

# Nasepna phual ah lungno nei mi tawh a kisukha te sulzuihna

## NGIMNA

Tulsa Huam sunga om khutnuai nasem mi a nei te in COVID-19 kilawhna a kiam nadingin Tulsa Cidamna Zum tawh na sepkhop ding kisas hi. I tualsung ciat ah lungno kilawhna a kiam nadingin COVID-19 lungno neite le amau tawh a kisukha mite sulzuih nading le inn sungah a kikep ding uh pen thupi mahmah hi. Hih laite ah kipawlna ahiah keileh sumbawlina ah COVID-19 lungno a ngah nasem mi tawh kimemat in Tulsa Cidamna Zum pan zaksakna neihna tawh kisai nasem mi a neite adingin lamlakna thute kihel hi.

## LUNGNO SUKKHAK MITE SULZUIHNA

Lungno sukkhak mite sulzuihna i cih in a kilawh baih natna te kilawh zia lampi khaktan nadingin khuasung le gamkhen cidamna zumpi te in a zat uh lampi khat hi a, lungno nei dingin a ki ummawh ahiah keileh a nei taktak mite kankhiatna, sitna le tuam koih nadingin cidamna zum te' hanciamna te kihel hi.

Lungno sukkhak a sulzuih mite i cih in sinna a zo sa, taangpi cidamna tawh kisai a siamte hi a, amaute in ahiah leh kua tawh kisukha thei hiam cih a kankhia dingin a kilawh thei natna a nei mi khat ciat a hopih te a hi uh hi. COVID-19 natna pen kilawh baih mahmah ahiah manin lungno neisa mi khat tawh kua in kisukha khin hiam cih kankhiat ding thupi mahmah hi.

Lungno sukkhak a sulzuih mite in suahni, omna mun le ki sukkhakna a nei thei innsung ah a teengkhawm mite' thu a kipan thu a dong ding uh hi. Lungno sukkhak a sulzuih mite in lungno ngah khin dingin a ki upmawh hun sungin kua tawh kisukkhakna nei uh hiam, cih a kankhiat theih nadingun huh a, natna a nei mipa tawh nasem khawm uh hi. Lungno tawh kisukha mi i cih in, natna zia te a kilatkhiat ma nai 48 bang teh a kipan thei lungno kilawh hun sungin lungno a nei mi tawh pi guk kihalna huam sunga a tawm pen minit 10 ahiah keileh tua sang a sau vei zaw hunsung a om kha mi ahi hi.

Tua khit ciangin lungno sukkhak a sulzuih mite in a kisukha mite kiangah lungno a kilawh khit theihna thu manlang tak le pilvang takin hopih a, zasak uh hi. Hih mun ah nasem mi a nei pa' panpihna le huhna kihel kha thei ding hi. Thukhun dungzui-a a kiese lungno sukkhak a sulzuih mi khat in social security nambat, sum kholna tawh kisai thute ahiah keileh credit card nambat cihte akipan mimal tawh kisai thute hong dong ngei lo ding hi.

## LAMETNA TE

Cinapa' thute kepcing nadingin lungno sukkhak a sulzuih mite in nasem mi a nei pa' tungah lungno nei nasem pa' min pia thei lo ding hi. Lungno neih lam a kitheisa mite tawh kisukkhakna a om theihna mun, hun le a kiciangtan hun sungin a om kha nasemte kankhiat theih nadingin lungno sukkhak a sulzuih mite in nasem mi a nei te kiangah dong kha thei ding hi.

Tua nasem mite in COVID-19 nei mipa tawh kisukha thei ding hi, cih thu tua nasem mi a neite kiangah lungno sukkhak a sulzuih mite in zasak ding uh hi. Nasem mi a neite kiangah cina pa' thu kipulak lo ding hi. Lungno sukkhak a sulzuih mite in nasem mi khatciat te tungah amaute' ngah theih lauhuaina tawh kisai hihna, a theihhuai thute le panpihna te pia ding uh hi. Natna tawh kisai amau le amau ki-etcik ding zia le natna ziate a kilat loh hangin midangte tungah lungno lawh theihna koi bangin khiam ding hiam cihte pen amaute kitheisak ding hi.

Tua bangin sukkhakna a neite pen hong cina kha thei ding ahiah manin a tawpna kisukkhak hun pan ni 14 dong inn ah kikemcing a, khat le khat kihalna (a tawm pen pi 6) neih nadingin kihanthawn hi. Amaute in nikhat nih vei peuhmah cisa teh in, bukkhuh ahiah keileh nak hamsa cihte a om hiam cih amau le amau ki-encik ding hi. Lungno nei mi tawh sukkhakna a nei te tungah natnazia a kilat leh manlang takin amau le amau kituamkep a, taangpi cidamna nasemte kiangah zaksak pah ding kisas hi.

## A THUPI ZUIH DINGTE

Lungno kilawhna a kiam nading hong huh in la, lungno kizelhna a zekai theih nadingin Tulsa Cidamna Zum pan hong kihopih ciang na len in. Taangpi cidamna tawh kisai lamlah nate khempuuh zuih huai hi. Lungno tawh kisukkhakna a bei/a kiam nadingin nasepna mun ah puahtohtoh lai ding thute tawh kisai Tulsa Cidamna Zum in ngaihsutna te hong pia kha thei ding hi. Sum bawlina le van bawl khatna tawh kisai lamlakna te na theih nop leh, [tulsa-health.org/COVID19](http://tulsa-health.org/COVID19) ah na en in. COVID-19 dona ah cidamna lam zumte huh dingin na teelna in nang, na innkuan le na kiim ke paam hong bit sak hi.