



Umlo Ngahlo mi Timhtuahnak

Timhtuahnak Zohfelnak cazin

Rawhralhnak(disaster) nih kan nunnak tampi hna a hnawh. Tilian le innkangh tibantuk, rawhralhnak pawl hi, khoi kaa hmun paoh ah a cang kho. Ram meikanghnak le hurricane thlichia tibantuk, a dang rawhralhnak pawl, hi a can tawn nak hmun ah tam deuh a cang. Nikhua caan thlennak tam pi a chuak chin ii a faktuk mi khuaticaan pawl zong an chuak. Hi nih hin thihnak, khawndennak, ngeihchiah sungahnak le hnahnawhnak pawl kan nunnak a karh ter. Asinain timhtuahnak kan ngei kho. Nangmah le nangmah, na dawtmi hna le na inn khamhnak ding ah a tu in i timhtuah



Timhtuahnak ngei

Timhtuahnak ngeih a sullam cu:

- Na umnak hmun chung ah thlikhirh silole tilian tibantuk, zeibantuk tihnung thil dah a cang tawn timi kha hngal.
- Nangmah le na dawtmi hna nih thil a can tik ah zeitin dah kan lehrulh lai timi nan hngalh nak hnga a hmun ah timhtuahnak ngei.
- Na umnak hmun chung ii laakhruak thil a cangmi pawl zohnak lam ngei.
- CPR le a hmasa thlopnak(first aid) tibantuk, laakhruak thiamnak pawl ngei.
- Na herhmi hram na ngeih khawh nak hnga, ei awk rawl, ti le sii tibantuk, laakhruak bawmtu pawl i chiah.



Laakhruak Thiamnak pawl Cawng(Learn Emergency Skills)

A tu in i tim cia, cu ti cun hman khawhmi thiamnak na ngei lai ii na herhmi hram(basic needs) na hmuh lai.

- CPR le a hmasa thlopbul damhnak(first aid) cawng.
- Hmanmi thil pawl(utilities) cu offline in asi kho. Tha(power), gas le ti lo in nun ding i tim cia(ready). Kut ken phone le sii lei thilri pawl telh in, na herh mi thil pawl i timhtuah. Na sibawi chawn. Tha a hlei/ airoltu(backup) caah timhtuah.



Na Tonding Harnak i Fiang

Tilian le inn kangh tibantuk, a cheu harnak pawl hi, khoi kaa paoh ah a cang kho. Lihnih le hurricane thlichia pawl telh in, a dang pawl hi, a can tawnnak hmun ah tam deuh a cang.

Na umnak hmun chung ah tonding harnak pawl tam deuh theihnak ding ah na peng silole na umnak hmun chung ii laakhruak tolreltu agency kha chawn hna.



Pehtlaihnak Cahlo ding Timhtuah

Rawhralhnak lio ah, pehtlaihnak catlo ding le thawngpang ngah ding hi a biapi tuk

- A lak in laakhruak ralrinpeknak(emergency alerts) caah na ramchung cozah sin ah luhnak tuah.
- Batter a hlei/airoltu ngei silole na kutken phone tha tuinnak lam kawl.



Laakhruak Bawmtu pawl Khawm(Gather Emergency Supplies)

Rawl, ti le sii pawl khawm hna. Putding-thil(Go-kit) le Inn-ah-Chiahding thil(Stay-at-Home kit) tiah bawmtu phun hnih in tthan hna.

- Putding-Thil(Go-Kit): Nangmah nih naa put khawh ding a tlawm bik nithum bawmtu Na thilri(kutput phone, CPAP, leng-tthutdan(wheelchair)) caah battery a hlei pawl le tha tuinnak(chargers) pawl telh chih.
- Inn-ah-Umding Thil(Stay-at-Home Kit): a tlawmbik zerh hnih ca bawmtu. Chawdawr le sii dawr pawl cu an khar khawh.
- Thla-1 ca sii(medication) hman awk cun sii lei bawmtu silole hman awk thilri pawl cu ngakchia on khawh lo nak bawm ah i chiah.



Laakhruak Bawmtu pawl Khawm (Gather Emergency Supplies)

- Na pumpak konglam, tangka lei le sii lei hmat-ttaan(record) pawl cu a himnak le laak a fawinak hmun ah i chiah (hard copy pawl in silole him tein laak tthannak ah) Na sii pawl le na sii dinmi cazin(list) pawl naa ken khawh nak hnga kat(card) a hmete ah i ttial hna.
- Customize your kits to meet your household's needs and the season. Khuaticaan le na chungkhar herhmi thil na tlinhnak hnga na thilri(kit) pawl cu na duh ning in remh hna.

Bawmtu hram ah aa telmin pawl cu:

- Tii: nikhat ah, minung pakhat kalaan(gallon) 1
- Rawl: a rawk kholo mi, fawi tein ser a ngahmi pawl
- Bawm onnak(can opener)
- Sii le sii lei he aa pehtlaimi thil pawl
- Dahmei silole battery-thangei meinn
- Battery-thangei silole kut-put radio (NOAA Khuacaan Radio, asi khawh ahcun)
- Battery hlei pawl
- A hmasa thlopnak thilri
- Zeipaoh ah hman khawhmi thil(tool)
- Rungrulthahnak le pumpak thianhhlaimhna thilpawl
- A tha tuinnak he kuken phone
- Chungkhar le laakhruak pehtlainnak thawngpang(information)
- Tangka a hlei
- Laakhruak puanbu
- Luchinh, kut-hrolh, kedan, angki leng (Khuasik thla)
- Deuder luchinh, nikhamnak mitbenh, nikhamnak thuhmi(sunscreen), taksa kahmi (Khualinh thla)
- Thil thlennak
- Hmunhma chung ii map(pawl)
- Na pumpak konglam, tangka lei le sii lei hmat-ttaan(record) pawl cu a himnak le laak a fawinak hmun ah i chiah (hard copy pawl in silole him tein laak tthannak ah)



Him tein Umding Timhtuahnak Ser

Um silole Kal? Laakhruak a cangmi cung ah i ngatchan in, na umnak hmun te ah na um a hau kho silole a himnak hmun ah na tlikzaam a hau kho. Kaa khat khat ah kal na hauh ahcun, a tang lei biahalnak pawl hi ruat pah:

- Khoikaa dah ka kal lai?
- Zeitindah ka phak lai?
- Khoikaa ah kaa tthumh lai?
- Zeidah kaa ken lai?



Na Dawtmi hna He Pehtlaihtthan ding Timhtuah

- Nan i tthan hna ahcun, silole phone silole internet line a tlaw ahcun, na dawtmi hna he pehtlainnak ding timhtuahnak ngei.
- Na chungkhar chungtel pakhat cio caah pehtlainnak kat(contact card) tuah. An i ken hrim nak hnga ttha tein chim hna.
- Cakuat hi a ttha bik asi. Phone chawnh a ngah lo tik ah cakuat cu a phaah kho.
- Nan chungkhar pehtlainnak tthannak ah an bawm kho tu ding khua-leng-um minung pakhat khat pehtlai cia. A cannak hmun leng ah aum mi chawnh an fawi deuh kho.
- A him tik ah na dawtmi hna he i ton tthan nak hmun pakhat khat hnatlaknak tuah uh.
 - Na inn chuah tak a herh ahcun, aa naihnak hmun pakhat in thim.
 - Na umnak velchum(community) chuah tak a herh ahcun, na umnak velchum leng lei hmun pakhat in thim.



Nangmah le Nangmah Zohkhenh ding Timhtuah

- Lung nuamhlonak, lungbatnak(stress) silole launak ngeih hna hi a phung si ko.
- Na lungbatnak(stress) damnak caah a ngamdami rawl ei ding le mitkuh vuai te'n ih ding timhtuahnak ngei.
- Minung pakhat khat he chawnh na duh ahcun Disaster Distress Helpline ah a lak in pehtlainnak na tuah khawh. ah Chawn silole cakua **1-800-985-5990**.

Prepare so you can protect.

| Thawngpang tam deuh theihnak ah, redcross.org/prepare ah kal

| Emergency App download tuah

