

Novel Coronavirus (COVID-19)



Novel Coronavirus hi zaidah asi?

Novel coronavirus (COVID-19) zawtnak a chuahter tu rungrul phunkhat asi ii December 2019 ah rak hmuh hmasa asi cun March 12 ah Vawlei cung khuaza ram kip le U.S ram ii a um mi Peng (States) 50 a dih lak in an rak hmuh. Minung tam deuh cu mah zawtnak rungrul nih hin a fak tuk si lo in nem deuh in zawt nak a pek hna lio ah kumkhua upa deuh mi le si a tlawp lio mi, mi dam lo pawl hna cu mah corona rungrul nih fak pi in zawt chin nak le pneumonia (tangfah zawtnak) a chuah ter.

COVID-19 Zawtnak hi zeitin in dah a Karh?

Ngandamnak lei mifim thiamsang pawl nih mah COVID-19 hi minung pakhat in pakhat ah zeitin in dah a karh le an ni chawnh hi tha te le a ning cang tein in an hlat hlai lio asi ve. Zawtnak a ngei mi pawl an khuh le an hachio nak in pe 6 (6 feet) dan in zawtnak a ngei lo mi sin ah a phan kho tiah a fiang bik in langhter asi. A dang phun in zawt nak chawnh khawh nak pawl cu:

- pakhat le pa khat I tongh thamh asi lo ah kut i tleih le neih niam tuk in um.
- zawtnak hrik(virus) a um nak thil asi lo ah thil pakhat khat na tongh nak na kut in na kaa, na hnar le na mit I tongh.
- a chel caan ah cun, zun le ek tongh nak zong in virus ngeih khawh asi.

COVID-19 hi zeitluk in dah a zual?

Zawtnak a ngei mi minung 100 ah 80 leng cu tlawm pal zawtnak a langh hnu ah an dam than. Asi nain, tar pawl le a dang zawt nak in fak ngai in a dam lo mi pawl nih cun zawtnak hi fak ngai in an in ii an zawt nak an pneumonia (tangfah) aa tel ii sizung kai a hau cun a caan ah cun, an nunnak tiang a liam.

Zawtnak langhnak pawl cu zei ban tuk dah an si?

COVID-19 in a zaw mi pawl cu an zawtnak hi a tlawmbik ni 2 a si lo ah a a sau bik ni 14 hnu ah an hngalh ii an zawt nak a langh dang hi:

Tak linh



Khuh le



Thaw chuah i
harh mah
pawl hi an si



COVID-19 hi mizei caah ah tonsual a fawl?

A tu lio ah cun COVID-19 a ngei mi mipi tam deuh cu zawt nak fak pi a ing mi an tlawm ngai. Mah lio ah hin, U.S ram chung ah minung cheukhat cu hi zawtnak hi an ngei a bik in kum tam deuh upa pawl le lungzawt nak, zuun thlum zawt nak le cuap zawt nak le zawtnak a khamh kho mi thi rang a doh mi zawt nak in faak ngai in a zaw mi pawl cung ah hin a tam khun. Cu lawng si loin, Vawlei cung khuaza ram kip a tlawm mi khual tlawng pawl sin zong ah hi zawtnak hi tam deuh hmuh khawh asi. wwwnc.cdc.gov/travel ah CDC nih khual tlawm nak caah zulh ding a chuah mi zoh khawh asi.

Zeitin dah COVID-19 zawtnak in kaa khamh lai?

Kut i tawl ning kha hman te in tuah lengmang le na hmai kha na kut in i tongh hrial nak in COVID-19 le a dang dang zawtnak hrik(virus) pawl chung in naa khamh khawh. Tha tein in le hman tein kut tlaw ning cang pawl kha a ran nak in zoh khawh nak caah <https://youtu.be/d914EnpU4Fo> ah hin rak zoh. COVID-19 khamhnak sii hi a tu lio ah cun a um rih lo. Thawchuah nak zawtnak pawl a bik in tlangrai (flu) ban tuk kha tlawmter le khamhnak caah cun nangmah tein tlangrai (flu) khamh nak sii dingnak in na khamh khawh. Cun midang he I tongh thamh le neih niam tein nifatin ralrin nak chuah mi kha zulh ding, cun minung tam pi nih an tongh thamh nak hmun: dat hle kaa kha loh (elevators buttons) le inkaa on nak le khar nak tleih nak le baan tlang tleih le kut tleih kha hrial dingasi. A dang I chonh khawh nak lam pawl cu:

- Kut tawl lo in mit, hnar le kaa i tongh kha hrial ding
- Na zawt fah sual a si ah cun inn te ah um ding le mi dang he ii tongh thamh kha hrial ding
- Na khuh sual le na hachio sual cun tissue in na kaa le na hnar kha khuh ding.



CDC nih ram kip khual tlawn nak he ruahnak le biaruah nak fak pi a tuah peng rih. March ni 12 ah, CDC nih a herh tuk lo in China, Iran, South Korea, and Europe ram pawl ah tlun kal lo ding in a chuah. Japan ram ah tlawn cu kum upa deuh le saupi a zaw mi caah cun ruah piak asi. wwwnc.cdc.gov/travel website ah hin CDC nih khuatlawn nak caah zulh ding a chuah mi zoh khawh asi.

COVID-19 Langhter mi zawt nak ka ngei sual ah cun zei tin dah ka tuah lai?

Zawtnak a langh daan aa lawh lo hmanh ah, tlangrai le a dang thawchuahnak zawtnak le COVID-19 hi an ii lo hna. Pumpak tein in ka zaw tiah na rauh a si ah cun rian na tuan nak ah na theih ter lai lo.

Pumpak pakhat cio nih khuh, thawchuah i harh le na tak linh sual ah cun, zawtnak karh ter lo nak caah mipi he hlat pi in na um lai. A cung lei i langhter mi zawtnak langh ter nak na ngeih sual ah cun ngandam nak zoh khenh tu pawl kha na peihleih colh hna lai. Cun na zawtnak kong kha thawng na thanh hna lai cun zei tin dah na ngeih ning kha na chimh hna lai. Ngandamnak zoh khenh tu pawl nih khan na zawt nak kha laboratory ii i check le test ding in a in chimh lai asi lo ah mipi ngandamnak zohkhenhnak ah na tel ve lai. COVID-19 zawtnak a ngei mi pawl zong nih ngandamnak lei tuanvo laa tu peh tleih lo in ngandam nak zoh khenh nak hmun ah kal lo ding asi lo ah emergency room ah mah nawl in luh lo ding.

COVID-19 hi zeitin dah an tlawp bul?

COVID-19 zawtnak nak caah si tha tein damnak sii a um rih lo. Coronavirus zawtnak in a zual lo mi atam deuh minung cu an mah tein ti (a hang phun phun) tampi ding, i dinh, zawt nak le tak linh ca i din mi sii pawl din nak in an dam than kho. Asinain, a cheukhat pawl cu pneumonia (tangfah) tiang a cang theo caah sizung kai le ngamdamnak ding caah tha tein zoh khenh an hau.

Thawngpang tam deuh theih nak caah:

www.health.mo.gov/coronavirus

Suimilam 24 chung chonh khawhnak (Hotline): 877-435-8411

A hnu bik thil sining fianternak Updated 3/20/2020

