

Lihnin

Ralring tein Umnak kong Cheknak cazin

Lihnin cu vawlei tang hmun khat in hmun dang ah lungpang i thialnak caah vawlei ruah lopiin, khul rangin a hninmi a si. Thihnak le hma putnak cu lih aa hnin chung asiloah hnawmtam nih a ton tik i a tlumi, ke in kal asiloah zaam aa zuammi mizapi cungah a hung cang tawn. A hme mi lihnin, aftershocks (hnhnhnak ttawngpi hnu ah a hung ummi) tiah kawhmi, nih mah hnhnhnak cu aa zul zungzal. Lihnin pawl nih tsunami pawl, mincim pawl, mei, le thilri pawl rawhrlnak a chuahter. Lihnin pawl cu khoika paoh ah an hung um kho i, zeitinhmanh chimchung kho lomi a si. Sihmanhselaw, itimh dingin cawlcanghnak kan tuah kho. Mah le mah le na dawtmi hna hunphenh dingin atuah hin itimh tuah.



Zeidah tuah a herh: hlan ah



Na ton dingmi Tilian Ttihnungnak kha Hngal

Lihnin pawl cu khoika paoh ah an hung um kho nain hmun cheukhat ah an um tawn. Lihnin fawi tein a um khomi hmun ah na um maw timi kha zoh.



Na Umnak kha Himter

Hma putnak kham dingah, na umnak kha himter.

- Hnhnhnak caah a tla khomi thil pawl hngal. Hi tin rak ruah chung, na khaan kha thli nih a leng, a hnhnh bingtalet (cunglei le tanglei ah) a hnhnh, silole khatlei le khatlei in a hnhnh tiah. Zei thil dah a thla khawh i, hma an iputter khawh? TV, thil chiahnak hrawl pawl, thlang pawl, hmanthlak pawl, ti soternak, kihtertu thingkuang pawl, le cauk kuang tibantuk pawl kha ttha tein ruah.
- Mah thilri hna kha hunphenh, lihnin caanchung hma an iputter lonak caah. Hri tlap, innka hrenh, le adang himnak thilri pawl cu hmuh khawh a si tawnmi an si.
- Lihnin fawi tein a um khomi hmun ah na um ahcun, na inn kha zohfelter cun na inn pawngkam kha ttha tein zoh.
- Lihnin pawl cu a tlangpiin innchungkhar asiloah innhlangtu aamahkhaan nih a khuhmi a si lo. Lihnin aamahkhaan pawlisi hmuh khawhin a um lai. Aamahkhaan apetu pawl he chek tuah.

Kun, i Phenh, Um Peng timi pawl hi thiam dingin tuah lengmang.

Nunnak khamhnak kong thiamnak KUN, I Phenh, le UM PENG pawl hi tuah lengmang. Lihnin caanchung, hnawmtam in nangmah le nangmah na ihunphenh dingah na Kun, i Phenh, na Um Peng a herh. Ahopaoh nih tuah awk na hngal khawhnak hnga mah tuahning hi na chungkhar he nan dihlakin thiam dingin nan tuah lengmang. Na tuah chung ning cu mah bantuk a si lai:



KUN na umnak ah na kut in nam cun na khuk bil. Mah umtuning nih hin nangmah an tlukternak ding in a hunphenh lai i, a himmi hmun ah na lawn kho lai.



I PHENH na lu le na hngawng kha na ban in.

- A fekmi cabuai silole cabuai sau kha na naih ah an um ahcun, i hunphenh caah an tangah khan lawn.
- Hmun him pakhatkhat na hmu lo a si ahcun, a chunglei vampang (thlang awng he a hlami) ah lawn.
- Na khuk kha bil peng, cun hliamnak in na ihunphenh hnga kun.



UM PENG hnhnhnak a dongh tiang.

- Cabuai silole cabuai sau tangah na um ahcun, thilri pawl kha an itthial kho caah fek tein i tlahi. Na ban kha na lu le na hngawng hunphenh dingah hngang.
- A himmi thil tangah na um lo ahcun, na ban pahnih in na lu le na hngawng kha i hunphenh tuah.



Khulrang thil a hung um tik i Thiamnak pawl kha cawn

- Midang bawmhnak hnga First Aid (Khawnden sual i i Thlop Hmasa biknak) le CPR (Thawdawp/chuah kong i minung bawmhnak) kha cawn. Mizapi nih hma an pu kho, cucaah khulrang in rianttuakpiaknak hmuh khawh in a um lo a si khawh.
- Na inn i hmanmi thil pawl hmihning kha cawn.
- Mei hmihnak thilri (fire extinguisher) pakhat ngei law, cun a himmi hmanning kha i cawn.
- Mei (power), gas, le ti lo tein um itimh.



Lakhrak Supply pawl kha pumh

- Rawl, ti, le siiai kha pumh. Chawdawr le sii dawr pawl an khar khawh. Go-Kit (Khualtlawnnak Thilri Bawm), Stay-at-Home Kit, le Bed-Kit (Ihkhun i hmanmi Thilri Bawm) peknak kha ttha tein ningcang tein chiah.
- Go-Kit: a tlawm bikah ni thum ca hman khawhmi na phorh khomi. Na thilri (cell phone, CPAP, wheelchair, tbk) caah betteri le charger pawl an itel.
 - Stay-at-Home Kit: a tlawm bikah zarh hnh hman khawhmi.
 - Bed-Kit: na ihkhun he aa pehmi supply thil zal khat. Na herh dingmi thilri pawl kha telhchih, na ih lio ah lihnin a hung um sual ahcun. Lihnin ah a si tawnmi hma putnak a simi thlang pal sual caah hma na put lonak hnga a fekmi kedar kha ihruk. Dahmei, mithman, hmaithuh, le firik zawng an itel.
 - Thla 1 chung ca siiai le adang silei supply pawl silole thilthuum kha ngakchia nih a kuaiter kho lomi pung(container) ah chiah.
 - Pumpak, tangka he aa pehtlaimi, le silei rikhawt pawl kha him tein le zoh fawi tein (catlap in asiloah him tein back up tuah in) chiah peng. Na siiai le a a hmanning cazin kha na phorh dingmi caku hme ah ttial kha ruah.



Midang he ipehtlaih kha itimh.

- Betteri chapmi pakhat silole na cell phone charge khawhnak pakhatkhat kha ngei law.
- Thawngpang na theihnak caah khan Betteri a hmanngmi radio pakhat ngei law.
- Na bawmh khomi le an bawmh khomi pumpak bawmhtu phu kha ser tuah.
- Lihnin cu zeitinhmanh chimchung kho lomi a si, nain lihnin kong tuante in ralrinpeknak cu tuah lio a si. Mah hna cu na pawngkam ah a um maw timi kha zoh.

Zeidah tuah a herh: Caan chung



Hninhnak a Thawh tiah, KUN, I PHENH, cun UM PENG nangmah na ihunphenhnak caah

Dirhmun dangdangah tuah awk theihhngal:

- Ikhkun ah na um ahcun, khika UMna umnak ah cun na lu le na hngawng kha chantling he I Phenh. Na hmai kha atang lei hawihter.
- Lenglei ah na um ahcun, kum, cun na lawn khawh a si le hmun lawng lei ah lawn. Inn pawl, elektrik tung hri, le thingkung sin in hla pi ah i hrial.

- Mawttaw na mawng ahcun, dir, cun na mawttawh ah um. Inn pawl, thingkung pawl, hlei pawl, le hmanmi wire hri naih ah mawng hlah. Lihnin a ngol tikah ralring tein mawng tthan. Hlei pawl le ramp pawl kha ihrial.
- Wheelchair silole walker a hmangmi na si ahcun, na lengke kha hrenh, cun lihnin a ngol tiang tthu peng. Na lu le na hngawng kha na ban, chantling, cauk, silole hmuh khomi pakhatkhat in hunphenh tuah. Na kun kho lo ahcun, nangmah le nangmah i tom/i pom, cun na lu le na hngawng kha hunphenh tuah.

Zeidah tuah a herh: Hnu ah



Him tein Um

- Na thawh hlan ah minit khat hngak rih. Na velchum i rau lo tein tthihnung a cang khomi kha chek, cun nangmah kha ihunphenh.
- Vawlei ah thlang kuai le hnawmtam pawl i ruah chung, cucaah a fekmi kedan kha a si khomi khulrannak he ihruk.
- A him ahcun, inn in chuak. Lenglei a tliangmi hmun ah kal. Zeihmanh na chungah a tla lo timi fehter dingin chek tuah, inn in tlakrawh a tlami, mei tung hri, le thingkung pawl tibantuk kha.
- Lenglei ah hmun him na hmu lo ahcun, chunglei i um peng kha a ttha deuh lai.
- Tivakam naihmi na si ahcun, tsunami nih lihnin a zul kho.
- Hninhnak a dongh ka ah, a himnak ah kai. Vawlei sang deuhnak asiloah tivakam in a hla deuhmi hmun chunglei ah ah khul rangin ke in kal/ itthial. Nawl ngeitu hna nih ralrinnak an chuah rak hngak hlah.
- A hnulei hninhnak ttawngpi hnu ah a hung ummi pawl (aftershocks) kha ruah chung. Kun, i Hunphenh, cun Um Peng aa hnin bangin na hngal tik caan paoh ah.
- Fawih na si ahcun:
 - Na ka, na hnar, na mit kha thli putmi hnawm chungin i hunphenh. Na ka le na hnar thuh dingah puanthan, hnipuan, asiloah hmaithuh na hmang khawh.
 - Bawmhnak caah hmuhsak tuah. Firik hmang asiloah inn i a fakmi thil cheu khat kha thawng thang ngaiin king. Khamhnak rianttuantu nih mah bantuak thawng cu an ngai.
- Hliamnak na ngei le ttha tein zohkhenh, cun midang kha bawmh.
- Na inn kha aa hrawh i a him ti lo ahcun, hmun a himmi pakhat ah kaltak. A si khawh ahcun, na Go-Kit supply pawl kha lak.
- Dahmei, phazawngdaing si lomi, kha mei tthih awk asi caah hmang.
- Meilah, meittek, elektrik hmanmi thil pawl, asiloah light switch (mei vannak hmihnak kep) pawl kha hmang hlah, mah hna ahhin gas a zuhnak a um lo timi na fehter tiang. Elektrik switch in meici nih gas kha mei aa chuahter khawh i, a puahter khawh.



Midang he ipehtlaih tein um.

- Khulrang konglam caah mah umnak hmun radio, TV, silole thawngpang dang hmuh khonak kha ngaiin zungzal.
- Na tuah khawh tikah, hawi pawl le na chungkhar nih na him timi thei hna seh.



Na Inn kha Himnak caah Chek tuah

- Mah umnak hmun i nawl ngeitu pawl lamhmuhsaknak kha zul.
- Na inn lenglei kha a hrawh maw timi na kirtthan hlan ah ttha tein zoh. Mah cu a him ahcun, na inn chung lei kha chek tuah rih.
- Gas, ti, elektrik, le hnawm luannak tidong pawl kha a hrawh maw chek tuah. Rawhrlnak a um ahcun, na hmanmi thilri kha hmih tuah.
 - Gas a zuhnak a um tiah na lung a hrinh ahcun, na inn kha kaltak, cun 911 pehtlaih tuah. Hmun him ah na um tikah, rawhnak kha na thilri kong company sin ah theihter
- A herh ahcun, na inn kha khunleiin a thiammi pakhat he a rawhrlnak le himnak leii hrawhnak kha ttha tein zoh.



Nangmah ttha tein i Zohkhenh

- Lungput ttha lo, hneknak silole lungrethiahnak ngeinak cu a si tawn mi punghmaan thil a si.
- Ngan a dammi eidin/rawl kha ei, na hneknak zohkhenh dingah a za mi caan chung kha ih.
- Disaster Distress (Vanchiatnak Ttiiphannak) zung kha midang he ichawh na duh ahcun man loin na pehtlaih khawh. Pehtlai silole cakuat **1-800-985-5990**.

Prepare so you can protect.

| Thawngpang tam deuh theihnak ah, redcross.org/prepare ah kal

| Emergency App download tuah

