

Rammei kanghnak

Timhtuahnak Zohfelnak cazin

Rammei kangh timi cu ram lak hmun pawl ah timh lo in mei a kangh khi asi, Rammei kangh nih ho paoh a hnorsuan. An karh daan a rang kho, fahnak a kan pek khawh, cun kan inn pawl zong an hrawh dih khawh. Khuaticaan thlennak nih US lum chinnak le rocar nak a ser, cu nih cun rammei kanghnak a tthan ter ii hrawk tu thil ah a cang. Rammei kanghnak a chuah khawhnak hmun pawl ah a um mi minung an karh. 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



Rang tein Tlikzaam nak ding Timhcia in Um

Tlikzaamnak a sullam cu a himlonak hmun in a himnak hmun lei ah kal kha asi.

- Himnak caah na inn rang tein na chuah tak a hau kho.
- Khoikaa ah na kal lai, zeitin na phak lai, le khoikaa ah naa tthumb lai kha hngal.
- Na inn le na umnak velchum in chuahnak lam dang ngei.
- Na chungkhar chung ummi vialte nih an i ziak nak hnga kha lam pawl kha cawng(practice).
- Na umnak velchum nih zeitindah rammei kanghnak an leh rulh timi fiannak ngei.
- Innzuat sattil le thilnung hna caah tlikzaamnak timhtuahnak ngei.
- Na gas chiahnak(tank) cu khah ter cun caan phak tik ah chuah ding in timhcia in um.



Pehtlaihnik Cahlo ding Timhtuah

Na umnak hmun chung cozah sin in a biapi bik thawngpang a r alai.

- Nawlgeitu hna nih na himnak hnga ze caan ah dah na chuah awk asi timi an in theih ter lai.
- A lak in laakhrak ralrinpeknak(emergency alerts) caah na ramchung cozah sin ah luhnak tuah.
- Batter a hlei/airoltu ngei silole na kutken phone tha tuinnak lam kawl.
- Battery-thangei radio i chiah.
- Na pawng hrawng ii khuaticaan umtu ning le mei zohnak timtuah.



Laakhrak Thiamnak pawl Cawng (Learn Emergency Skills)

- CPR le a Hmasa Thlopbul Damhnak(first aid) cawng.

- 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.



Ngandamnak a Hnorsuannak i Fiang (Understand Health Impacts)

- Rammei kanghnak meikhu cu na ngandamnak a hrawk kho tu thil thur aa cawhmi asi. Zeitindah tongthamnak na zawr ter lai timi cawng.



Laakhrak Bawmhtu pawl cu Ttha tein Khawm

Rawl, ti le sii pawl khawm hna. Chawdawr le sii dawr pawl cu an khar khawh. Rang tein chuah a hau khawh caah Putding-Thil(Go-kit) ah na thilri pawl cu sanhnak

- Putding-Thil(Go-Kit): Nangmah nih fawi tein naa put khawh mi a tlawm bik ni 3 bawmtu
- Thla-1 ca sii cu ngakchia on khawh lo mi bawm chung 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).



Ii Khamkhawhnak Hmun Ser

- Ii khamkhawhnak hmun ser a sullam cu na inn pawng hrawng ii mei alh a fawi mi thil(hramh, thingkung, burbuk) pawl tlawm ter kha asi.
- Na wawlei le na inn zohkhenh daan thlennak in, na inn mei nih tlaihnik a cang khomi na zawr ter khawh.
- Rampi Meikangh Khamnak Bukomh(National Fire Protection Association (NFPA)) ii an ruahmi khamkhawhnak hmun hmang. Thawngpang tamdeuh theihnak caah, zoh **Firewise.org**.



Pawgkam Bu Thazaang chuah Cawlcanghnak ah i Tel

- Innpa ttha si. Rammei kanghnak tam deuh hi minung ruang ah a cang. Nangmah tuah hnga ding kha tuah law i khamhnak cawng(practice).
- Rammei kanghnak nih pawngkam bu ning in a hnor suan khawh.

Thingram hna tawrel nak ah le mei-dironhnak saknak caah zapi in riantuan tti a herh. Na umnak hmun ah thazaang chuah cawlcanghnak kong kaw law i tel ve.

- Tlikzaamak ah bawmh an herh le herh lo theihnak ah meikang a rat hlaan ah na innpa pawl kha zohfel hna.

Zeidah Tuahding asi: A can lio ah



Na Pawnghrawng a Cangmi Ttha tein Zoh

- Na pawng ah mei a kangmi le nikhua pawl pehzul in zoh, cun na umnak hmun chung nawlungeitu hna sin in zuldnging pawl ttha tein ngai.
- Na Putding-Thil(Go-Kit) he rang tein chuah ding timhcia in um.

- Tlikzaamding theihternak tayawin(official) in na ngah kho lo men.
- Na umnak hmun chung nawlungeitu hna nih tlik ding ruahnak an in pek ahcun, silole ttihung dirhmun chung ah ka um tiah na ruah ahcun, chuah ding timhcia in um.

Zeidah Tuahding asi: A can hnu ah



Him tein Um

- Nawlungeitu hna nih inn ttin ding a him cang tiah tayawin(official) in an thanh hlaan tiang hngak.
- A linmi vutcam, mei nih kanghmi thingkung pawl, a rawkmi thil meikang mi pawl, le a sa rihmi thil pawl hrial hna. Nangmah an kangh ter khotu silole a dang mei alh chuah ter kho tu linhnak vawlei(ground) nih a ngei kho.
- 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.
- Vutcam a khat mi khor pawl kha i ralring. A tang ah a linmi nangmah an kangh ter kho tu pawl an um kho. Himnak caah zoh fel cun na chungkhar le na innpa pawl kha khur pawl zoh fel ding in ralrin pe hna



Him tein Thianh

- Zapi ngadamnak zullhphung pawl zul cun himnak thil pawl i hruk.
- Vutcam he direct in tonghtamnak hrial.
- Vutcam na thianh tik ah nangmah le nangmah i khamh. Kut hrolh, angki a saumi, bawngbi sau, kedan le hmawca pawl na taksa khamhnak caah i hruk. Na mit khamhnak caah tipilhnak mithmaan i banh. Vutcam khu ze zoi tluk dah na dawp timi N95 thawdawpnak thil(respirator) i hruk nak in rikhiak.
- Na taksa cung silole na mitchung silole na kaa ah a taangmi vutcaam pawl kha na tuah khawh le cang kaa thianh hna.
- Ngakchia, naupawi lio mi, le thawdawpnak lei harnak a ngeimi, thinlung silole cuap a ttha lo mi pawl nih vutcam khu an dawp awk si lo.



Ngandam in Um

- Rammei Kangnak nih dinti pawl a thurh khawh. Ti thiang dinnak kong ah na umnak hmun ngandamnak zungtthen he zohfelnak tuah.
- Lunghrinhak a um tikah, hlonh colh! Mei, meikhu, gas khu, silole chemical nih a tongh mi rawl cu hlonh.
- Na sibawi silole na ngandamnak zohkhenhtu cu tikhal kuang ah chiahmi sii pawl kong hal.



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

