

	English	Hakha Chin
Social post 1: "Mosquito alert"	<p>Mosquitoes can carry diseases. Your best protection is to avoid mozzie bites.</p> <p>Use mosquito repellents containing Picaridin or DEET on all exposed skin; and limit your time outdoors if lots of mosquitoes are about.</p> <p>More information https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</p>	<p>Fikfa nih zawtnak pawl an i ken khawh. A thabikmi khamnak cu mozzie sehnak pawl hrial kha a si.</p> <p>A langmi vun cungah Picaridin asilole DEET aa telmi fikfa khamnak pawl hmang law fikfa tampi a umnak alengah na um caan kha tlawmter.</p> <p>Thawngthanhmi tamdeuh hmuhnak caah https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</p>
Social post 2: "Mosquitoes can carry serious disease"	<p>Mosquitoes can spread viruses like Ross river virus, and Japanese encephalitis virus. Avoid mosquito bites. https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>Fikfa pawl nih Ross tiva zawtnak hrik le Japan thluak lei zawtnak hrik tiva bantuk zawtnak hrik pawl a karhter kho. Fikfa sehnak pawl kha hrial. https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>
Social post 3: "Stop mosquitoes from breeding"	<p>Mozzies love to breed in stagnant water. Reduce pools of water in and around backyards where you can. Protect yourself and your family from mosquito bites. https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>Mozzie pawl cu aa dilnak ti ah um kha an duh. Na tuah khawhnak hmun ah dum chung le tidil ah ti umtermi kha tlawmter.</p> <p>Fikfa sehnak pawl in nangmah le na innchungkhar kha kham. https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>

<p>Social post 4: "Playing sport this weekend?"</p>	<p>If you're heading outdoors this long weekend enjoy yourself but remember to avoid mosquito bites. Mosquitoes can spread many diseases so:</p> <ul style="list-style-type: none"> • Cover up: wear long, loose fitting, light coloured, clothing. • Apply: mosquito repellent that contains picaridin or DEET. Reapply often. <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>Hi a saumi zarhte le zarhpi ni ah a leng chuah naa timh ahcun, fikfa sehnak pawl hrial ding kha i chinchiah. Fikfa pawl nih zawtnak tampi a karhter khawh cucaah:</p> <ul style="list-style-type: none"> • I hruk: a saumi, aa lawngmi, muici a ngei tuk lomi thilthum i hruk. • I thuh: Pacaridin asilole DEET aa telmi fikfa khamnak. Atu le atu i thuh than. <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>
<p>Social post 5: "Packing for a summer holiday?"</p>	<p>Packing for the school holidays? Here's a quick checklist to help keep the family safe:</p> <ul style="list-style-type: none"> • Hats and plenty of sunscreen • Mozzie repellent • Water bottles • First aid kit • Essential medications <p>Don't forget to download the VicEmergency app so you can receive alerts and warnings about emergencies in your area</p> <p>https://emergency.vic.gov.au/respond/</p>	<p>Sianginn khar pawl caah thil na tom cang maw? Hihi cu innchungkhar him tein chiah peng dingah a rangmi cheknak cazin a si:</p> <ul style="list-style-type: none"> • Luchin le nikhamnak ca thuhmi tampi • Mozzie khamnak • Ti tawl pawl • A hmasat bawmhnak thilri • A herhmi sidinmi pawl <p>VicEmergency app dawnglawt (download) kha philh hlah cu ticun na umnak hmunhma i poipang pawl kongah ralrinnak pawl kha na hmuh khawh lai</p> <p>https://emergency.vic.gov.au/respond/</p>

<p>Social post 8: "Tips for using insect repellent"</p>	<p>There are lots of mozzies about this summer. If you're heading outdoors hiking or camping, remember to pack mozzie repellent.</p> <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>Hi thal hrawngah mozzie tambi an um hna. Aleng i ramlak kalnak asilole de user i umnak tuah naa timh ahcun, mozzie khamnak tom in iphorh kha ichinchiah.</p> <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>
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