



**Khuh Khuh**



**Taksaa/tak ling**



**Thawthawt har**

Taksa, khuh le thawthawt har in na um a si len, ahnuai lamih tarlangmi thawthawtnak hritluan lam sikhan pawl ah sut theih, feh theih a si. Himi sikhan pawl na biak a si len **Corona** tiin sim aw.

Thawthawtnak hritluan lam	Biak theih nak	Biak theih caan Hmun	Sikhan pawl
<b>People's Community Clinic</b>	319-874-3000 zung hnatuan can hnu 319-874-3000	M-F 8am-7pm Sat 10am-5pm Sun 1pm-4pm	905 Franklin St Waterloo, IA 50703
<b>MercyOne</b>	319-272-2273 zung hnatuan can hnu319-272-2273	M-F 8:00am-8pm Sat 10am-6pm Sun 10am-6pm	155 E. Ridgeway Ave. Waterloo, IA 50702
<b>UnityPoint Clinic</b>	319- 833-5888 zung hnatuan can hnu 1800-424-3258	M-F 8:00am-8pm Sat 8am-8pm Sun 8am-8pm	1731 West Ridgeway United Medical Park Waterloo, IA 50702
<b>NA DAM LO ASILEN</b> <ul style="list-style-type: none"> <li>Na innsung lawngah ni 7 sung um aw. Na taksa a reh cuang lo asilen, na taksa a reh hlan sung leh a reh hnu nazi 72 sung (nithum sung) tiang innsung lawngah um aw.</li> <li>Sikhan na feh asilen, mipi zaten hmantlangmi bus, midang thawn kom maw in motor to tivek hman lo ding.</li> <li>Na innsang dang pawl leh na inn ih vulhmi ramsa pawl thawn a hran ten um ding</li> <li>na nat tuarmi kha hmingsin tha-awla sibawi pawl ih simmi kha thaten thlun aw.</li> <li>Na hnar leh na ka hup tha aw</li> <li>Si ih tuamhlawm na tul asilen, suthlam zang aw.</li> </ul>		<b>DAM LOMI THAWN NA UM, HNA NA TUAN, MOTOR NA TO ASILEN,</b> <ul style="list-style-type: none"> <li>Sawn-awk theihmi a siruangah fianhrial in ni 14 sung um aw la na nat tuarmi kha hmingsin tha aw.</li> <li>Rian ruangah inn um awk na that lo ahcun leng na chuah tik ah hmai hut/khuh i benh</li> <li>Bung le bel, hrukpuan, ihphah tivek tawm-aw lo ding.</li> <li>Cawp leh cawp ah sahpiian thawn na kut kha second 20 sung khlawh aw.</li> <li>Mit, hnar leh kaa tham lo ding</li> <li>Na kiangkap le mi tampi tham theumi pawl (cabuai, saangka kutkaih tivek) thianfai ring ring ding.</li> </ul>	

Eai le in leh thil dang tulhai te te hrang siseh, tonglettu na tulah siseh, sikhan lam tuanvo neitu ih bawm na tulnak ih nitiam(cankhiah) tuah na duh ah siseh, hnatuan nei lo na si nak dilnak ca hrangah siseh, WIC le LIHEAP hrangah siseh, kilhim (safety) nak lam ih bawm na tulah siseh, a hnuai lam ih tarlang mi phone ah sut theih a si.

Phunhnam tong	French	Lingala	Swahili	Karenni	Karen	Chin
<b>Biak theinak phone</b>	515-216-0654	515-216-4329	515-216-0611	515-216-0712	515-216-0143	515-216-0974

**Thawsam, le duh vekin na thaw theilo ahcun 911 ko lohli aw la na um nak hmun (address) sim aw.**