



Hmaihuh hruk ningcang How to wear a face mask – Chin Hakha

There are two types of face masks you can use: cloth masks and surgical masks. Cloth masks are made of washable fabric and can be re-used.

Hmaihuh na hman khawhmi phun hnih an um: puanthan in sermi hmaihuh pawl le khuaihlnainak tuah tik i hrukmi hmaihuh pawl. Puanthan in sermi hmaihuh pawl cu suk khawhmi an si i hman than khawhmi an si.

Thawngthanhmi tamdeuh hmuhnak dingah hika hin zoh [DHHS.vic – Hmai huhnak pawl - 11.59pm Cacawn Nithum 22 Chiapa \(July\)](https://www.dhhs.vic.gov.au/face-masks-covid-19) <<https://www.dhhs.vic.gov.au/face-masks-covid-19>>



Hmaihuh i hruknak nih nangmah le na innchungkhar kha a hlei in takpum lei dawnkhaantu pekna in coronavirus (COVID-19) a runven.

Hmaihuh a um lo ahcun, hmai huhnak dingah hngawngngerhpuan asilole pavuah tibantuk kha dang phun in hman khawh a si.



Hmaihuh na tongh hlan ah na kut i tawl.



Na hnar le na kaa kha huhter hrimhrim law na khabe tang in rek, cun na hnar thluan le na hmai hrap kha khuh ter dih.



Hmaihuh i hruk lio ah a hmailei kha tong hlah.

Hmaihuh na tongh ahcun, rianrang in na kut kha i tawl asilole kuttawl ahang i thuh. Hmaihuh kha na hawng ah thlai hlah.



Hmaihuh phoih dingah na kut i tawl asilole kuttawlnak ahang i thuh hmasa.

Na hmaihuh kha hnakhaw i rehchihmi asilole temchihmi kha ralrin tein phoih. Hraphnih in temchihmi kha a tanglei in phoih hmasat, cu hnu ah a cunglei kha phoih ve.

Na hmaihuh ah thianternak pawl an um ahcun, phoih law hlonh hna.

Hmaihuh kha bil law thilsuknak chungah dairek in sanh asilole suk awk caah hlonh khawhmi asilole suk khawhmi zal chungah sanh. Voikhat hmanmi khuaihlnainak tuah tik i hmanmi hmaihuh tu cu ningcang tein hlonh ding a si lai.



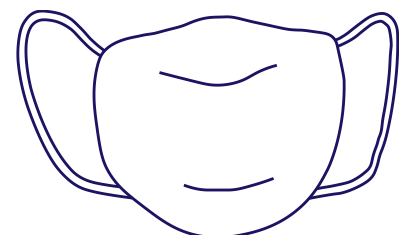
Hmaihuh na phoih hnu ah na kut i tawl asilole kuttawlnak ahang i thuh.

Puanthan in sermi hmaihuh kha nifatin tilum (60°C) in chatpiat asilole thilsuknak i hmanmi ahang in su.

Hmaihuh kha midang he i hrawm hlah.

Tuah peng na herhmi cu

- Na kut i tawl lengmang
- Midang pawl sin in 1.5 metres i hlat in um
- Zawt hmelmchnak tlawmte na ngeih zong ah, i chek
- Na dam lo ahcun inn ah um



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Chin Hakha

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