



COVID-19 EMERGENCY SIGNS

English	Tangkhul Translation
What are symptoms of COVID-19?	COVID -19 hiwui machut āmahā katha mamei khala?
<p>There is a wide range of symptoms, but common symptoms include:</p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Chills</li> <li>• Cough or shortness of breath</li> <li>• Fatigue</li> <li>• Muscle and body aches</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Diarrhea</li> <li>• Nausea or vomiting</li> </ul>	<p>Machut bing chi chunglaka, Kha ngayaomeithui kachi bing chiya:</p> <ul style="list-style-type: none"> <li>• Kakharur</li> <li>• Ring-ring kahai</li> <li>• Khamakha kala khak suikashi</li> <li>• Tāmān kahai</li> <li>• Phasa kachot</li> <li>• Kashak kazali khangayam makhalei kala anganam kashiman</li> <li>• Karok kakaphak</li> <li>• wukkhangu</li> <li>• Malo khangai</li> </ul>
<p>Sometimes, symptoms are different in Elders. Other signs to look out for include:</p> <ul style="list-style-type: none"> <li>• Decreased ability to do usual daily activities</li> <li>• Racing heart</li> <li>• Dizziness when standing or sitting</li> <li>• Restlessness, hallucinations, confusion</li> </ul>	<p>Khararnaoli ngatei kapai machut āhamhā bing chiya:</p> <ul style="list-style-type: none"> <li>• Thangthangwui ot kasali ngazansang khamei</li> <li>• Malung ashikazat thak khamei</li> <li>• Kuikhanganing kapamli kala khanganinglila</li> <li>• Pamri pamra makachi,ning maphākakhui, pakhangapā</li> </ul>
Symptoms may appear 2-14 days after exposure to the virus	Chikatha theikapai machut chi āga mnkhui kahai thili zimiksho 2-14 wui lungli shokra
When should I go to an emergency room?	Katharan thaklak eina vāki kachi apamli vāra?
<ul style="list-style-type: none"> <li>• The warning signs for COVID-19 include: <ul style="list-style-type: none"> <li>• Increased trouble breathing</li> <li>• Persistent pain or pressure in your chest</li> <li>• New confusion</li> <li>• Inability to stay awake</li> <li>• Blue lips or face</li> </ul> </li> </ul>	<p>COVID-19 nadatheikapai chiya:</p> <ul style="list-style-type: none"> <li>• Khaksui kashe</li> <li>• khangashei lah mathik kachot leishon kachi</li> <li>• Ningmaphākakhui</li> <li>• Ningmamathing kharar</li> <li>• Morchai lah mai sining kahai</li> </ul>
If you see any of these symptoms you should go to your nearest emergency room or medical provider <u>immediately</u>	Hikatha machut leikareoda kathak eina ngangameithui kachi arishang maning akha yangsangmiran li vara