

FLU leh COVID-19

Flu leh Covid-19 natna kilatzia te kibang mahmah hi. Koizaw nei cih na theih nading in na ki sitsak kul masa hi. Na kisit na'ng appointment lakkul masa maw cih, na theih nading in na doctor or khuasung sikhan te phone sam in.

FLU



COVID-19

A kinai natna kilatzia te

- Cisa or khuasik
- Khuh
- Huihdik haksa or huihdik tawm
- Gimna/tawlina
- Gawltaak



- Naptui
- Pumpi ci leh sa na
- Lutangna
- Pawlkhat te sungpai leh luaksuak thei aa, kumtam te sang naupang te hi zaw hi



Atuam deuh natna kilatzia te

Om lo. A tung aa natna kilatzia te en in.

Mi pawlkhat ten' a gimnam te za thei lo.

ONSET

Mikhat in **natna a ngah zawh ni 1 pan ni 4 khit teh** natna kilatzia te ong suak pan thei hi.

Natna ngah zawh **ni 2 pan ni 14 khit teh** natna kilatzia te ong suak pan thei hi.

VACCINES

Zatui ki ngah thei.

Tulaitak, **ZATUI OM LO.**

SO ACT NOW! **GET YOUR FLUSHOT**



EASTERN MICHIGAN UNIVERSITY
**Center for Health Disparities
Innovations and Studies**
www.emich.edu/CHDIS

To learn more visit the CHDIS website or contact us:

<https://www.emich.edu/chdis/>
734.487.4420 | CHDIS@EMICH.EDU

Made possible with the funding from the Centers for Disease Control and Prevention

Flu Shot LAUHUAILO Hi

Myth 1:

Flu shot na-in hong nasak zaw hi.



FACT

Flu shot na-in ong nasak
zaw thei lo hi.



Myth 2:

Flu pen lauhualo hi.



FACT

Flu pen lauhuai hi; flu shot na-in zato leh
urgent care te na pai na ding pan ong
kem thei ding hi.



Myth 3:

Naupaai ka hih man-in flu shot
thei lo ding hing.



FACT

Nupi naupaai ten flu shot thei hi.
Flu shot na in gilsung aa nau
zong natna pan na dal thei hi.



Myth 4:

Puanlum silh lo aa apualam
pusuak na in flu ki ngah thei
hi.



FACT

Flu a nei sa mite' ong lawhna pan bek ki
ngah thei hi. Kampauna, khuhna leh
hatchai na pan ki zel hi.



Myth 5:

Nungkum aa flu shot khin ka
hih man-in, tukum kisam
nawn lo hing.



FACT

Flu virus pen kum sim ki laih ahih
man-in, kumsim kisam hi teh.



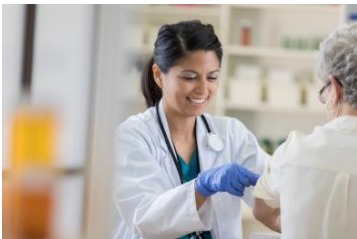
Myth 6:

Flu shot hang-in
pumpi aading a dang
lauhuai na om hi.



FACT

Flu shot pen a lauhuai lo penpen zatui
khat a hihi. A hoih loh na tawm
mahmah hi.



What are you waiting for?
Get your FLU SHOT NOW!



EASTERN MICHIGAN UNIVERSITY

**Center for Health Disparities
Innovations and Studies**

www.emich.edu/CHDIS

To learn more visit the CHDIS website or contact us:

<https://www.emich.edu/chdis/>

734.487.4420 | CHDIS@EMICH.EDU

made possible with the funding from the Centers for Disease Control and Prevention

FLU DAL THEIH NA'NG BANG HIH THEI DING NA HIAM

ZATUI KISUN IN

Flu zatui pen flu natna pan kidal na hoih penpen lampi a hihi.



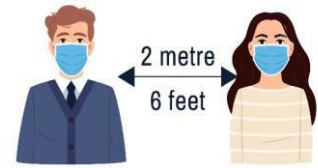
KHUT SIANGTHO NA'NG HANCIAM IN

Tui leh satpiang tawh na khut sil in la, lungno te a bei na'ng in na khut te nuai khawm in. Tui leh satpiang a om keh, alcohol a-pa hand sanitizer zangh in.



SOCIAL DISTANCE

Flu anei midang tawh pi 6 kihal aa om in. Lungno kilawh loh na ding-in nek leh dawn te kipawl ken. Flu anei midang tawh kinai aa om ken.



NAKHUH TEH KIDAL IN

Na khuh teh, na kam dal in. Huihlak ah lungno kizelh loh na ding-in, na ban ah khuh in.



INN AH OM IN

Flu or Flu dan natna kilatzia te na neih leh. A lem leh zunbuuk a tuam zangh in. Tua in na kim na pam aa mite tungah flu kizelh na ong hu thei ding hi.



NA NATNA DALNA A HAT NA DING IN, CIDAM NAN'G TAWH KISAI TE HIH IN

Zan khat nai 7-8 kikal ih mu in. kalkhat teh ni 5 sung minutues 30 ta exercise bawl in, tui tampi dawn in, mehteh mehghah tawh ann pongman ne in.



NA INN LEH NA NASEP NA SIANGTHO SAK IN

Counter tung, konghon na, keyboards, leh phones te siangsak na'ng disinfectant wipes or spray, satpiang leh tui zangh in, a diak in, nang or na om khop pih te in flu a neih leh siangsak in.



ZA NA TEEP LEH, KHAWL IN

Flu na neih aa leh, na zateep na in na lungtang hoih sak lo zaw semsem ding hi.

