

COVID-19 & Cuaphmat Zawtnak

Coronavirus (asiloah COVID-19) pulrai nih Maryland ah cuaphmat zawtnak(asiloah TB) khamnak/tlopbulnak cu biapi deuh in le khulrang in tawrlre dingah a chuahter.

COVID-19 cu Zeidah Asi?

- COVID-19 timi cu minung sinin minung sinah a karh khomi rungrul nih a chuahtermi thawchuahnak lei zawtnak asi. Hi rungrul nih azualmi zawtnak a chuahter khawh i vawlei cung hmunkip ah a nuai nuai in thihnak a chuahter. COVID-19 zawtnak damnak caah sii theih/chuah asi rih lo.

Cuaphmant Zawtnak asiloah TB cu zaidah asi?

- TB zawtnak cu a zualhma ngeimi zawtnak asi & zeimaw caan ah thihnak a chuahter khomi thawchuahnak lei zawtnak (rungrul nih a chuahter) nih cuap cu a doh, cupinah pum thilri dang hna zong a hnursuan khawh.
- **TB phun hnih a um — athupmi TB zawtchawnhnak & alangmi TB zawtnak.**
 - **I**Athupmi TB zawtchawnhnak na ngeih ahcun, Midang sinah na karhter kho lo. **A**langmi TB zawtnak ah a cang kho.
 - TB zawtnak cu tlopbul lo cun midang sinah a karh kho.
 - Cu TB phun nih hna cu hlawhtling tein tlopbul khawh an si.



Alomi Zawtnak Langhnak hna

- COVID-19 & TB nih an chuahtermi hna:
 - khuh
 - thawchuah harnak
 - taklinh
 - khuasih
- Zawt chawnh mi a hachio, a khuh tbk ah a karh.

COVID-19 Zawtnak Achapmi Langhnak Hna

- Zawtnak Langhnak hna cu chawnh hnu ni 2-14 ah a lang kho.
- Adang zawtnak langhnak hna:
 - thawtnam asiloah rim theih lo
 - hrom fah le hnar pih/hnap chuah tamtuk
 - luak chuah asiloah luak luak
 - thahri asiloah taksa fah
 - chungtlik

TB Zawtnak Achapmi Zawtnak Langhnak Hna

- Athupmi TB zawtnak cu tlopbul lo ahcun zarh hnu in kum hnu tiangah a lang kho
- Adang zawtnak langhnak hna:
 - zaan ah thlen chuah le taang fah peng
 - khuh ah thi chuah asiloah khaak chuah
 - a ruang um loin der asiloah thabat

TB Zawtnak cu Mizei caah dah Tihnung Khun asi?

- US, Canada, Australia, New Zealand, asiloah Western/Northern Europe si loin ram dang ah khua a rak sami asiloah a rak tlawngmi mi hna.
- Zawtnak khamkhawhnak(Immune) thazaang a dermi hna (bianabia ah. HIV, pum thilri thlenmi, cancer, zunthlum a ngeimi hna, zawtkhamhnak thazaang dirhmun (immune system) a hnursuanmi sii dingmi hna, tbk.).
- TB zawtnak a ngeimi pakhatkhat he naihnam pehtlainhak a ngeimi hna.
- Inn ngeilo in a rak tlongleng mi/thong a rak tla balmi hna.

Nangmah le Na innchungkhar Runven Ning

- ITB zawtnak ah tihnungmi na si ahcun, na sining theih abiapi & athupmi asiloah alangmi TB pakhat khat na ngeih ahcun tlopbul abiapi.
 - TB zawtnak na ngeih lioah COVID-19 in zawtnak nih azualmi hngalh harmi dirhmun hna an phakter khawh.
 - Na ngandamnak zohkhenhnak petu nih an hmuhsak ningin na TB zawtnak tlopbulnak cu felfai tein zul.
- COVID-19 hlancken-runvennak kha zul (mibu hrial & hmurhuh hman).
- Na kut cu atuletu in tawl & thil hmai/leng hna tawlnak sii in tawl.
- Kut tawl loin na hmai tongh kha hrial.
- Zawtnak langhnak na ngeih ahcun na ngandamnak zohkhenhnak petu asiloah na umnak hmun ngandamnak zung kha chawn.
- Pehtlainhak zulhdawinak hlathainak khulrang in zul/ngai.

Hneksaknak/Tamdeuh Thawngpang Theihnak Hmun

- COVID-19 Hneksaknak: 211 chawn asiloah <https://coronavirus.maryland.gov/pages/symptoms-testing#locator> ah leng.
 - Maryland ah COVID-19 kong tamdeuh theihhngalhnak: <https://coronavirus.maryland.gov/>
- Maryland ah TB kong tamdeuh theihhngalhnak:
 - <https://phpa.health.maryland.gov/oidpcs/ctbcp/pages/home.aspx>

