

Ahlankan in Rianhmun Himnak Timhtuahnak pawl:

- Na kut ṭawl, ti le sat-pia in a tlawmbik minit 20 hrawng i ṭawl.
- A zawmi pawl he naih tuk in um hlah, na mit, na hnar le na ka i tongh hlah, na mit, na hnar le na ka naa tongh hnuah, asiloah a zaw kho men tiah ruahmi minung pawl he tonghthamnak na ngeih hnu ah na kut i ṭawl.
- Na khuh tikah le na hatheo tikah tissue in i hup, cun tissue cu hnawmbawm ah hlawnh law na kut i ṭawl. Tissue na ngei lo asiahcun na ban asiloah na liang in i hup cun na kut i ṭawl.
- Asi khawh tik/caan paohah na rianhmun cu thianh peng
- **Rianṭuanhawi a ho paoh taklinh 100.4 degrees Fahrenheit a luanh asiloah a dang Covid-19 he aa pehtlaimi zeibantuk hmel-langhnak paoh a ngei asiahcun rian ah rak rat lo ding asi lai.** Na pumpak Siibawi le TOA USA HR Department cu a hlei in zeidah ka tuah lai ti theihternak/hrilhfialnak caah hei chawnhbia hna.
- **Hmaihuh i hruk:** TOA rianṭuanhawi pawl nih an rianhmun ah le midang he zatlang nunhlat tuah khawh lonak hmun paoh ah hmaihuh i hruk hrimhrim ding. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- **Zatlang Nunhlatnak:** Rianṭuanhawi pawl nih rianhmun ṭuanvo nawlpekmi ningin pe 6 hlat in um ding phung a zulh hrim lai.
- Rianhmun thianh le pu-tat (rungrul thah): Punghman tein zungkhan pawl, Zunput pawl, zapi umnak hmun pawl, le zapi i hrawmmi lektrik thilri pawl cu thian le pu-tat peng ding asi.
- TOA, USA nih zapi nih tamdeuh in tonghmi thil pawl ṭawl caan cu a karhter/chap lai.
- TOA rianṭuanhawi pawl nih hmunkhat an i dinh tikah hlat nawn in an um lai. Dinhcaan aa thuat lo dingin kan tuah lai, cun zaangfahnak in rawl le rawl-einak thilrii pawl i hrawm hlah uu.

Punghman Zohfelnak

- Rianṭuanhawi pawl nih rian ah na rat hlanah nangmah tein taklinh le Covid-19 hmel-langhnak pawl um le um lo i zohfel ding. CDC konglam <https://www.cdc.gov/coronavirus/2019ncov/symptomstesting/symptoms>

Riantuanhawi zawtnak le nunhlatnak kong theihternak

- Na zaw asiahcun inn ah um law rian ah rak ra hlah. A dam lomi riantuanhawi cu inn ah um ding asi i, attendance call in zultphung ningin call in tuah ding asi. Ahleiiin na tak a lin (100.4°F/38°C asiloah sang deuh) na khuh, na thaw a cham, asiloah Covid-19 he aa pehtlaimi hmel-langhnak pawl a um asiahcun na siibawi kha chawnbia hna law an in fialmi pawl kha zult/tuah hna. Inn ah um law zaangfahnak in TOA, USA HR Department kha zeitindah umkalning asi lai ti theikhawhnak dingah chawnbia hna.
- Na zaw lo, asinain nan in chungkhar pakhatkhat COVID-19 he pehtlaimi thlopbulnak aa tuahmi a um, asiloah COVID-19 a ngeimi he tongthamnak a ngeimi a um asiahcun TOA, USA HR Department kha theihternak na tuah ding asi i, zaidah a cang timi kha na theihter hna ding asi. Zaangfahnak in hitin khatin umkalning asi lai tiah theihternak a um hlan paoh cu rian ah rak rat lo ding asi lai.
- Nangmah cu zapi he hlatter, innchung khumh, in chiahmi asiloah a dangdang a hlankan ralrinnak tuah dingin mipi ngandamnak lei nawlIngeitu pawl nih fialmi na si asiahcun cubantuk an in fialmi vialte cu zult/tuah hna. Cun zaangfahnak in TOA, USA HR Department kha thawng thanh hna.

Rianhmun chung Covid-19 hneksaknak a sungmi

Public health department ruahnak cheuhmi ningin TOA, USA nih rianhmun COVID-19 zohfelnak a tuah lai. TOA, USA ah COVID-19 a ngei khawhmen tiah lunghrinhmi a um asiloah a ngei taktakmi a um asiahcun a herhmi karhlannak tuah dingin aa tlakmi mipi ngandamnak lei nawlIngeitu pawl he tiantinak kan ngei lai. Mah chungah aa telmi pawl cu:

- COVID-19 he aa pehtlaimi hmel-langhnak pawl le, cubantuk a ngeimi pawl he tongthamnak lam a um khomi dirhmun pawl, hngatchan in lunghrinhmi a hopaoh cu, inn tinter le mah lawngin chiah asi lai.
- Zawtnak rungrul a um khawhmen tiah ruahmi hmun pawl cu kan thianh lai, rungrul thahnak kan tuah lai i, mipi ngandamnak lei nawlIngeitu pawl lamhruainak cu kan kawl lai.
- TOA, USA ah COVID-19 a ngeimi a um asiahcun public health department ah ruahnak halnak le a herh ningin a zawmi nu/pa a rianhmun velchum i rian a



Covid-19 Response Plan

ṭuanmi pawl cu theihternak kan tuah lai. Rianhmun thilcang vialte cu zapi theiher loin humzual asi lai.

- Covid-19 in a rak zawmi rianṭuanhawi nih rian ah a rak kir ṭhan tikah, siiai thlopbultu leiin a dam cang tiah ṭialmi ca cu rak put a herh lai. Biahlnak zeibantuk paoh na ngeih asiahcun zaangfahnak in TOA, USA HR Department kha chawnbia hna.

Khuatlawn Zulhphung Pawl:

- Rianṭuanhawi vialte nih CDC khuatlawn zulhphung an ngeimi zulh dih ding in kan in nawl hna.
- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- CDC nih khuatlawn sullam a leh ning:

Khuatlawn

Level 3 Travel Health Notice: United States chung luhnak ah Riikhiahnak um lo zualhma ngaiin i chawnh cuahmah

CDC nih a herhtuk lomi asiahcun vawlei cung khoika hmun paoh ah khaul tawn lo ding a ti:

- [Global Pandemic Notice](#)

Level 2 Travel Health Notice: Mipi lakah i Chawnhnak a um cuahmah lio

CDC nih a herhtuk lomi asiahcun kum upa pawl le caan sau damlonak a ngei i siiai thlopbulnak aa tuah cuahmahmi zeibantuk kumkhua paoh nih khuatlawn caan cu hnuah tawn ding asi tiah a ti.

Level 1 Travel Health Notice: Mipi lakah i chawnhnak a um pah

CDC nih khuatlawn pawl cu an kalnak ding hmun caah a hlankan tein ngandamnak kilvonnak caah ruahnak cheuhmi cu tuah ding a ti.

- Zeibantuk Level 3 ah chiahmi hmun pawl ah khaul na rak tawn asiloah khaul tawn naa tim asiahcun rian ah na rak kir hlan ah TOA, USA HR Department cu chawnhbia ta hna.
- Covid-19 he aa pehtlaimi attendance kong asiloah PTO kong pawl he pehtlaiin zeibantuk biahlnak paoh caah TOA, USA HR Department kha chawnbia hna.