

Hurricane thlichia

Timhtuahnak Zohfelnaq cazin

Thlikherh le a linhnak hmun thlichia pawl cu ti a lum mi in aa ser mi thlichia pawl an si. Hi thlichia pawl nih a sangmi thli, a tek mi ruahpi, thlichia ri (ti level in a tthang), ti let le thlikherh hna an chuah pi. Khuati caan thlennak nih hurricane thlichia pawl cu a tthawn ter cun ruahpi faak deuh in a chuah ter. Hurricane thlichia caan ah thihnak tam bik a chuahpi bik tu cu ti chung pilnak in asi. Hi thlichia pawl hi ttih a nung tuk mi ansi cun tlang he aa hlatnak hmun pawl a hrawh khawh. Asinain timhtuahnak kan ngei kho. Nangmah le nangmah, na dawtmi hna le na inn khamhnak ding ah a tu in i timhtuah.



Zeidah Tuahding asi: A can hlaan ah

Him tein Umding Timhtuahnak Ser

Thli fak le ti lian hna in a ttha bik na runvennak/khamhnak caah biakhiahnak tuah



A himnak ah thial ding in ruahnak pek na si ahcun, a rannak in tuah colh.

- Na inn chuah tak in a himnak hmun ah rang tein na kal na hau kho.
- Khoi kaa dah na kal lai, ze tin dah na phak lai timi le khoi kaa ah na um lai timi thei.
- Tlikzaamnak ah bawmh na herh ahcun silole zapi phorhthirnak(transportation) na herh ahcun a ttha bik in timhtuahnak ngei cia.
- Thialkxawhmi, seh-zung, thilpuan chuahnak inn pawl le sertthanmi motor(recreational vehicles(RVs)) pawl cu thli a fak tik ah an him lo. A himnak hmun ah tlikzaam ding ah timhtuahnak ngei cia.



A himmi huhkhamnak(shelter) caah timh tuah.

- Caan sau pi tha(power), ti, gas, phone le internet lo in nun ding i timcia(ready).
- Thli a fak mi caah a himmi huhkhamnak(shelter) sernak ah cawng(practice) Mah dih in a ttha bik khamhnak/runvennak cu ti nih a fanh hnga lo dingmi a fekmi inn ii a tangbik thlalang awng um lo nak khaan hmete asi.
- Tifanhnak hi rang tuk in a cang kho mi asi kha ral ring. Tifanhnak nih an phak hlaan ah a himnak hmun ah tlikzaam ding in timhtuahnak ngei.
- Nangmah nih na bawmh khawh ding le an bawm kho ding minung hna he bawmhnaq bu(team) ser.



Pehtlaihnaq 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 timhtuahnak ngei.
- Batter a hlei/airoltu ngei silole na kutken phone tha tuinnak lam kawh.
- 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 timhtuahnak ngei.
 - ZOH(A WATCH) sullam cu **li timhtuah!**

- RALRINNAK(A WARNING) sullam cu **Cawlcanghnak Tuah (Take Action)!**

- Theihternak(alert) ah a tang lei pawl hi an i tel kho: Hurricane Thlichia Zoh le Ralrinnak, a Linhnak hmun Thlichia Zoh le Ralrinnak, Thli a Faakmi Ralrinnak, Thlichia Ri Zoh & Ralrinnak, Ruahlopin Tifanhnak Zoh le Ralrinnak, Tifanhnak Zoh le Ralrinnak.



Laakhruak Thiamnak pawl Cawng(Learn Emergency Skills)

- 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/airoltu(backup) caah timhtuah.



Laakhruak Bawmtu pawl Khawm (Gather Emergency Supplies)

- Rawl, ti le sii pawl khawm hna. Chawdawr le sii dawr pawl cu an khar khawh. Putding-thil(Go-kit) le Inn-ah-Chiahding thil(Stay-at-Home kit) tiah bawmtu phun hnih in tthan hna.
- 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 konglam, tangka lei le sii lei hmat-ttaan(record) pawl cu a himnak le laak a fawinak 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.



Na Inn Runveng

Thli

- Hramh tannak seh le hmunthur pung tibantuk pawl thli nih sang pi ah a choih ii minung pakhat khat fahnak a pe kho tu thil pawl kha inn chung ah luh pi hna silole a himnak ah chia hna.



Na Inn Runveng

Thli

- Gas emnak le propane tengki(tank) bantu asi mi, inn chung ah luh pi awk ah a him lo mi thil pawl cu hreng hna.
- Na inn ah a tlu kho ding tluk in aa neihi thingkung pawl cu thlemh hna silole hau hna.
- Thlalang awng pawl cu chikhat thli huhkhamnak in silole puan in kham hna.

Tilian/Tifan

- Ti luannak, myawng le tidong(downspout) pawl thianh dih.
- Plastic thilsah le thatse tun pawl bantu asi mi himnak caah a ttha mi thilri pawl i chiah.
- Battery a hlei he sump pump bunh ding i ruah cia.
- Mei linh ter nak, ti lum ternak le mei tthingnak bawm (electric panel) santer ding in i ruah cia.
- Na agency he aamahkhaan(insurance) phunglam pawl zoh tthan.

Zeidah Tuahding asi: A can lio ah



Na umnak ram chung nawl ngeitu pawl nih a himnak hmun ah tlikzaam ding ruahnak an in pek cun, kal colh.

- Na Putding-thil(Go-Kit) kha i ken.
- Tlikzaam lam kha zul cun a tawin lam pawl cu kham an si khawh caah zulh ding i tim hlah.
- Huhkhamnak(shelter) hmunhma pawl caah ramchung nawlgei pawl he zohfelnak tuah. Na pawng hrawng ii huhkhamnak(shelter) kawlnak caah Red Cross Emergency App download tuah.



Thli fak le tilian caah a ttha bikmi timhtuahnak caah biakhiahnak tuah.

- Thli fak caah thlichia huhkhamnak sermi ah silole inn chung khaan ah huhkhamnak(shelter) laa.
- Thlalang awng le inn kaa pawl he a hlatnak ah um.
- Tilian aa thok hlaan ah a san deuhnak hmun ah i tthial.

Zeitikhmanh ah tilian cung ah lam i chawh, ti lio, silole motor mongh tibantuk pawl tuah hrim hlah.

Theitthan, Na phaknak hmun in i mer! Ti Pil Hlah!

Zeidah Tuahding asi: A can hnu ah



Him tein um

- Nawlgeitu hna nih inn ttin ding a him cang tiah tayawin(official) in an thanh hlaan tiang hngak.
- A rawkmi silole a tlu mi mei(power) hri pawl, mei tung pawl le meihri(wire) pawl cu hrial hna. Mah pawl nih khan dat an in leih khawh.
- Zawtnak an pe kho tu rungrul, zunput hang le chemical pawl an i tel khawh caah tilian cu tawng hlah.
- Mei a mih ahcun, meikangh ral zorternak caah na dahmei hmang silole battery-thangei meiiinn hmang.
- Carbon monoxide sivai i ralring. Carbon monoxide sivai i khamh. Gasoline, propane, tabawah gas silole meihol-alhnak thilri pawl cu ze tik hmanh ah inn chung, inn tang, ku-dawng, buk(tent) silole thlaam – silole thlalang awng aa onnak pawng hmanh ah hman lo ding ansi. Carbon monoxide cu hmuh khawh le a haw theih khawh asi lo, nain rang tein an thah khawh. Na lungmih silole na tha der, a zaw bantu in na um ahcun, thli thiang ngah ding ah lam hlat ah kal colh – i nuarh hlah.



Him tein Thianh

- Kuthrolh, tipilhnak mitbanh le keden pawl telh in khamnak caah aa tlakmi thil pawl i hruk.
- A cin mi ze thil paoh thianh dih cun sii toih.
- A ritmi thilrawk pawl na thianh tik ah, hawi he ttuan tti.
- Sehhlua(chainsaw) tibantuk thilri pawl na hman hlaan ah a herhmi timhtuahnak(training) ngei hmasa.
- Hurricane thlichia hnu ah thilung phohnak(heart attacks) pawl hi thihnak a can tertu an si. Rian a hlei tuk in ttuan i ral ring.
- Thianhnak tuah hi rian ngan tak asi. Dinhnak caan laa law nangmah le nangmah i zohkhenh.



Ngandam in um

- Lunghrinhak a um tikah, hlonh colh! A cinmi silole a lummi rawl cu hlonh.
- Thlalang awng ah vennak thirtung an um ahcun, rang tein na chuah khawh nak ding in tuah hrim.



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 pehtlaihnak na tuah khawh. ah Chawn silole cakua **1-800-985-5990**.

Prepare so you can protect.

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

| Emergency App download tuah

