



Puansia tawh muktuum bawl dan

Design and preparation of cloth mask – Chin Zomi

Puansia tawh muktuum bawl nangin a kisamte:

Van kizangte	Amal leh aliatna	Van kizang namte	Van kizangte gentehna
Apualam	Dal 1 , 25 cm x 25 cm	Tui-lutlo puan nam (setgat/tuipuan namte)	<ul style="list-style-type: none"> Puannaan A kizang kik thei vanleina ipte Asa kizang thei (a keu baih)
Alaizang	Dal 1 , 25 cm x 25 cm	Namnih kigankhawmte (naikhau kigan/ tuipuan namte)	<ul style="list-style-type: none"> A thuap sawn: Puansia ahih keileh A kizang kik thei sumbuk vanleina ipte
Asunglam	Dal 1 , 25 cm x 25 cm	Tui a diik thei puan namte (naikhau)	<ul style="list-style-type: none"> Puannaan
Bil kaihna khau	Zang 2, khat ciang 20 cm ta	A kizang thei, a khau zang neu, puan agial omte	<ul style="list-style-type: none"> Puannak (T-shirt) Khedap khau

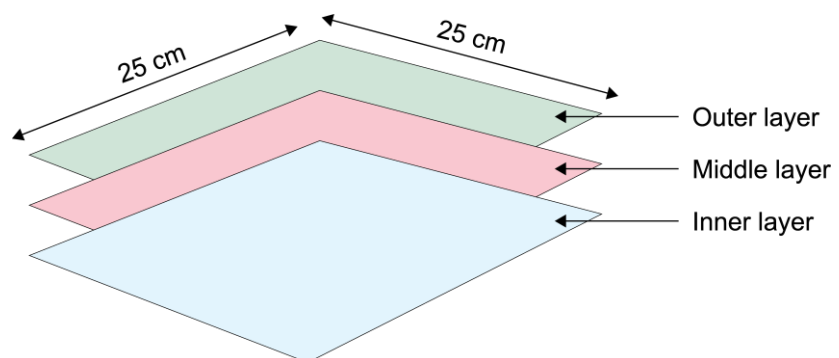
THEIH DINGA THUPITE: A vante khempeuh a kisia gawp nailo, a kikekna omlo in a pan lua ahih loh leh, a vang aom ahih ding kisam hi.

Tua zat ding vante tung a kigelh laite sittel inla, bangci namte hiam cih thei in. Adung avai azaina a hoibek cia khat hi dinga, uliante khempeuh tawh a kituak theih ding thupi hi.

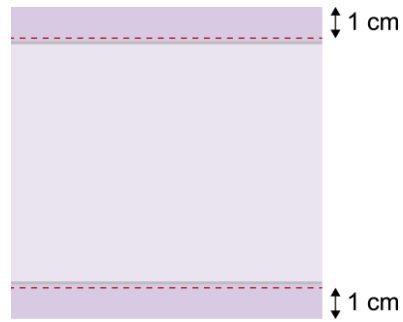
A banban in bawlzia dingte

A. Adung avai 25 cm x 25 cm kikim in at in.

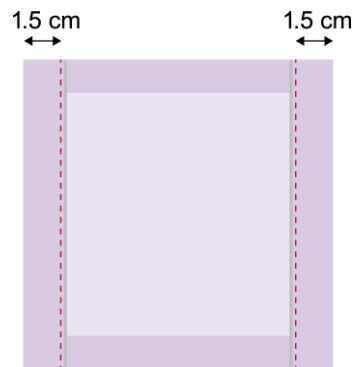
Tuate pen a pualam, a laizang leh a sunglam ading hipah ding hi.



- B. A tung, a nuai a khepna leh a khuina mong dingte 1 cm in khep ding (a san tawh lam kigiit pen en in).

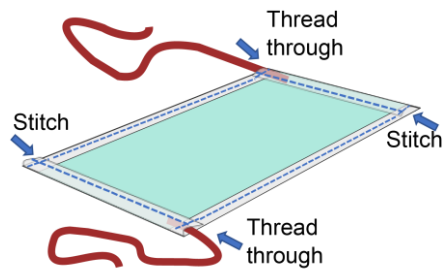


- C. A panglam mong a khepna leh a khuina 1.5 cm in khep ding (a san tawh lam kigiit en in).

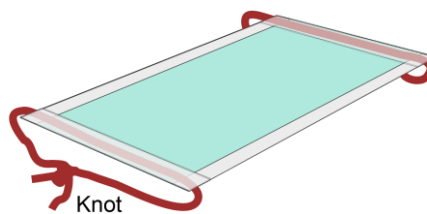


- D. A nawl gel tuak ah, a khepna gol zaw sung pan khau a kikang thei, khau zang neu ahih keileh puansia khau 20 cm pai sak ding.

Lingkhei ahih keileh phim gol khatpeuh tawh khum ding.

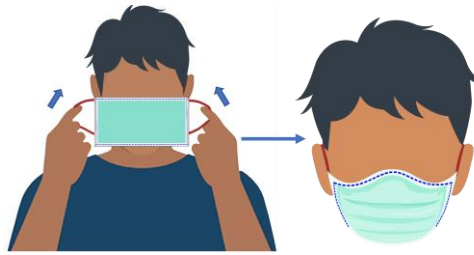


- E. A mongte kiptak khihbawl ding ahih keileh khuimat ding.

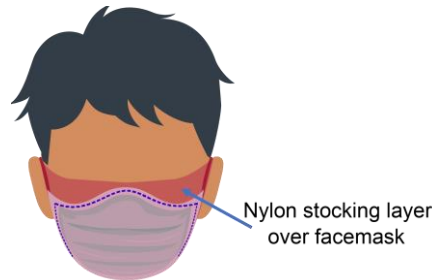


F. Tua maktuam na mai tawh a kituak lian dingin limtak bulh ding.

Na thuah ciangin a pualam aa pen sukha lo ding.



G. Na maktuam a bit zaw lai ding na deih leh, tua maktuam tungah nailon sa a pan khat thuahsawn in, a nungram pan khit ding.



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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