

## 1. Coronavirus ju tümü a?

Coronavirus tükhi ju a shiwüh tüsho mihtsürü tukthsü shihpe awüh hihte lakhi ari ah. Mihtsürü pang ching Coronavirus yo ari ahikhüh hote münyit -rhiak tüsho ju khiak nüshe alü khitote tukthsüpo Middle East Respiratory Syndrome (MERS) tüsho Severe Acute Respiratory Syndrome(SARS) tholo shihchoh.

## 2. COVID-19 ju tümü a?

COVID-19 ju a khiakü-khührü tsütsü lang ayimkhitkhi coronavirus hote rhiakakhinkhi tukthsü ah. Ha ari aso ah tüsho püpüki mükhih a mülakhi China yo Wuhan ching nü Muliu 2019 ching nü lang tankihkhi ah.

## 3. Covid-19 nü tukthsüki ju künangte lacho?

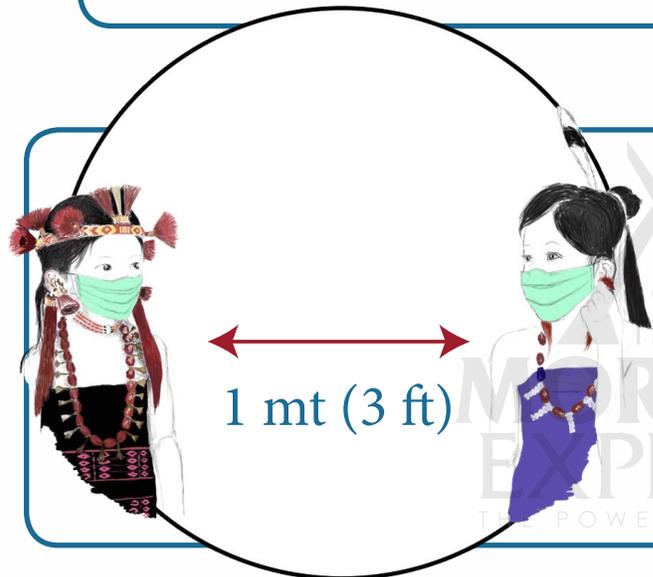
- Phülamtak,sühmüh kihkhikhi tüsho akhüki.
- Tukthsürü khürü a kumünyü tüsho tukte nüpung jintokhi, nyip zhokhi, wüak mütram tüsho buk tsokhi lapah.
- Khürü khiak a rhiak-rhiak she thsünü kimlakhi tümü mülachoh.
- COVID-19 rhiakki mihtsürü 6 polung 1 a khitote tukthsüte shak müthsü khukkhi lachoh. Mihzo thsürü tüsho tukthsü püpüpo- thih hihkhi, mulongpüm tüsho aniung tukthsü larüpo ju a alü khitote atukthsüpo kuklah.
- Phülamtak, akhü tüsho shak mülukhukte larüpo ju moli yimpe ah.

## 4. I mürhiakpü tüsho tukthsü mürhiakakhin shihpü thsüte I nü tümü rhimope a?

### I. Nü khah mütsak-lele thsüang:

Kim apan ching yukhu tüsahkhi müsühmürape yungsho sapün le ke nü khah ju tüshihthe mütsakte lape ah.

**Tümü thsüki?** Sapün le ke yungsho khah nanpe-ke hote khah khiak kihkhi aripo ju she shihcho.



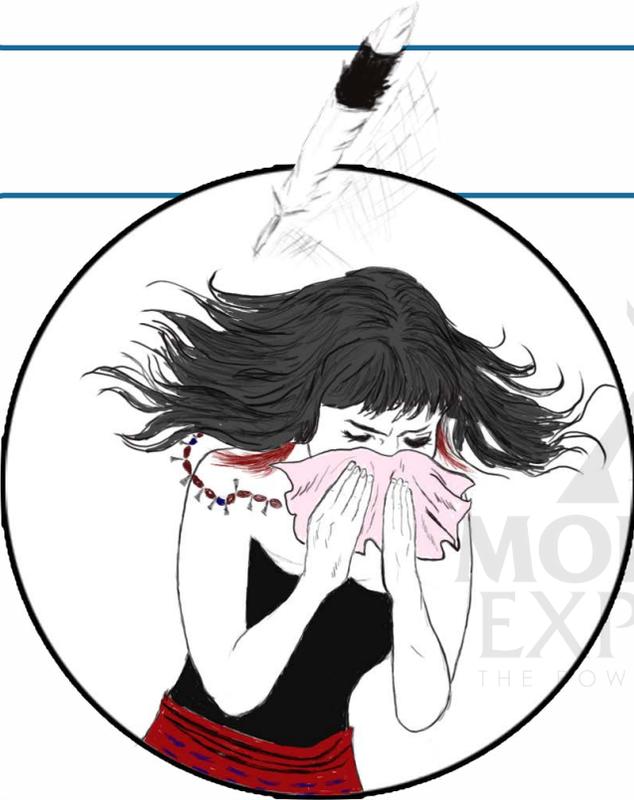
### II. Polung müthüninachihpe ah:

Akhüki yungsho hahchi thsürü khiak nü metre 1 pante atükiak zahshih pe ah.

**Tümü thsüki?** Küyimki khürü akhü yungsho hahchi thsüpanü, arü mün nüpung ching nü ari zahpah she mükeke aninipo thurukhit choh, küyimki khite thüninpah lapanü huju mükeke she pete shak thsüyuk a luchoh, mürangpükhüh, api ju Covid-19 tukthsü la a la sho huju ari jushe perhakupah.

### III. Muk, nüpung tüsho mün tükhiu.

**Tümü thsüki?** Khah nü aphu-aphu miküp po khiak khiute lakhi nangte khah khiak ari she shitkih a lachoh. Khah khiak ju wükih sho huju khah junü mük, nüpung yungsho mün ching pe akhin choh. Juching nü ari ju nüpung ching wüzahpah juju nü, nü tukthsü shihchoh.



### IV. Shakthsü yakli atsü lape ah.

Nü tüsho nü lung larü alala shak thsü yakli atsü yan ang. Ju amütsan akhü tüsho hahchi thsüchoki khujuh-nap yungsho hümthünak (tissue) nü yihtopü. Yihnüki hümthünak ju nahte tsanglung a apahpe ah.

**Tümü thsüki?** Mükeke anini ching ari pushihchoh. Shak thsü yakli atsü yankhi hote nü mühi lakhi mihtsürüpo münyitthiak tüsho covid-19 rhiakpü lakhi ching nü azhiptokhukpah.

### V. Mürangpükhüh, phülamtak, akhü tüsho shak thsüpü küpkhukki lasho nahte moli yim ang

Nü phü mütsü sho thiyam ching pin ang. Mürangpükhüh phülamtak, akhü tüsho shak thsüpü küpkhukki lasho moli yim ang tüsho nahte amüngühnü moli thsungkhiak ajipe ah. Nü hing yakzan zhimrü nü tümü thacho nü hoju yan ang.

**Tümü thsüki?** National tüsho Local Authorities hote nihpe hing yo shakliak ju tüshihte mükhiakhki lachoh.

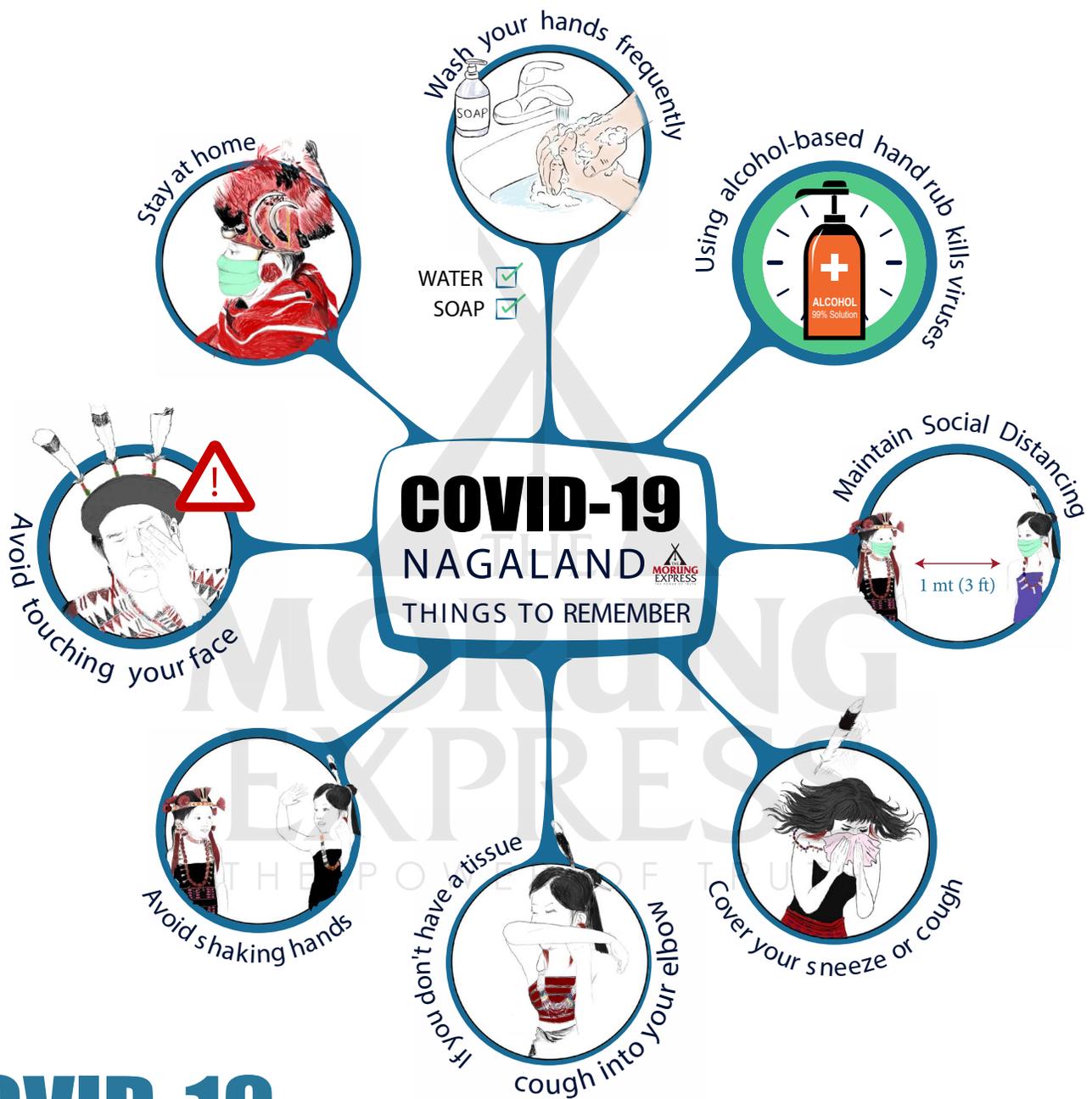


# Anikhitmüchihkhipo:

- Nimung lamlamkhi hote covid-19 ari pukhi zhipto choh.
- Nimung thsakshi tüsho phürim nü covid-19 ari she shihchoh.
- Ke takte müyihkhi nü covid-19 zhipto choh.
- Khah kungpe hote 2019-ncovid she shihchoh.
- UV lamp hote ari she shihchoh.
- Yukhu yungsho chlorine pang alala khiak sukki hote pang ching atan nü wüzah a lakhi ari she she-shihchoh.
- Lasüng tsühkhi hote covid-19 mürhiak.

# Atsütsüpo:

- Covid-19 ju a jingchang nü anguhkhi ching nü mürhiakakhin.
- Azürü azorü lüptükhi khiak rhiakpah. Shinzorü tüsho atan nü shakthsü, aniung, mulongpüm tukthsü larüpo khiak arhiakpü ju khite thülih lah.
- Antibiotic moli hote müso tüna ari müshe choh.
- Covid-19 thsüngupü moli püthsüte mäla.
- Mokhühniang yungkhi tüsho mün tümpe lüp-arünte ayihtokhi nüshe covid-19 ju müzhiptokhuk tüsho julang amütsüpe ah.



# COVID-19

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### Check For Regular & Official Update on COVID-19 Here:

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*Thiyushak jihpung: World Health Organisation  
 Poto thsungkhiak nü Morung Express hote jihchoh.*

*Disclaimer: The above information provided in this document is solely based on the World Health Organisation's advice for the public on COVID-19 and true to the best of our knowledge. While every care has been taken to ensure accurate translation, any errors of omission or commission are inadvertent due to exigency of the current situation, and can be notified to The Morung Express.*