

Ki gingkolhna nanei hiam?

Sangkahna panin na naupang hongciah henla, nang innah na omkei hilecin bangci dinghiam?

Lametlohpi khatin thunei te in hongman henla, hong zekai ding hinging aihkeh ka naupang hongdawn manlo ding hi'ngcih lah sanginn ah zasak man keileh cin bangcih ding nahiam?

Na naupang in bang vaihawm tawmding cih a thei dinghiam?

Dongtuahna thukhatpeuh hongom vatleh na naupangin patau lungphamawhna panin innkuan sung maban koici vaihawm dingcih geelkhawmna tumahmah in neikhohlna in khentatna ahoih thukhat ahihi.

Innkuan dongtuahna geelkholhna ah a kihelding thupawlkhat:

- Nangmah in hihtheihlohna khatpeuh naneih ciangin Innkuanpih dang, meeltheih tanau leh lawm muanhuai te phone nambat te nanaupang in a sapdan ding hilhkhohlna leh koibang in samding in, nang na tun'kik masiah naupang te' a ompih theiding aihkeh nang hunmankik masiah amau inn ah ciahpih in a keemthei ding ki gingkhol ding.
- Sanginn te in nang leh innkuanpih aihkeh na meltheih muanhuai te honghopih theihkei uhleh na naupang sanginn te phone nambat hopih danding hilhcian ding kisan hi. Sanginn panin mikhatpeuh in na naupangte dawnin sanginn ah kha aihkeh a kician kumcinga mikhat in a muanhuai munkhat ah hongkhakik in hong na kemcing ding uhhi.
- Innkuanpih tetawh kizopna namabt inn, cell and nasepna te vaikin thu kizakna nambat te nakhel leh amanlang pen in zasak ding.

Nang leh nang aitang hopihtheih ding meeltheih te kizopna nambatte uh kihopih nading ciamtehna sanginn laibupi sungah kemsak hamtang in.

Innkuan sung donghu kizopna geelkholh dingdan a kicing zaw in, hiah en in <https://emergency.cdc.gov/preparedness/plan/>.