

Biakinn Onthannak Kongah Zuhlphung

Biakinn le biaknak lei tonnak le hmunhma caah zuhlphung

Atawinak in theihthei tete lawng tial mi an si.

- ✓ 18 May 2020 in zapi tonnak biakiin le biaknak lei tonnak hmun dangdang hna cu on an si.
- ✓ Ton khamnak (a zat khiakmi) phung cu biakiin chung tonnak ah a um ti lo, mah lengah (mithi) ruakthlahnak tbk zong ah
- ✓ Ton khamnak phung cu innleng ahcun zuhl thiamthiam ding a si lai (ruakvui ti lo ahcun). (Juni ni 8 tiang minung 10 lawng ton a ngah i mah hnu in zeizat in dik an remh lai, phung zuhl lo ahcun 2500 kr. dantat a si)

Atanglei hna hi tuah a ngah

- ✓ Thlacam pumhnak phunphun (pumh tawi)
- ✓ Pumhnak taktak zerhpi ni hman tawnmi
- ✓ Tipil innak , thluachuah peknak, ruakvuinak le a dangdang
- ✓ Biakinn ah cawlcanghna a dangdang hna

Mah na tuah khawh nak dingah, Covid-19 ralrinnak ah biakinn le tonnak inn kongah a tanglei i tial mi hi tlinh le zuhl hrimhrim an herh:

1. Minung 1 nih 4kvm hmunhma a lak lai (a velchun (hnu, hmai le sir) ah meter 2 in a hlat lai) (tck: nan biakinn $200\text{kvm}/4= 50$ minung an i pum kho tinak a si hnga.)
2. Innkhaan cu a si khawh chungin rungrul/zawtnak i chonh lonak ding ah thil tha tein chiah pin ah, riantuan tu le mipi zong nih neih-hlat phung an zuhl a hau.
3. COVID-19 kong ralrinnak cataar langhngan tein taar dih ding. Cun a dam lo mi cu inn ah um i ngandamnak phung an tuah mi tha tein zuhl ding. (Cunpit, thlangrai, taklinh tbk)
4. Riantuan tu le tuanvo ngeitu vialte zong ngandamnak lei (Sundhedsstyrelsen) nih thianhhlumhnak kong ah an chimmi le fialmi vialte zuhl le tuah dih ding, cun mipi sinah langhter le theihter dih ding.
5. Ti, catpiat a ti, handssprit (70-85%) alkohol a um mi, mipi hman khawh ding ah ready in chiah dih ding.
6. Ti-rawl/ei-din ser siam tu nih kuthruk i hruk ding.

Mah lengah ngandamnak phu nih zawtnak khamnak ding caah a tuahmi phung zulh peng ding.




- ❖ 1 meter i hlat ding, hlasak ahcun 2 meter i hlat
- ❖ Zapi lutnak kutkaa lam hna ah i hlatnak dingah a ri suai
- ❖ Thutdan tbk zong ah chingchiatnak tuah ding, mipi chuah hlan tha tein timhtuah cia ding, lut le chuah ah zapi in voikhat ah chuak lo ding
- ❖ Chungkhar a simi cu hmunkhat ah thut a ngah
- ❖ Luhka le ei lai (thil pakhat na tuah/tongh dih in) ah kuttawl i kuthnawknak i hrawm lo ding
- ❖ Zapi nih tongh mi thil a simi innkaba, kuttlaihnak, kaffe chiahnak/datbu tbk tonghtham i ralrin ding

Bawipa Zariah le ti-rawl hmannak kongah

Mah cio nih ngandamnak caah a thabik nak dingah ruah le tuah cio a herh.

- Ei-din awk tongh ahcun kuthruk hman ding
- Voikhat hmanmi (ta-kha-tung) (engangsservice) hman khawh ah a tha
- Din-ei, ti-rawl a tuahtu le tuanvo ngeitu dihlahk nih i chonh lo nak ding i zuam cio ding.
- A si khawh ahcun funmi thil, a thianghlimmi lawng zapi umnak ah cun ei le dinnak i pe seh law a tha hnga

Thilri hmannak kongah

-  A si kho chungin tongmi thilri, mic le tummi, music tbk thil pakhat le khat i thlen lo ah a tha (ca-tuk, computer, ...), zawtnakrai a um chung cu hman tawnmi zong hrial khawhmi poah hrial deuh rih ah a tha (A herhtuk lomi paoh cu)
-  Thilri hmanmi tha tein thianhhlimh ding, (fx sprit in hnawt) a ngah lo ahcun sml. 48 hnu lawngah midang nih tongh
-  Zei tuah paohah hlat tein um peng ding

Hla le music

Thaw fakpi in chuah le hlasak tbk ahcun kan kaa in a chuakmi le a zuangmi a um caah i ralrin tuk a hau, 2 meter hlat ding

- Tummi thilri i hrawm/thlen lo, hman lai le hmandih ah thiang tein chiah lengmang ding
- Kaa in hmanmi music tbk pawl a hlei in ralrin ding
- P&W hlahruai le hlasak tikah zulhphung ning tein ralrin ding

A hlei in ruah le tuah ding

- Biakinn/tonnak hmun thianhhlimh le hnawh fel i zapi tonghmi thil a hlei in thianh a biapi tuk.
- Cun khrihfabu cawlcangh nak tete ah minung 10 nak tam lo tete in minung then i cawlcangh nak tuah ah a tha.
- Cun hlasak hi hrial kho ah a tha fawm.
- Meter 2 in minung hlatter
- Mi dam lo, ralrin khun ding na si ahcun Online tuin pumh khawh i zuam deuh, hruaitu hna zong nih, hi bantuk hna an caah a hlei in ruahpiak ding.

Zulhpeng ding

Ngandamnak lei, Sundhedsstyrelse nih covid-19 khamnak dingah a kanfial mi pa 5 te cu pehzulh in zulh le tuah peng ding.

1. kuttawl
2. baan ah khuh le hatchio (kut ah si loin)
3. hlat in um
4. kuttlah, i kuh tbk hrial ding
5. thianhhlimh fel ding.

https://www.km.dk/fileadmin/share/dokumenter/Retningslinjer_for_ansvarlig_genaabning_af_folkekirken_og_andre_trossamfund.pdf

<https://www.sst.dk/da/corona/Borgere>