

Tilian

Ralring tein Umnak kong Cheknak cazin

Tilian timi cu a si tawn ningin a romi vawleiah caan tawite ti a liammi a si. Tilian cu ruahpi, hawhra, tikam totho thlichia, totho tilet, tiva tiliam, le ti khamnak rawhnak caah a hung um kho. Tilian cu ttih a nungmi a si kho. Mi tampi cu tilian ti rak phanh hlan ah asiloah tilian ti chung an luh hlan ah an zamtak kho lo caah ti chung ah an pil i an thi tawn. Tilian nih inn le lam pawl an rawhter khawh i, power outage (elektrik chuahnak mihnak) a chuahter khawh. Tilian ti nih hlonhlakmi thil hlonhlakmi hnawm a phorh i, ti dinmi kha a thurhnawmter. Tilian ti cu khulnuar tein asiloah khulrang tein a kai kho. A khul a rang mi tilian cu ruah lopi ah a hung um i a fak ngaimi a si kho. Khuati thlennak nih mah tilian phun tampi i ttihnungnak hi a karhter. Sihmanhselaw itimh dingin cawlcanghnak kan tuah kho. Mah le mah le na dawtmi hna hunphenh dingin atuah hin itimh tuah.



Zeidah tuah a herh: A hlan ah



Na ton dingmi Tilian Ttihnungnak kha Hngal

- Tilian phun kong ttha tein cawnnak nih na innchungkhar le na mibu ah tthatnak a umter khawh. Tilian phun tampi ah a khul a rang mi tilian, tiva tilian, totho tilet, tikam totho thlichia, burn scars (a si tawn ningin tiliam khamtu thingkung pawl an kang caah a khamh kho ti lo caah tilian), tikhal/hnawmtam an i hronh kxanh dihnak tilian, hawhra kha ti ah a hung cannak, horkuang aa ronak, ti khamnak rawhnak, levee rawhnak pawl an tel.
- Fim chimhnak caah na umnak hmun i khulrang/ ruah lopi in a hung chuakmi thil zohkhenhnak zung kha pehtlaih tuah.
- Na inn le mibu i tilian ttihnungnak kha hngal peng. FEMA Tilian Map Rianttuanpiaknak Hmunpi ah rak kan leng, cun na umnak hmun hmang in na inn kha kawl.



Him tein Um kho dingin Timhtuahnak Tuah

- A khul a rang mi tilian cu ruah lopi ah a hung um i a fak ngaimi a si kho. Ralrinternak tlawmpal maw an pek lo zawng a si kho. Khulrangin na phan khonak ding hmun saang pakhat thim. Ti a lian thawk hlanah, hmun saang ah itthial kha itimh.

- Tiva tilian pawl: Tiva tilian fawi tein a um khomi hmun ah na um timi hngal. Na zamnak kong timhtuahnak kha, nawl ngeitu hna nih zam dingah an chimh tikah khulrang ngaiin na kaltak khonak hnga ttha tein zohtthan tuah.
- Totho tilet: Na umnak nawl ngeitu hna nih an chimh tikah khulrang ngaiin kaltak dingin itimh. Thotho tilet nih ti level kha khulrangin a kaiter kho i, hmun nganpi minit tlawmpal chungah tilian a canter khawh.
- Tikam totho thlichia Na umnak nawl ngeitu hna nih an chimh tikah khulrang ngaiin kaltak dingin itimh. Ti a lian thawk hlanah, hmun chunglei ah itthial.

Zeidah tuah a herh: Caan chung



Kirtthan! Pil hlah!

- Tilian tiah ke in kal hlah, tilioh hlah, tilian ah mattaw mawng hlah. Khulrang ti lianti lehlmah 6 (15 cm) lawng nih an tlukter khawh i, lehlmah 12 (30 cm) nih na mattaw kha a kalpi khawh.

Zeidah tuah a herh: Hnu ah



Hma pu lo dingin ralring

- Nan ton dingmi tihnung kha hnga, na dawtmi hna kha him tein hunphenh tuah.
- Na zam cang ahcun, nawl ngeitu nih inn ah kirtthan dingin a him cang tiah nawl a chimh tik kha hngak peng.
- A tlumi elektrik tung hri, tung, le thirhri kha hrial. Mah pawl nih khan dat an in leih kho.
- Thingkung tlu le thil dang hnawmtam pawl kha ralring.
- Dahmei silole betteri a hmanmi meiinn kha phazawngdaing nakin hmang deuh, mei kang tihnungnak chuahnak tlawmter dingin.
- Thianh lio caan ah hma tampi put a si tawn. Hunphenhnak thilthuam, but kedan, tawhroh sau, rianttuannak kuthruk, mit hmaan, le na cuap hunphenhnak caah N95 hmaithuh tibantuk pawl ihruk. Na umnak hmun mi zapi ngandamnak kong i nawl ngeitu hna fim chimhnak/nawl kha zul.
- Thilthuam him tein hmaning kha cawn. Electric k thilri pawl kha a cin ahcun asiloah ti ah na dir ahcun tongh hlah, aruang cu dat na leih khawh caah a si.
- Thianhnak/thennak cu rian nganpi a si. Nangmah kha ttah tein izohkhenh. Hawi he ttuanti, cun dinhtanak ngei zungzal.



Na Ngandamnak kha Hunphenh

- Tilian nih ti dinmi a thurhnawmhter khawh. Ti dinmi a himnak kong lam ca na umnak hmun i ngandamnak bu kha zoh.
- A ttha lomi rawl einak he mah le mah i zawter hlah. A cinmi silole a lummi rawl kha hlonh. A ttha hnga maw ttha lo ti i lungawtawm na um ahcu, hlonh!
- Tilian ti sin in hla pi ah hrial. Anmah ahcun hnawmthur ti, a zum le harmi pawl, le an zawt ter khomi chemical pawl an tel kho.

- Na inn kha tilian nih a phummi a si ahcun:
 - A si kho ahcun, suimilam 24 in 48 chung ah na inn le a chungummi paohpaoh kha roter.
 - Suimilam 24 in 48 chungah na inn kha na roter khawh lo a si ahcun, bangbuar tampi an hung um lai timi na ruah a herh. Mah inn ah kirtthan dingin a him ahcun, thil paohpaoh kha kimtein roter, bangbuar pawl thianh, moisture (thlitu lak i a ummi ti) harnak na ngei ti lo a hau.
- A ciarmi pawngkam kha ttha tein thli luhter peng. Remh khawh a si lomi thilri pawl kha hlonh asiloah roter.
- Carbon monoxide sivai a cang khomi kha ralring. Datsi, propane, tuahchommi a si lomi gas (natural gas), asiloah meihol kangternak thilri pawl kha innah, inntang, mawttaw chiahnak inn, riahbuk, asiloah thial khawhmi umnak(camper) – asiloah thlangawng naimi lenglei zawngah hman lo ding a si. Carbon monoxide hi hmuh khawh lomi le rim zawng a ngei lomi a si, sihmanhselaw, khulrang tein an thah khawh. Na zawt, na lung a mit, asiloah na zor bantukin na ihngal ahcun, hmakhat tein thli tharhlam kha dawp – tlai hlah.



Nangmah kha ttah tein izohkhenh.

- Lungput ttha lo, hneknak silole lungretheihnak ngeinak cu a si tawn mi punghman thil a si.
- Ngan a dammi eidin/rawl kha ei, na hneknak zohkhenh dingah a za mi caan chung kha ih.
- Disaster Distress (Vanchiatnak Ttihpannak) zung na pehtlaih khawh. Mi pakhatkhat na rak kan chawnh duh ahcun, helpline hi a lakmi a si. **1-800-985-5990** ah ran kan auh asiloah ca kan kuat.

Prepare so you can protect.

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

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