

နတ်မကွ်အစာတဖၣ်အခိပညိမ့ၢ်မနုၤလဲၣ်

နမကွ်နသးမ့ၢ်ဖျါထီၣ်လၢနဘၣ်တၢ်ဆါ,အိၣ်လၢဟံၣ်တက့ၢ်

- အိၣ်ယံၤဒီးပုၤအဂုၤတဂတက့ၢ်
- အိၣ်ဘဲးအိၣ်သါဒီးအိၣ်န့ၢ်တၢ်ထံတၢ်နိတက့ၢ်



နမကွ်နသးမ့ၢ်ဖျါလၢနတ်ဆါတအိၣ်ဘၣ်,ဒိသအလီၤက့ၤနသးခိဖျိ

- အိၣ်စိၤစုၤယံၤဒီးပုၤအဂက့ၢ်
- ပးတၢ်ကးဘၢမဲၣ်တက့ၢ်
- သ့နစုလၢတဖၣ်တက့ၢ်



Translated by
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cdc.gov/coronavirus

What Your Test Results Mean

If you test positive, stay home

- Separate yourself from others
- Rest & hydrate



If you test negative, prevent getting sick by

- Social distance
- Wear a face covering
- Wash your hands



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