

# Faktuk in Linhnak

## Timhtuahnak Zohfelnak cazin

Faktuk in linhnak cu khua lin ni pawl pehtlai in a can khi asi, punghman caan le hmun nak in tam tuk a lin deuh. Faktuk in linhnak cu thih khawh asi cun a dang khuaticaan pawl nak in minung tam deuh a thih ter. Nikhuacaan aa thlennak nih faktuk in linhnak hi tam deuh, fak deuh in le sau deuh in a chuah pi. Asinain timhtuahnak kan ngei kho. Nangmah le nangmah, na dawtmi hna le na inn khamhnak ding ah a tu ini timhtuah.



## Zeidah Tuahding asi: A can hlaan ah



### Zeitindah Tidatngei(hydrated) in ka um

#### lai timi cawng.

Linhnak nih a chuahpi mi zawtnak khamnak caah a za tawk in ti na din a herh. Buaktlak in minung pakhat nih ni khat ah kalaan(gallon) 3/4 din a herh. Pakhat cio herhmi pawl cu aa thleng kho.

- Na zun muici/yawng zohnak in ti a za tawk na din le din lo zohfel khawh asi. Aihre duk nawn nih ti a za tawk in na ding lo timi a langh ter khawh.
- Cini, khawfi dat aa tel mi cun zu din pawl hrial.
- Na thlen tam tuk a chuah ahcun, na thlen in na sungh mi cite le thir dat pawl ai rol nak caah ti le eiawk cawh mi silole zaanglek tik dinmi pawl ding.
- Ngandamnak lei a chene na ngeih cun silole sii na din lio asi ahcun na siibawi he i chawnbia.



### Laakhruak Bawmtu pawl Khawm (Gather Emergency Supplies)

Rawl, ti le sii pawl khawm hna. Chawdawr pawl khaar asi kho. Putding-thil(Go-kit) le Inn-ah-Chiahding thil(Stay-at-Home kit) tiah bawmtu phun hnih in tthan hna. Tha(power) a dih tik caan ah, a thiangmi ti dinnak na ngah lo kho. Nikhat ah minung pakhat kalaan(gallon) pakhat a tlawm bik din ding i chiah cia. Electrolytes din awk pawl telh chih ding zong i ruah cia. Nikhamnak(sunscreen) le a phak-kaumi luchinh pawl zong telh chih.

- Putding-Thil(Go-Kit): Nangmah nih naa put khawh ding a tlawm bik nithum bawmtu Na thilri( kutput phone, CPAP, leng-tthutdan(wheelchair) caah battery a hlei pawl le tha tuinnak(chargers) pawl telh chih.
- Inn-ah-Umding Thil(Stay-at-Home Kit): a tlawmbik zerh hnih ca bawmtu.
- Thla-1 ca sii(medication) hman awk cun sii lei bawmtu silole hman awk thilri pawl cu ngakchia on khawh lo nak bawm ah i chiah.
- Na pumpak, tangka lei le sii lei hmat-ttaan(record) pawl cu a himnak le laak a fawi nak hmun ah i chiah (hard copy pawl in silole him tein laak tthannak ah)
- Na sii pawl le na sii dinmi cazin(list) pawl naa ken khawh nak hnga kat(card) a hmete ah i ttial hna.



### Khua a daih nak hnga timtuahnak ser

Faaktuk in a linh caan ah mei pangkaa(fan) lawng i rinh hlah. A linhnak cu 90s sang tiang a phak ahcun, pangkaa(fan) nih linhnak he aa pehtlaimi zawtnak pawl a kham kho lo men.

Ti kik i kholhnak silole ti ah i ciahnak silole thli-kik pekmi hmun ah kal cu khua linh i daihnak caah a ttha deuh tuk.

- Nikhat ah suimilam tlawmpal thli kik pekmi tang ah umnak nih linhnak ruang a chuakmi zawtnak khamnak a bawmh khawh.
  - Thli kik peknak na ngeih ahcun, rian ttha tein a ttuan le ttuan lo zoh fel.
  - Thli kik peknak na ngeih lo ahcun silole a tha(power) a dih ahcun, na khaulinh a daih ter kho tu hmun pawl kawl. Abianabia ah, mipi ca-ruuk(library), thil cawknak hmun(shopping mall) silole mipi daihnak hmun. Kaa zawn khi zei tin dah na phak lai timi timhtuahnak ngei.
  - Ramchung cozah silole zatlang bu sinin betchapmi kong pawl na ngah kho.
  - A zaangmi, a daimi hruk awk thil tampi ngeih i zuam.
  - Nangmah nih na bawmh khawh ding le an bawm kho ding minung hna he bawmhna bu(team) ser. Ho paoh an him dih le him dih lo theihnak ah an mah pawl he pehtlaihna ngei.



### Laakhruak Thiamnak pawl Cawng (Learn Emergency Skills)

- Zeitindah linhnak nih a chuahpi mi zawtnak ka theih lai timi lai zeitindah ka lehrulh lai timi cawng.
- CPR le a hmasa thlopbul damhnak(first aid) cawng.
- Tha(power) lo in nun ding i tim cia(ready). Hmanmi thil pawl(utilities) cu offline in asi kho. Tha(power), gas le ti lo in nun ding i tim cia(ready). Kut ken phone le sii lei thilri pawl telh in mei lei(electrical) na herh mi pawl i timhtuah. Na sibawi chawn. Tha a hlei(backup) caah timhtuah.



### Pehtlaihna Cahlo ding Timhtuah

- A lak in laakhruak ralrinpeknak(emergency alerts) caah na ramchung cozah sin ah luhnak tuah.
- Ramchung khuaticaan le thawngpang pawl zohding in timtuahnak ngei.
- Batter a hlei/airoltu ngei silole na kutken phone tha tuinnak lam kawl.
- Tha cahnak(power outage) a can lio ah hmanding batter-thangei radio i chiah.
- Theihternak(alert) na ngah mi kha zeiphun dah asi timi hngalhian i zuam cun na ngah tik ah lehnak caah timtuahnak ngei.
- ZOH(A WATCH) sullam cu **li Timhtuah!** RALRINNAK(A WARNING) sullam cu **Cawlcanghnak Tuah(Take Action)!**

## Zeidah Tuahding asi: A can lio ah



### Tidat(hydrated) um ter peng

- Dinhang pawl tampi ding. A dang pawl zong dinhang tampi din ding in thazaang pe ve hna.
- Cite le thirnat pawl cu ei awk silole zaanglek tik dinmi dinhang in a sahtoo.



### Dai te'n um (stay cool)

- A si khawh chung in thlikik peknak hmun ah um.
- Nan inn ah thlikik peknak nan ngeih lo ahcun, na khiah ciami a daihnak hmun ah kal
- A zaangmi, a daimi thil pawl i hruk cun ti kik in i kholh silole ti kik in i ciah.
- A leng na cawlcanghnak rikhiahnak tuah. A leng ah rian na ttuan hrim a hauh ahcun, zinglei deuh silole zaan lei deuh ah rian ttuanding in caan ser.



### Linhnak Zawtnak Khamhnak/Runvennak

Na hawile, chungkhar le na innpa pawl zohfel hna. Linhnak ruang a chuakmi zawtnak in khamhnak ah bawm hna. Minung pakhat khat zawtnak hmelmchnak a langh ahcun a rannak in cawlcang. Ho paoh nih linhnak ruang a chuakmi zawtnak cu an tei khawh. Asinain, an caah ttih a nung deuhmi minung hna cu:

- Kum upa Tar pawl
- Bawhte, Ngakchia le Naupawi lio Nu pawl
- Ngandamnak lei a chene ngeimi minung pawl.
- Innleng riantuanmi pawl
- Pumpak hram rikhiahnak a ngeimi minung pawl
- A hrinnak hmun ah a um lo mi minung pawl

Linhnak Zawtnak	Zeidah Kawlding asi	Zeidah Tuahding asi
<b>Linhnak Thahritomnak cu cite le ti tamtuk pum chung in sunghnak ruang ah a chuakmi taksa tomnak (muscle spasm) asi.</b>	Taksa fahnak silole tomnak he thlan tamtuk chuah	<ul style="list-style-type: none"> <li>▪ A daihnak hmun ah i tthial.</li> <li>▪ Ti silole Zaanglek dinawk ding</li> <li>▪ Sii lei bawmhnak laa colh                             <ul style="list-style-type: none"> <li>- Tomnak cu suimilam 1 leng a rauh ahcun</li> <li>- A ingmi minung cu lung zawtnak a ngeimi asi ahcun</li> </ul> </li> </ul>
<b>Linhnak Batnak(Heat Exhaustion) cu a faak tuk mi asi ii laak hruak sii lei thlopbul a hau kho mi asi,</b>	<ul style="list-style-type: none"> <li>▪ Thlen tamtuk chuah</li> <li>▪ Khuasih, rau le cuar cin</li> <li>▪ A rang, a tha der</li> <li>▪ Malhmat silole luak luak</li> <li>▪ Taksa Tomnak</li> <li>▪ Thabatnak silole thadernak</li> <li>▪ Lungmih-Lufah-Tluk</li> </ul>	<ul style="list-style-type: none"> <li>▪ A daihnak hmun ah tthial</li> <li>▪ A daihnak hmun ah tthial</li> <li>▪ Aa tetmi thil pawl phoih</li> <li>▪ A cinmi thilpuan in, hnawhnak, thlanzahnak silole ti kik ciahnak pawl hmang in pum cu daih ter</li> <li>▪ Duhsah tein ti hrawp</li> </ul> <p>Sii lei bawmhnak laa colh:</p> <ul style="list-style-type: none"> <li>- Luakluaknak a can ahcun</li> <li>- Zawtnak hmelmchnak pawl cu suimilam 1 nak tam a rauh silole a zual chin ahcun</li> <li>- Lungfimlo a zual chin ahcun</li> </ul>
<b>Linhnak Tuarnak(Heat Stroke) hi thihnak tiang a phaan kho cun rang tein laakhrak(emergency) thlopnak tuah a herh.</b>	<ul style="list-style-type: none"> <li>▪ Pum linhnak a sang (104°F silole a sang deuh)</li> <li>▪ A lin, a sen, a ro silole taksa a cin</li> <li>▪ A rang, a thawng</li> <li>▪ Lufahnak-Lungmihnak</li> <li>▪ Malhmat-Lungfimlo-Tluk</li> </ul>	<p><b>A si cun, 911 chawn colh:</b></p> <ul style="list-style-type: none"> <li>▪ A daihnak hmun ah tthial</li> <li>▪ A cinmi thilpuan in, hnawhnak, thlanzahnak silole ti kik ciahnak pawl hmang in pum cu daih ter</li> <li>▪ Din awk zehmanh pe HLA</li> </ul>

## Zeidah Tuahding asi: A can hnu ah



### Nangmah le Nangmah i Zohkhenh

Lung nuamhlonak, lungbatnak(stress) silole launak ngeih hna hi a phung si ko. Lungbatnak damhnak caah a ngandam mi rawl ei le mitkuh vuai te'n ih nak nih lungbatnak(stress) damnak ah an in bawmh. Minung pakhat khat he chawnh na duh ahcun Disaster Distress Helpline ah a lak in pehtlaihnik na tuah khawh. ah Chawn silole cakua **1-800-985-5990**.

Prepare so you can protect.

| Thawngpang tam deuh theihnak ah, [redcross.org/prepare](https://redcross.org/prepare) ah kal

| Emergency App download tuah

