

# COVID-19 & Tuberculosis

Leitun khempeuh huapa natna ( COVID-19) Mary Land ah tuberculosis (TB) kidalna/keemna a tuam vilvelna pen atangsam diak leh mamawh huai diaka bawl hi.

## COVID-19 pen bag a hih hiam?

- COVID-19 pen nakna lam natna, mihing khat leh khat kilawh thei hik in a tunsak natna hi. Hi hik natna in natna tuamtuam tunsak thei a, leitun buppia mihing mak tampi sihna a bawl zo hi. COVID-19 pana damna awm nai lo hi.

## Tuberculosis hiam TB pen bang a hih hiam?

- TB pen (natna hik in a tunsakmi) nakna lam natna na mahmah leh khat vei leh sih lauhthawna ciang tuap sunga kidona (kikapna) hia, ahihangin, cilehsa dangte zawng lawh thei hi
- **TB pen nam nih awm a —TB natna bu & TB natna a hat mahmah.**
  - **TB natna bu kilawhna** na neih leh, midangte kilawh thei lo hi. **TB natna a hat mahmaan** develop into **ah kilaih thei hi.**
  - TB natna pen hawih taka i kep leh midangte kilawh thei hi.
  - TB nam nih peh lawh cing takin kikeem thei hi.



<u>A nam niha kibanga a nei uh natna a langkhiatna</u>	<u>COVID-19 natna a kilang khiatna dangte Symptoms</u>	<u>TB Natna a Langkhiatna a Dangte</u>
<ul style="list-style-type: none"> <li>• <b>COVID-19 &amp; TB A NIHIN hi te tunsak thei hi:</b> <ul style="list-style-type: none"> <li>○ buk khuh</li> <li>○ nak khamlo</li> <li>○ khawsik</li> <li>○ linna</li> </ul> </li> <li>• <b>Natna a nei ten a khuhin, a nap a nit chiangin, natna kilawh thei hi.</b></li> </ul>	<ul style="list-style-type: none"> <li>• Natna kilang khiatna pen a kinai na hun pana ni 2-14 sungin kilang khiah hi.</li> <li>• A langkhiatna dangte:           <ul style="list-style-type: none"> <li>○ gim leh alim theih lohna</li> <li>○ golna leh nak bing/nap dawh</li> <li>○ lungam hiam luaksuak</li> <li>○ thagui na hiam cisa golh</li> <li>○ sungtholh</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Natna langkhiatna pen <b>nipi khat pana kum tampi nungah</b> a langkhia ding hi, TB natna kilawhna bu pen kikeem kei leh.</li> <li>• Natna a langkhiatna a dangte:           <ul style="list-style-type: none"> <li>○ Zana khawul suak leh awm na</li> <li>○ Khak hiam sisen hiam khuh khia</li> <li>○ A hang awm loa gihna niam khia hiam tau</li> </ul> </li> </ul>

## Kua hiam TB natna vei dinga dinhmun lauhuai pena ding?

- US, Canada, Australia, New Zealand, hiam Europe Saklam/Khanglam a hi lo gamdanga awmte leh khualzinte
- Natna kilawh thei lo **dinga cihatna a nei lo te** (gentehna, HIV, cisa a khekte, cancer, zun khum natna, cihatna a sesak thei zetui/zeha a ne te)
- TB natna nei midangte tawh, **Kinaia awmna.**
- **Inn nei loa lamnawl a giak te/ thawng tan ngei te.**

## Nang leh na Innkuante Kikeemna Ding

- **TB natna vei dinga dinhmun lauhuai pena ding** na hih leh, na hihna na theih a & na kikep pen a thupui hi, TB hu hiam TB a hat nam na neih leh
  - **TB na neih lai COVID-19 tawh na nat le** buaina a kibeblap ding hi.
  - Na cidamna lam hong keemte hmakaihna kepdan pen **hoih tak in a thu mang in.**
- COVID-19 kidalna (Mi tamna pei lo ding & mai khuhna).
- Na khut sil den in la & na lawngkhakna pen khutsilna tawh kapin
- Na khut sil lo in na mai khawih kei in
- **Na cidamna a kemte hiam khawsunga cidamna department hiam natna langkhiatna** na neih leh **sam in**
- Kinaina zongkhia te a dotna tte pen manlang takin dawmma(sanna).

## Na kiencianna hmun ding/A thu la kim takin

- **COVID-19 Kiencianna:** hopih 211 hiam he tengah Lut in <https://coronavirus.maryland.gov/pages/symptoms-testing#locator>
  - **Maryland a COVID-19 lam thu la kim takin:** <https://coronavirus.maryland.gov/>
- **Maryland a TB lam thu la kim takin:**
  - <https://phpa.health.maryland.gov/oidpcs/ctbcp/pages/home.aspx>

