



# Muktuam bulh dan ding How to wear a face mask – Chin Zomi

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.

A kizang thei muktuam nam nih om hi: puan a kikhui muktuam nam leh cina khei siavuante zat muktuam namte. Puan a kikhui muktuamte pen a kisawp kik thei puan namte tawh kibawl in, kizang kikkik thei hi.

A kicing zaw a ettheih nading [DHHS.vic – Muktuam – 11.59pm hun, Nilai ni, July 22](https://www.dhhs.vic.gov.au/face-masks-covid-19)

<<https://www.dhhs.vic.gov.au/face-masks-covid-19>>



**Muktuam bulhna in nang leh na kiim leh paam in coronavirus (COVID-19) natna na ngahloh na dingin zuak bangin hong dal hi.**

**Muktuam aom kei zenzen leh zong, ngawng-awh dial (scarf) ahih keileh lugak (bandana) cihbangte zong muktuam dingin kizang thei hi.**



Muktuam na bulh ma in, na khut sil masa phot in.



Na nak leh na kam teng khuhsak hamtang inla, na khanuai ah bittak tuam in, na nak zungguh leh na biang gel ah paisak in.



**Muktuam na bulh ciangin a mai lawnglawng kei in.**

Na muktuam na lawnkhak zenzen leh zong, na khut sil pah ahih keileh khutsawpna tui tawh na khut siansuah pah in.

Na muktuam na ngawng ah kai sak kei in.

Muktuam na suahkhiat ding ciangin, na khut sawp masa ahih keileh khutsawpna tui tawh na khut siansuah masa in.

Bil pan a khihna khau ah len ahih keileh a khihnate phelkhia inla, kidawm takin na muktuam suahkhia in. A langnih aa kihen cip muktuamte ahih leh, a nuailam lakhia masa inla, tua khit teh a tunglam lakhia in.



Na muktuam ah ninkhahna (filter) a om leh lakhia inla, paai in.

Tua muktuam khep inla, puansawpna sungah koih in, ahih keileh khatvei zat ip ahih keileh puan tawh kisawp khawm thei ip sung khatah koih in. Cina khei siavuante zat nam, khatvei zat muktuamte paihsiam ding kism hi.

Muktuam na suahkhiat khit ciangin, na khut tui tawh sil, ahih keileh khutsawpna tui tawh na khut siansuah in.

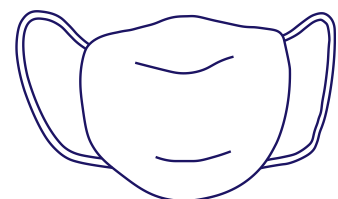


Puan a kikhui muktuamte satpiang, satpiang vui ahih keileh satpiang tui tawh tuisa (60°C) sungah nisim sawp in.

Midang tawh muktuam zangkhawm kei in.

## Tatsatlo a sep tawntung dingte

- Na khut hunman in sawp den in
- Midangte tawh 1.5 metres kihal in om in
- Na ci a na ngawh kei phial zongin kisit in
- Na ci a nop keileh inn ah om in



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Available at [DHHS.vic – Coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus) <<https://www.dhhs.vic.gov.au/coronavirus>>

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