Vekpi zuihkhopna tawh dalkhawm ni.



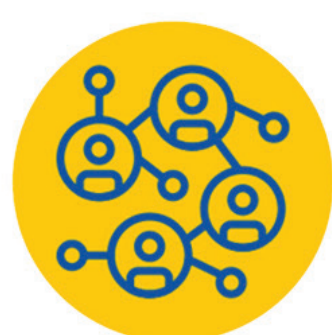
Satpiang leh tui tawh khut sil in.



Khat-le-khat a kigamla-in om un.



Muktuum tuam in.



Nai takin na kizopkhak mite a omna thei in.



Tuam om in.



Huih lut, huih pusuak a siangthona ah om in.



Kidalna zatui kisun in.