

Thlikhirh

Timhtuahnak Zohfelnaq cazin

Thlikhirh kan timi cu ttek in aa sermi thli aa mer mi nih vawlei a tongh khi asi. Thlikhirh pawl hi tthi an nung tuk. Inn an thluk dih khawh, thingkung a hram in an phawi khawh, motor pawl an tthial khawh cun an lam i a ummi thil vialte an hrawh khawh. Ruahtehnak, mintlauleknak, tilian ruahlo in cannak le rialti tlak nak pawl a cang kho. Thlikhirh cu khoikaa hmun paoh ah a cang kho. Na himnak ding caah a tu in i timtuhah cia.



Zeidah Tuahding asi: A can hlaan ah



Thli Fak(High Wind) in Caan tampi na Hmannak hmun ah Huhkhamnak (shelter) kawl.

- Thli fak nih hranh khawh lo ding in an sak mi a himnak khaan kawl. Cun a dang khamnak caah a tthat biknak hmun cu a fekmi inn ii a tangbik thalang awng um lo nak khaan hmete asi.
- Thliakhawhmi, seh-zung, thilpuan chuahnak inn pawl le sertthanmi motor(recreational vehicles(RVs)) pawl cu thli a fah tik ah an him lo. Thlikhirh zohnak silole ralinnak hlaan ah a fekmi inn ah huhkhamnak(shelter) kawlnak timtuhah cia.



Thlikhirh Cawnding pawl Cawng (Practice Tornado Drills)

- Nang chungkhar zapi in, nan khiahmi a himnak hmun ah rang tein i tthial ding cawnnak(practice) tuah uh.
- Nangmah nih na bawmh khawh ding le an bawm kho ding minung hna he bawmhak bu(team) ser.
- Thliakhawhmi inn ah na um ahcun, a himnak hmun ah kal ding cawng.



Pehtlaihnaq Cahlo ding Timhtuah

- A lak in laakhruak ralrinpeknak(emergency alerts) caah na ramchung cozah sin ah luhnak tuah.
- Ramchung khuatitaan le thawngpang pawl zohding in timtuhah 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.
- Thlikhirh Zohnak le Thlikhirh Ralinnak an i dannak hngalh i zuum.
 - Thlikhirh Zohnak: **Timhtuahnak ngei!** Thlikhirh cu zohnak hmun pawng le a chung ah a cang kho. Zok zok in cawlcangh ding ah i timcia(ready)!

- Thlikhirh Ralinnak: **Cawlcanghnak ngei/action laa!**

Thlikhirh cu aa neih cang. Tihnung asi. A himnak hmun ah tu zok i tthial.

- Thlikhirh ralinnak na ngah zungzal kho lo men. Thlikhirh hmelchunhnak pawl theih i zuum. Tihnung asi tiah na ruah ahcun huhkhamnak(shelter)laa.



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 timtuhah. Na sibawi chawn. Tha a hlei/airoltu(backup) caah timtuhah.



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. Chawdawr le sii dawr pawl cu an khar khawh.
- 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 thannak ah). Na sii pawl le na sii dinmi cazin(list) pawl naa ken khawh nak hnga kat(card) a hmete ah i tthial hna.

Zeidah Tuahding asi: A can lio ah



Khuacaan Umtuning Ttha tein Zoh

- Action laak nak ding ah Thlikhirh Zoh le Ralrinnak pawl kong thawngpang tam deuh theihnac caah radio, TV silole a dang thawngpang hram(source) pawl ngai.



Hmakha te ah a Himmi Huhkhamnak Kawl colh

- Action laak nak ding ah Thlikhirh Zoh le Ralrinnak pawl kong thawngpang tam deuh theihnac caah radio, TV silole a dang thawngpang hram(source) pawl ngai

Zeidah Tuahding asi: A can hnu ah



Hmaputnak Hrial

- Radio, TV silole a dang thawngpang hram pawl pehzul in ngai. Thlikhirh ralrinnak a dih tiang na huhkhamnak chung ah um rih.
- A rawkmi inn chung pawl ah lut hlah.
- Na umnak inn a rawh asi ahcun, ral ring tak in leng lei ah chuak. Na pawng hrawng ii a cung in a tla ding thil pawl silole ttihnung mi a rawkmi pawl ttha tein zoh hna. Meilah silole meittek inn chung ah hmanh hlah. Gas haw na theih silole mei alh kho mi a tle mi na hmuh ahcun, a rannak in chuak.
- Chuak kho lo in naa hren ahcun, vawlei dip khu pawl na kaa ah an luh lo nak hnga thil silole hmurhuh in na kaa hup. Au nak sa in fifik tumnak silole, pipe silole vampang benghnac, cakuatnac tibantuk pawl tuah i zuam.
- A zummi le thlalang kuai pawl ttha tein i ral ring.
- Tha(power) a tlami silole mei line hmannak a rawk mi pawl thianh



Himtein Thianhnac Tuah

- Thianhnac tuah lio ah i ralring. Hmaputnac tlawm ter ding ah a chahmi keden, bawngbi sau le rianttuannac kuthrolh pawl i hruk.
- Rawhralhnac thianh tik ah ngakchia an i tel ding asi lo.
- Mei a mih ahcun, meikangh ral zorternac caah na dahmei hmanh silole battery-thangei meinn hmanh.
- Carbon monoxide sivai i ralring. Gasoline, propane, tabawah gas silole meihol-alhnac thilri pawl cu zei tik hmanh ah inn chung, inn tang, ku-dawng, buk(tent) silole thlaam – silole thlalang awng aa onnac pawng hmanh ah hman lo ding an si. 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 bantuk in na um ahcun, **thli thiang ngah ding ah lam hlat ah kal colh – i nuarh hlah.**



Hmapumi pawl thlop hna

- Minung pawl hma an pu kho. A herh ning in a hmasa thlobulnac(first aid) hmanh.
- A tu lio ah ttihnung dirhmun ah an um lo ahcun hmapu mi minung kha an keng silole an hawng in thhial hna hlah. Sii lei bawmhac kawl colh.



Nangmah le Nangmah i Zohkhenh

- Lung nuamhlonac, lungbatnac(stress) silole launac ngeih hna hi a phung si ko.
- Lungbatnac damhnac caah a ngandam mi rawl ei le mitkuh vuai te'n ih nak nih lungbatnac(stress) damnac ah an in bawmh.
- Minung pakhat khat he chawh na duh ahcun Disaster Distress Helpline ah a lak in pehtlaihac na tuah khawh. ah Chawn silole cakua **1-800-985-5990.**

Prepare so you can protect.

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

| Emergency App download tuah

