



Puanthan in hmurhuh ser ning

Design and preparation of cloth mask – Chin Hakha

Hi puanthan in hmurhuh ser dingah na herh hnga dingmi cu:

A umtu ning	A zat le a sau, a kauh	Thilri a phun	Zohchunh dingmi thilri pawl
Alenglei	Zun 1, 25 cm x 25 cm	Ti nih a cinh khawhlomi puanthan (chemical in tuahmi thilsah/phawh)	<ul style="list-style-type: none"> • Thilpuan • Hman than khawhmi dawr kalnak 'a hringmi' zal pawl • A panmi hrukmi (a ro a fawimi)
Alai	Zun 1, 25 cm x 25 cm	Puanthan bilmi pawl (lapar khemical in bilmi/ phawh)	<ul style="list-style-type: none"> • A thapthap in a ummi: • thilpuan asilole • hman than khawhmi dawr kalnak 'a hringmi' zal pawl
Achunglei	Zung 1, 25 cm x 25 cm	Ti a dawpmi puanthan (lapar)	<ul style="list-style-type: none"> • Thilpuan
Hnakhaw i oihmi	Hri 2, 20 cm a sau veve mi	Aa rengmi asilole hri asilole puanthan hri pawl	<ul style="list-style-type: none"> • Angki (T-shirt) • Kedan hri

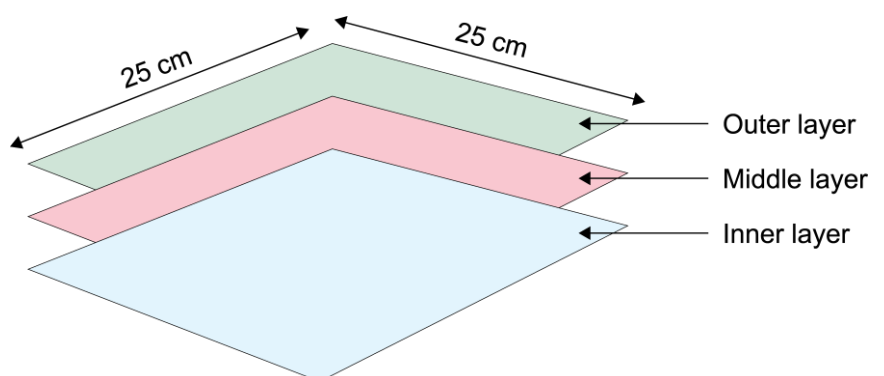
A BIAPIMI: Thilri pawl dihlak kha a rawkcat lomi a si lai i a pan tuk lomi asilole a awngkua a um lomi a si hrimhrim lai.

Thilri a phun fehter dingah thilri hmatthahnak kha chek. Thilri a sau, a kauh pawl cu a hrawnghrang an si i punghmaan upa pakhat ca i a hmetngan a si.

Tuah ningcang a dotdot

A. Puanthan pakhat cio in 25 cm x 25 cm kili ngei in pathum in riam.

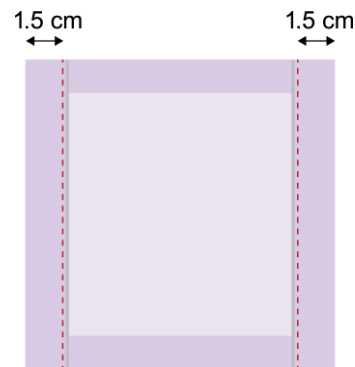
Cu pawl nih cun alenglei, alai le achunglei a thap in a ser lai.



- B. A cunglei le a tanglei puantlang kha 1 in bil law thi (a deh a sen tete in aa rinmi khi zoh).**

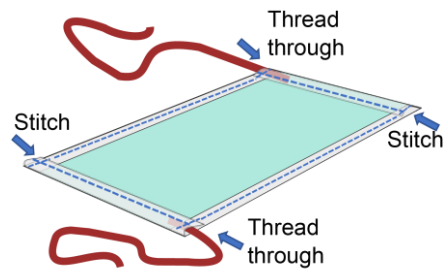


- C. A kamlei puantlang kha 1.5 cm in bil law thi (a deh a sen tete in aa rinmi khi zoh).**

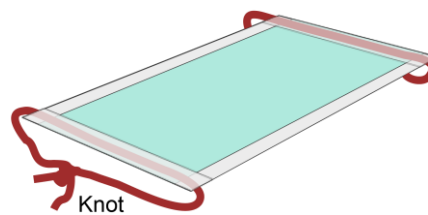


- D. A reng khomi, hri asilole puanthan hri 20 cm a saumi kha a kau deuhnak lei in kamkhat lei veve in khatlei ah tleng lak in sawh.**

Tlenglak in thitnak dingah a himmi thim asilole a nganmi thim hmang

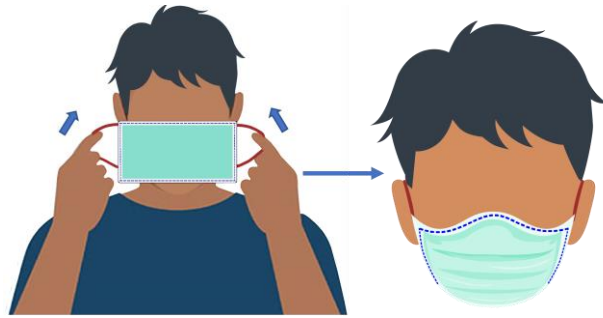


- E. A dong kha hmunkhat ah rek tein temchih asilole thi.**

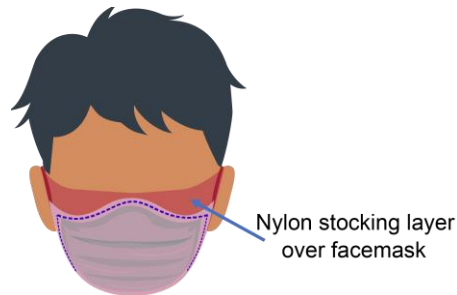


F. Hmurhuh kha ralrin tein i hruk cuticun hmurhuh kha na hmai he aa rup lai.

I hruk lio ah alenglei thap kha tong hlah.



G. Na hmurhuh kha i rup deuh seh tin a duh ahcun nailon (nylon) in sermi puanthan kha thap chih law na lu ahnulei ah tem chih.



To find out more information about corona virus and how to stay safe visit [DHHS.vic – coronavirus disease \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus)

<<https://www.dhhs.vic.gov.au/coronavirus>>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit

[DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>

For any questions

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only



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