

သးအတၢ်ဆီၣ်သနံး ဇီး တၢ်သ့ကွၢ်ဆၢၣ်မဲၣ်တၢ်

တၢ်ဆါရၤလီၤအသးတဖၣ်ဒူးအိၣ်ထီၣ် သးအတၢ်ဆီၣ်သနံး သ့ဝဲလီၤ

ခိၣ်ရိၣ်န့ၣ်တၢ်ဆါဃာ် (COVID-19) ရၤလီၤအသးဂီၢ်မုၢ်ဂီၢ်ပၤအံၤဘၣ်သ့ၣ်သ့ၣ်ကဲထီၣ်ဝဲ သးအတၢ်ဆီၣ်သနံး လၢပုၤက မျၢၢ်အဂီၢ်သ့ဝဲန့ၣ်လီၤ. တၢ်ပျံၤတၢ်ဖုးဒီးတၢ်ဘၣ်ယိၣ်ဘၣ်ဘျီတၢ်ဆါအံၤအယိကဲထီၣ်ဝဲတၢ်ကီၢ်တၢ်ဂီၤဖးဒိၣ်လၢပုၤဒိၣ် တၢ်ခိၣ်ပျံၤဒီးဖိဒဲဖိသၣ်တဖၣ်အပူၤန့ၣ်လီၤ. ယုၤထံၣ်န့ၣ်ကျဲလၢန့ၣ် ဇီးနဟံၣ်ဖိယီဖိဒဲသိးကမၤစၢ်လီၤ နသးအတၢ်ဆီၣ်သ နံးအတၢ်တူၢ်ဘၣ်န့ၣ်တက့ၢ်. ဝဲတၢ်ဆူးတၢ်ဆါအယၢ်ဘၣ်ကူဘၣ်ဂၢ်တၢ်အခါပုၤလဲၤခီဖျိဘၣ်ဝဲသးအတၢ်ဆီၣ်သနံးဒ်အဖီ လၢအံၤအသးသ့ဝဲလီၤ -

- ပျံၤတၢ် ဇီး ဘၣ်ယိၣ်တၢ်လၢနနီၢ်ကစၢ် ဇီး ပုၤလၢနအဲၣ်တဖၣ် အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်
- တၢ်ဆီတလဲအိၣ်ထီၣ်လၢ နတၢ်မံတၢ်ဂၤ မ့တမ့ၢ် တၢ်အိၣ်တၢ်အီအပူၤ
- မံတန့ၢ် မ့တမ့ၢ် သးစၢ်ဆါလၢတၢ်တမံမံအပူၤတန့ၢ်
- နတၢ်ဆူးတၢ်ဆါလၢအနးသ့ၣ်တဖၣ်ဟဲနးထီၣ်
- နသးအတၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်အိၣ်သးဟဲနးထီၣ်
- အိၣ်သံး, မိၣ်ထူ, မ့တမ့ၢ် တၢ်မူတၢ်ဘျီအဂုၤအဂၤတဖၣ်အါထီၣ်တဖၣ်န့ၣ်လီၤ.

ပုၤကိးဂၤဒဲးကွၢ်ဆၢၣ်မဲၣ်တၢ်အိၣ်သးလီၤဆီဝဲဒၣ်န့ၣ်လီၤ

နကွၢ်ဆၢၣ်မဲၣ်တၢ်လၢအဟဲကဲထီၣ်အသးတမံလၢကျဲဒဲလဲန့ၣ်ကိးဒဲးသန့ၤထီၣ်အသးလၢနတၢ်အိၣ်သးဒဲန့ၣ်, တၢ်လၢ အအိၣ်ဒီးနလၢအလီၤဆီဒီးပုၤဂုၤပုၤဂၤ, ယုၤဒီးနပုၤတဝၢဝဲန့ၣ်အိၣ်ဆိးလီၤအပူၤန့ၣ်လီၤ. ပုၤလၢအကလဲၤခီဖျိဘၣ်ဝဲ သးအတၢ်ဆီၣ်သနံးတဖၣ်ကမ့ၢ်ဝဲပုၤဒ်လၢလၢအသးတဖၣ်န့ၣ်လီၤ.

- ပုၤသးပုၤဒီးပုၤလၢအတၢ်ဆါလၢအနးတဖၣ်အိၣ်ဟံစၢၤ, ပုၤတဖၣ်အံၤဘၣ်ဝဲခိၣ်ရိၣ်န့ၣ်ဘါရး(စ) တၢ်ဆါညီဝဲ
- ဖိဒဲဖိသၣ် ဇီး ပုၤလိၣ်ဘိသ့ၣ်တဖၣ်
- ပုၤလၢအမၤစၢၤပုၤဘၣ်ခိၣ်ရိၣ်န့ၣ်တၢ်ဆါ, ဒ်အမ့ၢ်ကသံၣ်သရၣ်, ဆူၣ်ချ့ပုၤမၤတၢ်ဖိ, ဒီးပုၤတိစၢၤမၤစၢၤတၢ်ဖိ ဝုၢ်ဂီၤအုတၢ်အိၣ်သးအိၣ်ထီၣ်အခါတဖၣ်
- ပုၤလၢအအိၣ်ဒီးသးတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်ဂ့ၢ်တဖၣ်, ပၣ်ယုၤဒီးပုၤသူတၢ်မူတၢ်ဘျီတဖၣ်န့ၣ်လီၤ.

သ့ၣ်ညါ နသးအတၢ်ဆီၣ်သနံးအပနီၣ်တဖၣ်

ခိၣ်ရိၣ်န့ၣ်တၢ်ဆါ (COVID-19) မ့ၢ်တၢ်ဆါလၢအဘၣ်ကူဘၣ်ဂၢ်တၢ်သ့ခီဖျိပုၤတဂၤဘၣ်တဂၤအယိ, တၢ်ဆါအံၤမၤဆူး မၤဆါ တၢ်သ့ဒီးမၤသံတၢ်သ့အပတီၢ်အိၣ်ထဲလဲၣ်န့ၣ်ပတသ့ၣ်ညါဝဲအယိဒူးအိၣ်ထီၣ်ဝဲတၢ်ဘၣ်ယိၣ်ဘၣ်ဘျီတၢ်ပျံၤတၢ်ဖုး လၢပုၤကိးဂၤဒဲးအ ပူၤန့ၣ်လီၤ. လၢတၢ်အိၣ်သးအါမံၤအဖီခိၣ်, ပကလဲၤခီဖျိဘၣ်ဝဲတၢ်သးဟးဂီၤ, ဒီးသးအတၢ်ဆီၣ်သ နံးန့ၣ်လီၤ. လၢတၢ်န့ၣ်အယိ, အရူဒိၣ်ဝဲလၢပကနီၢ်ပၤဝဲသးအတၢ်ဆီၣ်သနံးအကလုာ်တဖၣ် ဒ်သိးဒီးပကသ့ၣ်ညါလီၤ က့ၤပနီၢ်ကစၢ်ဒဲဝဲ ဇီး ပုၤအဂုၤအဂၤအတၢ်အိၣ်သးတဖၣ်န့ၣ်လီၤ.

တၢ်သးဟးဂီၤ - သးအတၢ်ဆီၣ်သနံး တကလုာ်အံၤပမ့ၢ်လဲၤခီဖျိဘၣ်အီၤပကတူၢ်ဘၣ်လၢပသးလီၤဘျီဒိၣ်ဒိၣ်ကလဲၣ်, ပထံၣ်တၢ်ထဲလၢအအါတကပၤ, ဒီးပတူၢ်ဘၣ်လၢပမၤတၢ်နၢ်သက့အဘျူးအဖိၣ်တအိၣ်လၢဘၣ်န့ၣ်လီၤ.

တၢ်သူၣ်လီၤဘျးသးလီၤတီၤ - သးအတၢ်ဆီၣ်သနံးတကလုာ်အံၤဟဲခီဖျိအသးလၢတၢ်ဆီၣ်သနံးပနီၢ်ခိ မ့တမ့ၢ် ပသး ယံာ်ဝဲထၢဝဲအယိပသးလီၤဘျးလီၤတီၤဒီးပတၢ်သူၣ်အိၣ်သးအိၣ်ပုၤအဂုၤအဂၤ မ့တမ့ၢ် ပတၢ်ဒိသူၣ်ဒိသးလၢပုၤဂၤအဖီ ခိၣ်စ့ၤလီၤကွဲာ်ဝဲန့ၣ်လီၤ.

တၢ်သးစွံကတူၢ်/တၢ်သ့တူၢ်တၢ် - မ့ၢ်ဝဲတၢ်သ့တၢ်ဘၣ်တကလုာ်လၢပသ့ကွၢ်ဆၢၣ်မဲၣ်ဒီးမၤဘၣ်လိာ်ဘၣ်စးပသးဒီးတၢ်အိၣ်သးအအာတဖၣ်ဒီးအမ့ၢ်တၢ်ဘၣ်မိၣ်ဘၣ်မး, တၢ်ကီတၢ်ခဲ, တၢ်တတၢ်တနါ မ့တမ့ၢ် တၢ်ပျံတၢ်ဖုးတဖၣ်န့ၣ်ဝဲန့ၣ်လီၤ. လၢပကမၤနၤပသးအတၢ်ဆိၣ်သနံးတဖၣ်ကန့ၢ်အဂီၢ်ပကြးဒုးအိၣ်ထီၣ်တၢ်ရဲၣ်တၢ်ကျဲၤလၢပနီၢ်ကစၢ်အဂီၢ်န့ၣ်လီၤ.

တၢ်မၤစၢ်လီၤကွၢ်ၣ် သးအတၢ်ဆိၣ်သနံး အတၢ်ရဲၣ်တၢ်ကျဲၤ

၁. သံကွၢ်လီၤကွၢ်ပသး	<ul style="list-style-type: none"> • ယ သးအတၢ်ဆိၣ်သနံး အပနီၣ်တဖၣ်မ့ၢ်မနုၤလဲၣ်. • ခဲအံၤလၢယကကွၢ်ထွဲလီၤကွၢ်ယသးဂီၢ်ကိးနံၤဒဲးယမၤမနုၤလဲၣ်. • လၢယကမၤဂ့ၤထီၣ်ကွၢ်ယတၢ်ကွၢ်ထွဲလီၤကွၢ်ယသးအဂီၢ်ကိးနံၤဒဲးယမၤမနုၤလဲၣ်. • ယသးအတၢ်ဆိၣ်သနံး အံၤဖဲအဖဲထီၣ်ယၤနးနးအခါ, ယမၤမနုၤတဖၣ်လဲၣ်.
၂. ရဲၣ်ကျဲၤတၢ်လၢခါဆူညါအဂီၢ်	<ul style="list-style-type: none"> • ယကဘၣ်မၤအါထီၣ်မနုၤတဖၣ်လၢယတၢ်ကွၢ်ထွဲလီၤကွၢ်ယသးလၢယမၤညီၣ်အီၤန့ၣ်လဲၣ်. • ယတၢ်ရဲၣ်တၢ်ကျဲၤအသီအံၤယမၤအီၤကန့ၢ်အဂီၢ်ယကဟံးန့ၢ်တၢ်ဆၢကတီၢ်ဒ်လဲၣ်. • တၢ်လၢယမၤအီၤသ့ၣ်တဖၣ်ကယဘၣ်ခံကွၢ်စီၤကွၢ်အီၤပုၤဘျီလဲၣ်. • လၢယကဆီတလဲယတၢ်အိၣ်သးအံၤတၢ်လၢယကဘၣ်ကွၢ်ဆၢၣ်မဲၣ်အီၤတဖၣ်ကမ့ၢ်မနုၤလဲၣ်. • တၢ်ဆီတလဲတဖၣ်လၢယဒုးအိၣ်ထီၣ်အံၤမၤစၢၤယၤသ့ထဲလဲၣ်န့ၣ်ယကသ့ၣ်ညါအီၤဒ်လဲၣ်.
၃. ယုထံၣ်န့ၢ်တၢ်မၤစၢၤ	<ul style="list-style-type: none"> • ယကဘၣ်ယုထံၣ်ပုၤလၢအမၤစၢၤယၤသ့လၢယတၢ်ရဲၣ်တၢ်ကျဲၤအံၤအဂီၢ်ဖဲလဲၣ်. • ယကြးတဲသကိးတၢ်ဒီးအဝဲသ့ၣ်ပုၤဘျီလဲၣ်. • ဖဲယလိာ်ဘၣ်တၢ်မၤစၢၤအခါ, တၢ်ဆိၣ်ထွဲမၤစၢၤမနုၤတဖၣ်အိၣ်ဝဲလၢယဂီၢ်လဲၣ်.

သးအတၢ်ဆိၣ်သနံးအကွၢ်ပနီၣ်တဖၣ်

နီၢ်ခိကွၢ်ဂီၤ

တၢ်ဆါအပနီၣ်လၢလၢာ်သ့ၣ်တဖၣ်အံၤဖဲန့ၢ်တူၢ်ဘၣ်အီၤအခါနကြးယုထံၣ်ဆူၣ်ချ့တၢ်မၤစၢၤတဘျီယီလီၤ.

- သးနါပုၤဆါ
- ကသါထီၣ်ကသါလီၤကီခဲဝဲဒၣ်
- နီၢ်ခိဆါထီၣ်နးနးကလဲၣ်
- တၢ်ထီၣ်အတၢ်ဆါအပနီၣ်တဖၣ်
- တၢ်တကံပဝံတမုာ်တလၢ
- သးကလဲၣ်/ဘျီး
- ခိၣ်မူၤနါမူၤ
- ကပၤထီၣ်အါအါကလဲၣ်
- သးသုသးလၢထံအါတလၢ
- ခိၣ်သုၣ်ယံဆါ
- မဲၣ်ချံထံၣ်တၢ်တဆံၣ်လၢ
- ခၣ်အုၣ်တံၢ်
- တၢ်တကံပဝံဒီးနီၢ်ခိဆါလၢတသ့ၣ်ညါအဂ့ၢ်အကျိၤတဖၣ်န့ၣ်လီၤ.

လၢသးတကပၤ

တၢ်ဆါအကွၢ်ပနီၣ်လၢလၢာ်သ့ၣ်တဖၣ်အံၤပုၤမၤတၢ်ဖိတဂၤလၢလၢာ်မ့ၢ်လဲၤခိဖျိဘၣ်ဝဲန့ၣ်အဝဲသ့ၣ်သးပုၤနီၣ်ကွၢ်ထွဲလီၤကွၢ်အနီၢ်ကစၢ်ဒၣ်ဝဲ မ့တမ့ၢ် ပုၤအဂ့ၤအဂၤအတၢ်ပူၤဖျဲးသ့ဝဲန့ၣ်လီၤ. တဘျီတခိၣ်, တၢ်ဆါအ ပနီၣ်တဖၣ်အံၤဘၣ်ပုၤတနးဘၣ်ဒီး လီၤမၤကွၢ်ဝဲချ့သးဒီးန့ၣ်လီၤ. ဘၣ်ဆၣ်, တၢ်အပနီၣ်တဖၣ် အံၤမ့ၢ်ကဲထီၣ်အသးတလီၢ်လီၢ်ဒီးမ့ၢ်မၤတံာ်တံာ်ဝဲကိးနံၤဒဲးပတၢ်ဟူးတၢ်ဂၤန့ၣ်ပကြးထံၣ်လိာ်ပသးဒီးကသံၣ်သရၣ်န့ၣ်လီၤ.

- ခိၣ်န့ၣ်သဘံၣ်သဘုၣ်
- သးဒံဝုၤဒံဝီၤ
- မဲၣ်သပူၤအါတလၢ မ့တမ့ၢ် မံစိမံခ့အါ
- သးစၢ်ဆါတၢ်တန့ၢ်အါအါဘၣ်
- ယုၣ်လီၤတၢ်ဂ့ၢ်ကီတသ့အါလၢ
- အိၣ်ဒီးတၢ်ဂ့ၢ်ကီလၢကသ့ၣ်ညါတၢ်တမံမံၤမ့တမ့ၢ် ပုၤတဂၤလၢအသ့ၣ်ညါညီၣ်န့ၣ်ဝဲ
- သးပုၤနီၣ်တၢ်ဆူၣ်ထီၣ်
- မံမိာ်တၢ်မံမိာ်လၢအအါအသိတဖၣ်န့ၣ်လီၤ.

တၢ်သကဲၣ်ပဝး

ခိဖျိလၢထံၣ်ဘၣ်ဝဲတၢ်ကဲထီၣ်သးဆူၣ်မဲၣ်ကဲၤမဲၣ်အယိ ပှၤ တဂၤလၢလၢအတၢ်သကဲၣ်ပဝးအတၢ်လဲလိာ်သးအပနီၣ် တဖၣ်အိၣ်ဖျါထီၣ်ဝဲသ့လီၤ.

- သူၣ်ဒိၣ်သးဖျိးတၢ်အါထီၣ်
- သးလၢအအဲၣ်ဒီးဟ့ၣ်အယၢၣ်
- သးအတၢ်တူၢ်ဘၣ်နးနးကလဲၣ်ဟဲအိၣ်ဖျါထီၣ်
- အိၣ်တၢ်တဘဲဘၣ်တစီၢ်တလီၢ် မ့တမ့ၢ် အိၣ်တၢ်ဘဲအါထီၣ်တစီၢ်တလီၢ်
- အိၣ်သံးအါတလၢ
- တၢ်ဆိတလဲအိၣ်ထီၣ်လၢသ့ၣ်ထံးတၢ်ရ့လိာ်အက့ၢ် အဂီၢ်တဖၣ်န့ၣ်လီၤ.

သးအတၢ်တူၢ်ဘၣ်

သးအတၢ်တူၢ်ဘၣ်လၢအဆူၣ်တဖၣ်ကဲထီၣ်ညီၣ်န့ၣ်အသးလၢ ပပူၤဖဲပဘၣ်ကွၢ်ဆၢၣ်မဲၣ်ဒီးတၢ်အိၣ်သးလၢအဆူၣ်မဲၣ်ကဲၤ မဲၣ် မ့တမ့ၢ် လၢအလီၤဆိဝဲအခါလီၤ. တၢ်တူၢ်ဘၣ်ခိၣ်ဘၣ် တဖၣ်အံၤမ့ၢ်မၤတံၢ်တံၢ်ဝဲပတၢ်ဟူးတၢ်ဂဲၤလၢကိးနံၤဒဲးပ

တၢ်အိၣ်မူအပူၤ လၢစ့ၤကိာ်န့ၣ်အတီၢ်ပူၤန့ၣ်ပကြၢးထံၣ်လိာ် သးဒီးကသံၣ်သရၣ်န့ၣ်လီၤ. သးအ တၢ်တူၢ်ဘၣ်အက့ၢ်ပ နီၣ်တဖၣ်မ့ၢ်ဝဲဒ်လၢလၢအသိးလီၤ.

- သူၣ်ကိာ်သးဂီၤတၢ် မ့တမ့ၢ် ပျံၤတၢ်ဒိၣ်ဒိၣ်ကလဲၣ် (တညီၣ်န့ၣ်မၤအသး)
- ထံၣ်လီၤအသးလၢအမၤကမၣ်တၢ်/တူၢ်ဘၣ်လၢ အမၤတၢ်တကဲထီၣ်လိာ်ထီၣ်
- သးလၢအအဲၣ်ဒီးသမၤကွံာ်တၢ်
- တၢ်သူၣ်တမ့ၢ်သးတမ့ၢ်
- တၢ်ပျံၤတၢ်ဖုး
- အိၣ်ဂၢၢ်တကဲ
- ပၤအသးတၢ်တူၢ်ဘၣ်တန့ၢ်လၢၤ
- တၢ်သူၣ်ဟးဂီၤသးဟးဂီၤ
- သးသဘံၣ်သဘၣ်
- ဟံၣ်ဒ့ၣ်ဟံၣ်ကမၢ်ပှၤဂၤမ့တမ့ၢ်အနီၢ်ကစၢ်န့ၣ်လီၤ.

တၢ်ပၤဆုၤလီၤက့ၤ သးအတၢ်ဆိၣ်သနံး

အရ့ဒိၣ်ဝဲလၢနကသ့ၣ်ညါလီၤက့ၤ နသးအတၢ်ဆိၣ်သနံး လၢအအိၣ်လၢနပူၤန့ၣ်လီၤ. လၢနကပၤဆုၤလီၤက့ၤနသးအ တၢ်ဆိၣ်သနံးကန့ၢ်ဝဲအဂီၢ်, တၢ်ဟ့ၣ်ကူၣ်လၢလၢသ့ၣ်တဖၣ်အံၤနမၤအိၣ်သ့ဝဲန့ၣ်လီၤ.

တဲသကိးတၢ်ဒီးနတံၤသကိးတဖၣ် ဘၣ်ယးဒီးတၢ်ဆိၣ်သနံးနၤလၢတနံၤအပူၤ, လၢတၢ်ဖံးတၢ်မၤအပူၤ, ဒီးနတၢ်ကိာ်တၢ်ဂီၤ လၢအအိၣ်ဒီးနတဖၣ်

ဆိကမိၣ်တၢ်လၢအရ့ဒိၣ်ဝဲ လၢအမ့ၢ်တဂၤဒီးတဂၤတၢ်ဂ့ၢ်ကိတဖၣ်, ဒီးဆိကမိၣ်တၢ်လၢအဂ့ၤတကပၤတက့ၢ်. ယုထံၣ် န့ၢ်စၢၤတၢ်ကဲထီၣ်အသးလၢအဂ့ၤတဖၣ်လၢတၢ်မၤအပူၤ မ့တမ့ၢ် လၢဒိတနံၤအတီၢ်ပူၤတက့ၢ်.

ယုထံၣ်န့ၢ်တၢ်မၤစၢၤ လၢအအိၣ်ဝဲတဖၣ် ဖဲဆူၣ်ချ့တၢ်အံးထွဲကွၢ်ထွဲအတဝၢအပူၤတက့ၢ်. ဝဲၤကျိၤဝဲၤဒုအိၣ်ဝဲအါဖုလၢအ ဟ့ၣ်ကူၣ်ဒီးတဲဘၣ်နၤဘၣ်ယးဒီးတၢ်တိစၢၤမၤစၢၤအလီၢ်တဖၣ်လၢအမၤစၢၤနၤသ့လၢနကမၤဘျါကွံာ်ဝဲနတၢ်သးဟးဂီၤ, တၢ်တမ့ၢ်တလၢဒီးတၢ်ဂ့ၢ်ကိအဂၤတဖၣ်န့ၣ်လီၤ. နတၢ်ကိာ်တၢ်ဂီၤတဖၣ်နမ့ၢ်တဲသကိးအိၣ်ဒီးပှၤတဂၤဂၤကမၤစၢၤလီၤဝဲ နတၢ်ဘၣ်ယိၣ်ဘၣ်ဘျီန့ၣ်လီၤ.

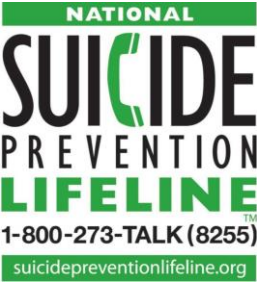
တၢ်ကွၢ်ထွဲလီၤက့ၤပနီၢ်ကစၢ် ကမၤစၢၤနၤလၢနကအိၣ်ပှၤဂံၢ်ပှၤဘါဒ်သိးနမၤစၢၤပှၤအဂ့ၤအဂၤကသ့ဝဲအဂီၢ်န့ၣ်လီၤ. အိၣ် တၢ်အိၣ်လၢအန့ၢ်ဂံၢ်န့ၢ်ဘါ, မၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤ, ဒီးမံန့ၢ်ဘျဲဘျဲမ့ၢ်ဝဲကျဲလၢနကွၢ်ထွဲလီၤက့ၤနသးန့ၣ်လီၤ. တၢ်ကွၢ်ထွဲ လီၤက့ၤနသးမ့ၢ်စ့ၢ်ကိး တၢ်အံးထွဲကွၢ်ထွဲဟံၣ်ဖိဖိဖိ, ဒ်အမ့ၢ်နဖိတဖၣ်ဒီးပှၤအဂ့ၤအဂၤန့ၣ်လီၤ. မၤလီၤတၢ်လၢနမၤစၢၤ ဆိလီၤက့ၤနသးဒုၣ်နဲတချူးလၢနမၤစၢၤပှၤအဂ့ၤအဂၤဒ်ဘၣ်အခါတက့ၢ်.



ဆေးကျိုးဆေးကျူးလိပ်သး ဒီး နမိတ်ပတ်သးပုဂ် ဒီး ဟံဉ်ဖိယိဖိအဂုၤအဂၤလၢနလဲၤဟးအိဉ်သကိးညိဉ်န့ၢ်အဝဲသ့ၣ်န့ၣ်တက့ၢ်. ဆေး ကျိုးအဝဲသ့ၣ်ခိဖျိလိတ်စိ, ထံဉ်လိတ်တဲသကိးတၢ်ခိဖျိအ့ထၢဉ်နဲး, ကွဲးအိဉ်သကိးလိတ်သး, ဒီး ဆုၤန့ၢ်အဝဲသ့ၣ်တၢ် ဖိတ်လံၤ သ့ၣ်တဖၣ်တက့ၢ်.

မၤဝံၤတၢ်မၤတသီ ထဲတခါဇိၤတက့ၢ် – တဘဉ်မၤဝံၤကရိတ်တဂ့ၤ. သ့ၣ်နီဉ်ထီဉ်လၢတၢ်ဆါရၤလီၤသးအဝဲအံၤဟးမၤ ကွံာ်တချုးညိညိဘဉ်, ဟ်အိၤဒ်အမ့ၢ်တၢ်ယုၢ်ပြၢတမံၤအသိးတက့ၢ်.

ဟံးန့ၢ်တၢ်အိဉ်ဘျးဆိကမိဉ်ထံတၢ် – လၢတၢ်ဆါကတီၢ်တကတီၢ်အပူၤ, အိဉ်ဘျးဒီးကသါထီဉ်ကသါလီၤန့ၢ်အိၤကယိက ယိ, ဟံးန့ၢ်တၢ်ဆါကတီၢ်ကွံာ်ထံကွံာ်ဆးတၢ်အဆံးကတၢ်ကိးမံၤဒဲးလၢအအိဉ်ဝးတရံးန့ၤ, အၢဉ်လီၤတၢ်သ့ၣ်တဖၣ်အံၤ လၢနသးပူၤ, ဒီးကွံာ်ကဟ်ကွံာ်အိၤတက့ၢ်. ဟးထီဉ်လၢတၢ်ချါ ဒီး အိဉ်ဘျးအိဉ်သါတလီၢ်လီၢ်တက့ၢ်.



တၢ်ဂ့ၢ်တၢ်ကျိၤလၢလံာ်အံၤအပူၤဘဉ်တၢ်ဟံးန့ၢ်အိၤလၢ,

Nebraska Department of Health and Human Services, *Guidance for Behavioral Health Workforce – COVID-19 Frequently Asked Questions* (May 1, 2020).

<http://dhhs.ne.gov/Documents/COVID-19-Guidance-for-Behavioral-Health-Workforce-FAQ.pdf>

Centers for Disease Control and Prevention, *Coronavirus Disease 2019 (COVID-19), Coping with Stress* (April 30, 2020)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Stress and Coping

Outbreaks can be stressful

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Find ways you and your family can reduce stress.

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of alcohol, tobacco, or other drugs.
-

Everyone reacts differently to stressful situations

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19.
- Children and teens.
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders.
- People who have mental health conditions including problems with substance use.

Recognize Your Stress

The fact that COVID-19 is human-to-human transmissible, relatively unknown, and potentially fatal may intensify the feelings of personal danger. It is important to understand types of stress so that you can recognize them in yourself and in others.

Burnout describes a human response to chronic emotional and interpersonal stress at work signaled by exhaustion, cynicism, and work inefficacy.

Compassion fatigue is the resulting exhaustion from constant exposure to the same stressor leading to decreased compassion or empathy for others.

Resilience is the ability to adapt successfully in the face of trauma, adversity, tragedy or significant threat. Creating a stress resilience plan helps you fight against burnout and compassion fatigue.

Create a Stress Resilience Plan

1. Self-Assess	<ul style="list-style-type: none">• What are my early warning signs of excessive stress?• What do I do currently on a daily basis for self-care?• What do I do on a weekly basis to improve self-care?
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	<ul style="list-style-type: none"> ● What do I do when my stress level is unusually high?
2. Plan for the Future	<ul style="list-style-type: none"> ● What can I add to my self-care routine? ● How will I make time for these new strategies? ● How often should I review what I am doing? ● What challenges do I expect to have with my plan for change? ● How will I know if my changes are helping?
3. Get Support	<ul style="list-style-type: none"> ● Who can I turn to for support with my plan? ● How often should I check in with them? ● What professional support is available for me if I need it?

Identifying Stress

Physical

If you experience the following symptoms, you should seek IMMEDIATE medical attention:

- Chest pain
- Difficulty breathing
- Severe pain
- Symptoms of shock

When the following symptoms become severe, we should seek medical attention.

- Fatigue
- Nausea/vomiting
- Dizziness
- Profuse sweating
- Thirst
- Headaches
- Visual difficulties
- Clenching of jaw
- Nonspecific aches and pains

Cognitive

If these symptoms occur on the scene, workers may not be able to stay clearly focused to maintain their own safety or to help patients in distress. Sometimes, we may experience momentary cognitive symptoms; however, if symptoms are chronic or interfere with daily activities, we should seek medical attention.

These symptoms include:

- Confusion
- Disorientation
- Heightened or lowered alertness
- Poor concentration
- Poor problem solving

- Difficulty identifying familiar objects or people
- Memory problems
- Nightmares

Behavioral

As a result of a traumatic incident, there can be changes in anyone's behavioral patterns.

- Intense anger
- Withdrawal
- Emotional outburst
- Temporary loss or increase of appetite
- Excessive alcohol consumption
- Inability to rest, pacing
- Change in sexual functioning

Emotional

Strong emotions are ordinary reactions to a traumatic or extraordinary situation. We should seek mental health support from a disaster mental health professional if distress continues for several weeks or if they interfere with daily activities. Emotional symptoms include:

- Anxiety or severe panic (rare)
- Guilt/sense of failure
- Denial
- Grief
- Fear
- Irritability
- Loss of emotional control
- Depression
- Feeling overwhelmed
- Blaming others or self



Managing Stress

Recognizing stress in yourself is important. Here are some things you can do for yourself to help you manage your stress:

Talk to your peers about the stresses of the day, jobs, and other worries you share.

Place an emphasis on validating one-another's concerns without focusing on the grim. Help point out positive elements of the shift or day for one another.

Seek help from support systems available in the healthcare environment. Many systems have point people or resources to help with burnout, fatigue and other concerns. Having conversations about your worries can help reduce anxiety. Check out the list of resources at the end of this document as well.

Self-care helps you stay strong in order to better help others. Self-care can be eating healthy, exercising and getting good sleep. Self-care may also include taking care of family, including children and others. Making sure you fill your own cup is just as important as pouring from it to serve others.

Stay in touch with older parents and family members you would normally visit. Connect by phone or video chat, write letters, or send supplies safely to their residence to maintain your connectedness.

Take things one day at a time - step back from the "sprint" mentality. Remember that this pandemic will not be solved quickly, treat it like a marathon.

Take mindful minutes. Slow breaths on the top of the hour, taking time to recognize all the small things around you, acknowledging them, and letting them go. Getting outside or stepping away from your workspace regularly.



(888)866-8660

Information adapted from;

Nebraska Department of Health and Human Services, *Guidance for Behavioral Health Workforce – COVID-19 Frequently Asked Questions* (May 1, 2020).

<http://dhhs.ne.gov/Documents/COVID-19-Guidance-for-Behavioral-Health-Workforce-FAQ.pdf>

Centers for Disease Control and Prevention, *Coronavirus Disease 2019 (COVID-19), Coping with Stress* (April 30, 2020)

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>