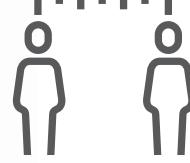
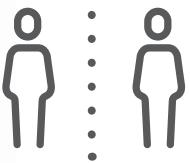


# Cawsa, Arsa le Voksa (Sa pawl) pawl Cannak le Funtuamnak lei he Apehtlai mi rian ah a tuan mi Riantuantu pawl nih COVID-19 Pul Zawtnak an i Chawnhnak ding lam Zorter deuh nak ca ding ah Zulh ding Lam 9

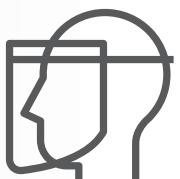
Nangmah le na pawngkam i rian a tuan ve mi pawl him tein nan um khawh nak ding caah i zuam peng. COVID-19 pul zawtnak i latkhana pawl na ngeih lo asiahmanh ah a dang i zulh ding lam pawl hi tha tein zul hna.

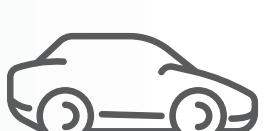
- 1** Na damlo asiahcun khoika hmanh ah kal loin inn ah um ko.  

  - 2** Na riantuan ti hawi pawl he a tlawmbik aa naibik ah pe ruk i hlat in thu/dir (physical distance) buin i chawnbia uh.  

  - 3** Riantuannak hmun asilomi hmundang kaa dang ah leng chuah in mibu he tonnak a um sual i na rian na dinh caan asi hmanh ah cu hmun kal i tonnak ngeih ding cu hrial khawh i zuam.  

  - 4** Midang he neih tein i chawnhbiak nak um kholo ding in physical distance ngeih khawhnak caah riantuannak hmun i thilchuahnak line pakhat le pakhat kar ah khan dalnak (vanpang bantuk aa kham mi) kha tuah.  

  - 5** Na thilri le a herh mi thil na hman mi pawl kha midang he cawh buin hmannak khan hrial. Midang he cawh buin na hman mi thilri pawl kha tha tein punghman thianh than peng hna.  

  - 6** Kuttawlnak caah ti le chaphiat hmang hna.  

  - 7** Atlang piin na himnak caah le hi virus i chawnhnak karlonak ding caah himnak caah hman ding mi thilri pawl kha tha tein hmang hna.  

  - 8** Nangmah an zohkhenhtu na supervisor siloah OSHA kha ngandamnak le himnak kong he pehtlai in na siaherh mi chim awk na ngeih asiahcun tha tein chim hna/report pe hna.  

  - 9** Asikhawh asiahcun riantuan kal caan le inn tin caan ah hawidang he motor i hrawm in cit ti kha hrial.  

- Mipi ngandamzohkhenhnak nih tuah uh ati ning tein khan thil pawl tuah khawh le zulh khawh i zuam. Adang thawngpang theih chap na duh asiahcun hika [www.osha.gov/coronavirus](http://www.osha.gov/coronavirus) ah hin zoh siloah 1-800-321-OSHA(6742) ah hin chawn.



U.S. Riantuantu  
Riantuannak i Himnak le  
Ngandam tein Riantuan kho  
ding in Tawlrelnak Zung

1-800-321-OSHA (6742)  
TTY 1-877-889-5627