

တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အတၢ်ဟ့ၣ်ပလီၢ်- ခိၣ်ရိၣ်န့ၣ်တၢ်ဆါ ၂၀၁၉ (COVID-19)

လိာ်တၢ်ဂ့ၢ်တၢ်ကျိၤလၢတၢ်ဖးအိၣ်သ့အဟ့ၣ်ယဲၤသန့- <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

တယံၣ်ဒ်ဘၣ်အတၢ်ပူၤနလဲၤအိၣ်ဘၣ်လၢပီၣ်လဲၣ်ကဘီလဲၤတၢ်ဖးဒိၣ်အပူၤမ့တမ့ၢ်ထံကျိၤအကဘီဖးဒိၣ်အပူၤလီၤ.

COVID-19 မ့ၢ်ဝဲကလံၤကျိၤတၢ်ဆါတကလုာ်လၢအဘၣ်ကူဘၣ်ကံၤတၢ်သ့ခိၣ်ဖျိပုၤတကဆူပုၤအဂၤတကန့ၣ်လီၤ.

စးထီၣ်ဖဲနဟးထီၣ်လၢပီၣ်လဲၣ်ကဘီလဲၤတၢ်ဖးဒိၣ်အပူၤမ့တမ့ၢ် ထံကျိၤအကဘီဖးဒိၣ်အပူၤဝံၤအဆၢကတီၢ်, အိၣ်လၢဟံၣ်လၢ၁၄ သီအတီၢ်ပူၤ, အိၣ်စီၤစုၤယံၣ်ဒ်ဒီးပုၤဂၤတက့ၢ်.

မၤတၢ်အပတီၢ်တဖၣ်အံၤလၢနကမၤကွၢ်လီၤက့ၤနတၢ် အိၣ်ဆူၣ်အိၣ်ချ့ ဒီးအိၣ်စီၤစုၤယံၣ်ဒ်ဒီးပုၤဂၤတက့ၢ်-

- ၁. ထီၣ်ကွၢ်နတၢ်ကီၢ်ဒီးတၢ်ထီၣ်တၢ်ကီၢ်တနံၤခံၣ်ဒီးမၤကွၢ်နတၢ်ကီၢ်တက့ၢ်. ဒီးကွၢ်စ့ၢ်ကိးမ့ၢ်နက့ၤမ့တမ့ၢ်ကသါကီၢ်ခဲၣ်န့ၣ်တက့ၢ်.
- ၂. အိၣ်လၢဟံၣ်ဒီးတဘၣ်အိၣ်ဘူးအိၣ်တံၢ်ဒီးပုၤအဂၤအဂၤတဂ့ၤ. တဘၣ်လဲၤတၢ်မၤမ့တမ့ၢ်ကွီတဂ့ၤ.
- ၃. အိၣ်စီၤစုၤယံၣ်လိာ်သးဒီးပုၤအဂၤအဂၤတဖၣ်(၆ခိၣ်ယီၢ်မ့တမ့ၢ် ၂မံထၢၣ်ယၣ်ယၣ်)တက့ၢ်.

ဖဲနမ့ၢ်ဆိးက့, နကဘၣ်မၤတၢ်မနုၤလဲၣ်.

နမ့ၢ်ဆိးက့ၤအမ့ၢ်နတၢ်ကီၢ်ထီၣ်, က့ၤ, မ့တမ့ၢ် သါကီၢ်ခဲၣ်လၢ၁၄သီအတီၢ်ပူၤဖဲနလဲၤတၢ်ဖးဒိၣ်အခါန့ၣ်-

- အိၣ်လၢဟံၣ်, တဘၣ်အိၣ်ဘူးအိၣ်တံၢ်ဒီးပုၤအဂၤဘၣ်.
- ဘၣ်သ့ၣ်သ့ၣ်နဘၣ်COVID-19တၢ်ဆါ- ပုၤအါတက့ၢ်အိၣ်လၢအဟံၣ်ဒီးဘျါက့ၤလဲၤလၢတလိာ်ဆူၣ်ချ့တၢ်ကွၢ်ထွဲဘၣ်န့ၣ်လီၤ.
- နကသါမ့ၢ်ကီၢ်ခဲၣ်မ့တမ့ၢ်ဘၣ်ယိၣ်တၢ်လၢနတၢ်ဆါအပနီၣ်အဂီၢ်န့ၣ်, ကိးဆိလီၤတဲစိမ့တမ့ၢ်ဆူၣ်ချ့အကသံၣ်သရၣ်အအိၣ်တက့ၢ်. တဲဘၣ်အဝဲသ့ၣ်လၢတယံၣ်ဒ်ဘၣ်အကတီၢ်နလဲၤတၢ်ဖးဒိၣ်နတၢ်ဆါအပနီၣ်တဖၣ်တက့ၢ်.
- ကိးဆိလီၤတဲစိတချ့လၢနလဲၤထံၣ်လိာ်သးဒီးကသံၣ်သရၣ်မ့တမ့ၢ်လဲၤဆူၣ်ဂီၤအူတၢ်ဆါဟံၣ်ဒီးဘၣ်န့ၣ်တက့ၢ်.

နမ့ၢ်လိာ်ဘၣ်ဆူၣ်ချ့တၢ်ကွၢ်ထွဲလၢတၢ်ဂ့ၢ်အဂၤအဂၤအမ့ၢ်လၢအိၣ်လၢကလ့ၢ်ပူၤန့ၣ်, ကိးဆိလီၤတဲစိဆူၣ်နကသံၣ်သရၣ်အအိၣ်ဒီးတဲဘၣ်အါဘၣ်ယးဒီးနတၢ်လဲၤဒီးဘၣ်ပီၣ်လဲၣ်ကဘီလဲၤတၢ်ဖးဒိၣ်မ့တမ့ၢ်ထံကျိၤအကဘီဖးဒိၣ်န့ၣ်တက့ၢ်.

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မ့ၢ်အံၣ်ဒီးသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ယးဒီးနကဘၣ်မၤကီၢ်လီၤက့ၤနတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ ဖဲလဲၣ်ဒီးနကဘၣ်ဆဲးကျိးလီၢ်ကဝီၤကမ့ၢ်ဆူၣ်ချ့အပုၤဘၣ်မုဘၣ်ဒါလဲၣ်န့ၣ်, လဲၤကွၢ်ဖဲဟ့ၣ်ယဲၤသန့အံၤ- www.cdc.gov/COVIDtravel

Health Alert: Coronavirus Disease 2019 (COVID-19)

Print Resources Web Page: <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html>

You have recently been on a cruise ship or river cruise.
COVID-19 is a respiratory illness that can spread from person to person.

Stay home for 14 days from the time you left the cruise ship or river cruise and practice social distancing

Take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school.
3. Keep your distance from others (about 6 feet or 2 meters).

What To Do If You Get Sick

If you get sick with fever, cough, or have trouble breathing in the 14 days after you return from travel:

- Stay home. Avoid contact with others.
- You might have COVID-19; most people are able to recover at home without medical care.
- If you have trouble breathing or are worried about your symptoms, call or text a health care provider. Tell them about your recent travel and your symptoms.
- Call ahead before you go to a doctor's office or emergency room.

If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel on a cruise ship or river cruise.



Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel