

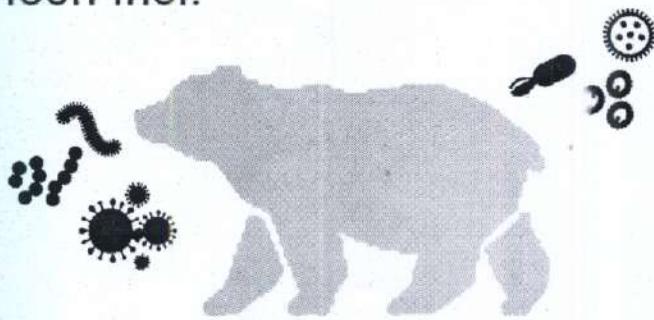
# RAMSA HMANGA SUMDAWNNAIN

## NATNA A THLEN DAN

(COVID-19 LEH NATNA DANG HI KHAWI ATANGA LOKAL NGE?)

Ramsa atanga natna inkai chhawn theih chi hi ramsa hmanga sum dawnna leh an chenna tih chereu bakah boruak awm dan inhlak thin avang in a ni ber a. Mihring leh ran vulh tan a hlauhawm dan a inang reng a ni. Corona virus pawh hi chutiang chi chu a ni a, heng-SARS, Ebola leh Birdflu te pawh hi an ni bawk. Chutiang thlenna chhan te chu-

**2.NATNA HRIK INCHHEK RUKNA:** Ramsa hrisel tak anga lang pawh hian natna hrik tam tak, ramsa dang leh mihringte tana hlauhawm tak a lo pai ru teuh thei.



NATNA  
DARH TUR  
VENG RAWH

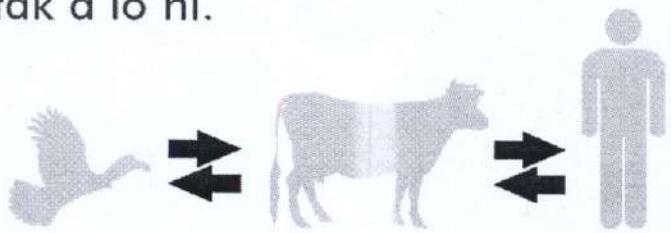


A nungchunga ramsa zawrh te, phurh sawn te, tihhlum leh an sa ei te ching suh la, chu chuan natna darh tur a ven mai bakah an mang tur nasa takin a veng dawn a ni.

**1.RAMSA PEL LEH THAH:** Ramsa man, thah leh ei te, vulh leh damdawi atana hman tumna vang.



**3.NATNA HRIK BU THAI DARH:** Mihringten ramsa kan thah, a sa kan ei leh an awmna kan tihchhi-atsak avangin heting natna hrikte hi nunna nei thil dangah an pakai thin a ni. Chuvangin ramsa hmanga sumdawnna leh an nunphung ti danglam thei zawnga chetna hi thil hlauhawm tak a lo ni.



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## COVID - 19 CORONAVIRUS HI ENGTIA LO AWM NGE?

Ramsa hmanga sumdawnna hian engtin nge natna an thehdarh?

Ramsa atangin mihringin natna hrik a kai thin (Zoonotic disease). Natna hrik thenkhat, ramsa-a awmte chu chhan eng emaw avangin an awmna hmun (ramsa) chhuahsanin, thlunng dangah bu an khuar a- hemi tieluartsu chu ramsa leh an taksa peng sumdawnna te, an chenna hmun tihchereu leh sik leh sa inhlak thleng nasat vang a ni. Heng thilte hian mihring leh ramsa/nungcha inkar indaldanna a tichhia a. Corona virus hi heng natna hrik nungcha/ramsa zawrh kual atanga natna hrik lo chhuakte zinga pakhat, SARS, Ebola, bird flu an tihte zinga mi a ni.

#COVID19



### 2. NATNA HRIK PAITU

Ramsa hi hrisel hmel hle mah se natna hrik chi tam tak, nungcha dang leh mihring thlenga tina thei an pai fo. Heng ramsate hi zawrh leh khawi / ei emaw an nih hian an natna hrik pai kha nasa taka thehdarh a ni thin.

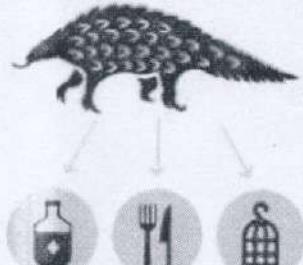
A DARTH ZEL TUR  
TIH TAWP



Ramsa nung leh a sa zawrhna dawrte khar lla. Sa pel, kah leh zawrh hi titawp lla. Tichuan, natna hrik darh zel kan ven bakah, kan nungcha rem zel tur kan veng dawn a ni.

### 1. RAMSA KAH LEH ZAWRH –

Ramsate chu a nung emaw, an taksa peng emawte chu damdawi emaw, chawhmeh atan leh vulh (khawi) atante zawrh an ni.



### 3. NATNA PUANG –



Mihringin heng ramsate hi kan thah emaw, man emaw, an chenna ram kan tih chhiat chauhin an natna hrik pal hi mihring leh ramsa dangah an darh a ni. Ramsa kah, man, zawrh leh a sa ei hi kan do tlat tur a ni.