

Thimnak ni ah a tlawmbik thimfung voi thum thlak a si kha philh hlah.

**Pyithu Hluttaw**



A chin a hringmi thimfung kuang ahkhan va kal law, na thimfung kha va thla.

**Amyotha Hluttaw**



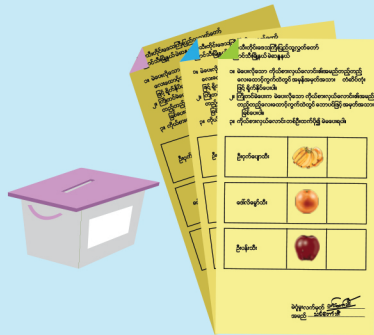
A chin a dummi thimfung kuang ahkhan va kal law, na thimfung kha va thla.

**Ram Kulh le Ramthen Hluttaw**

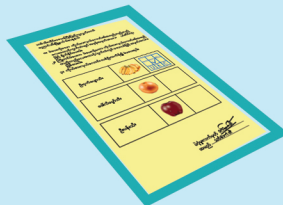


A chin buanbok rong (purple) thimfung kuang ahkhan va kal law, na thimfung kha va thla.

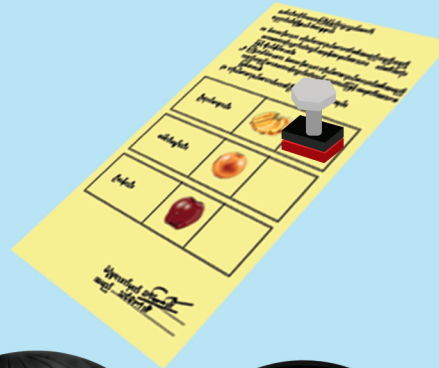
Miphun ai aw h palai caah thimfung thla kho tu na si ahcun a chin a rangmi thimfung kuang ah va kal law, na thimfung cu va thla.



Na duhmi palai lawng na thim lai i, thimfung catlap cung ah tha tein seal na namh lai.



**Na thimfung kong ah mi thei ter hna hlah**



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2020 thimnak pi cu a rauh hlan ah tuah a si cang lai caah, thimfung thlak ding nincang pawl kha a dot dot tein tuah hna.



Covid-19 nih thimfung na pek khawhnak kha in donkhan hlah seh.



Na dam lo a si ahcun innchung ah um ziar. Sibawi te kha phtlaih hna law bawmh hal hna.



Pakhat le pakhat pee (6) dan ah thudir uh.



Leng na chuah fatin hmaihuh (mask) i hruk.



Kut i tlaih kha hrial.



Kut tawl ta lo in na hmai kha tawngtham hlah.



Na haa thio, na khuh khuh tik ah voikhat lawng hmanmi tissue (si lo le) na kiu in na kaa le na hnar kha hup.



Ti le sapiat hman in na kut kha minute (20) chung a tu le a tu in tha tein i tawl.



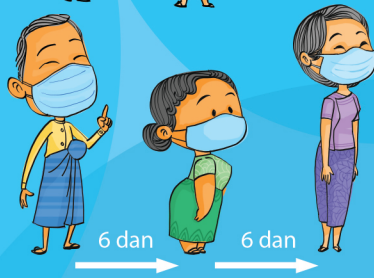
Na hmancia cangmi tissue kha hnawm bawm ah tha tein hlonh hna. Na kut kha thiag tein i tawl.

# Thimfung thlknak zung luh tik ah

Thimfung thlknak zung hmai ah an tarmi thimfung petu cazin ah na thimfung cazin number kha kawl.



A dang thimfung petu hna he pee (6) dan in um peng uh.



Hmaiuh (Mask) kha a tha tein i hruk peng.



Na kut ah cahang nalhmi Chiangchiahnak a um rih lomi kha thimfung thlknak rungventu (security) kha hmuh sak.



Pum tlamtling lo le dirkamh a herhmi thimfung thlatu pawl kha thimfung thlak ding in artlang in nan dir lio ah bawmchan pah hna.



# Laak, seal namh le thimfung thlak

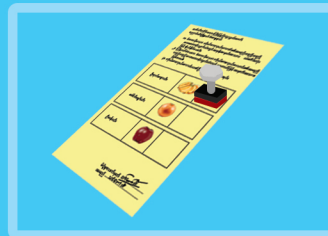
1. Zohfel ta- Thimfung thlknak zung i thimfung petu cazin ah na min thutnak ding ah nangmah pumpak cafung na rak i ken tha a tha bikmi a si. Nangmah pumpak cafung nai ken lo soal a si ahcun hrik thahcia in an chiahmi cafung kha i laak law na min thu.



2. La tuah- Thimfung catlap petu sin ah va kal law, thimfung catlap vai laak.



3. Seal namh- Mi hmuhlo thimfung thlknak ahkhan va kal law, na duhmi palai a min kam ah seal namhnak in thimfung pe.



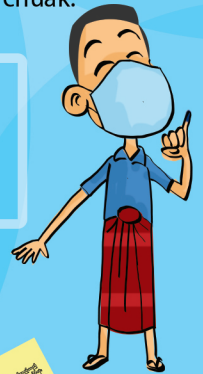
4. Thimfung thla – na thimfung kha bil law, thimfung kuang ah thla.



5. Tuah nolh – A Myotha Hluttaw le Ramkulh/Ramthen Hluttaw zong ah a dot khat nak in a dot thum nak tiang bantuk in thimfung thla than. Miphun aiawh palai caah thimfung thla khotu na si ahcun thimfung thla than.

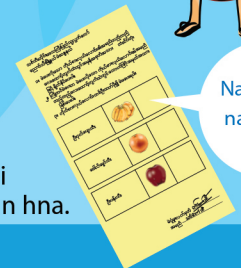


6. Thimfung na thlak dih cang a si ahcun cahang nalhtu sin ah va kal. Na kut cung hrik kha that ta. Second 30 hrawng hngak ta. Cun na kehlei hngete kha cahang nalh ta. Chuahnak ding an timi in thimfung thlknak zung in leng ah chuak.



7. Atu cu tlamtling tein thimfung na thlak khawh cang.

Philh lo ding: Thimfung na pek duhmi palai kam i a lawngmi zawn ah khan seal namh law thimfung pe. Thimfung na thlak hlan ah, na thimfung catlap kha ai rawk soal a si ahcun a thar hal than hna.



Nang mah na duhmi palai