

ဟ့ၣ်နီၤလီၤ တၢ်ဂ့ၢ်တံၢ်နီၣ်ဘၣ်ဃးဒီးတၢ်ဆါ COVID-19

သ့ၣ်ညါတၢ်ဂ့ၢ်တၢ်ကျိၤတံၢ်နီၣ်ဘၣ်ဃးဒီးခိၣ်ရိၣ်န့ၣ်ဘါရၢးတၢ်ဆါ ၂၀၁၉ (COVID-19) ဒီးဆိကတီၢ်စၢၤ တၢ်ကစီၣ်ရၢၤလီၤအသးလၢအတမ့ၢ်တၢ်လီၤတံၢ်လီၤဆဲးတဖၣ်န့ၣ်တက့ၢ်.

တၢ်ဂ့ၢ်တံၢ်နီၣ်

၁

တၢ်ဆါတဖၣ်ဘၣ်ပှၤတဂၤလၢလၢသ့ၣ် တယုထာဝဲကလုာ်မတၤ မ့တမ့ၢ်ကလုာ်ဖူၣ်ဖဲလဲၣ်တဖုန့ၣ်ဘၣ်.

တၢ်ပျံၤတၢ်ဖုးဒီးတၢ်ဘၣ်ယိၣ်ဘၣ်ဘီၣ်ဘၣ်ဃးဒီး COVID-19 တၢ်ဆါအံၤဒုးအိၣ်ထီၣ်ပှၤကမ့ၢ်တဖၣ်ဟးဆဲးလိာ်သး မ့တမ့ၢ်တတူၢ်လိာ်လိာ်သး ဖဲတၢ်လီၤဘၣ်ယိၣ်လၢကရၢၤလီၤတၢ်ဆါအယၢ်တအိၣ်ဘၣ်ဒၣ်လဲၣ်ကထီၣ်အသးသ့ၣ်လီၤ.

တၢ်ဂ့ၢ်တံၢ်နီၣ်

၂

ပှၤအါတက့ၢ်ဆိကမိၣ်ဝဲလၢပှၤမ့ၢ်ဘၣ်ကူဘၣ်ကလၢ COVID-19 တၢ်ဆါအံၤအယၢ်န့ၣ်တၢ်လီၤဘၣ်ယိၣ်လၢကဆိးက့ထီၣ်သတူၢ်ကလၢနးနးကလဲၣ်တအိၣ်အါဝဲဘၣ်န့ၣ်လီၤ.

ပှၤသ့ၣ်က့သးပှၤဒီးပှၤလၢအသးန့ၣ်အိၣ်ထဲလဲၣ်ဂ့ၢ်လၢအအိၣ်တၢ်ဒီးတၢ်ဆုးတၢ်ဆါလၢအနးတဖၣ်ဘၣ်သ့ၣ်သ့ၣ်တၢ်လီၤဘၣ်ယိၣ်အိၣ်ဒိၣ်လၢအဝဲသ့ၣ်အဂီၢ်ဖဲအမ့ၢ်ဘၣ်ကံးဒီး COVID-19 တၢ်ဆါအံၤအါန့ၣ်လီၤ.

တၢ်ဂ့ၢ်တံၢ်နီၣ်

၃

ပှၤလၢတၢ်ပာ်စီၤစၢၤအီၤဒီးပှၤဂၤတဖၣ်ဝံၤဝဲ မ့တမ့ၢ်တၢ်ပျံၤလီၤက့ၤအီၤလၢတၢ်လီၤလီၤဆီဆီသ့ၣ်တဖၣ်အတၢ်ဆါအယၢ်ကဘၣ်ကူဘၣ်ကလၢပှၤဂၤန့ၣ်တၢ်လီၤဘၣ်ယိၣ်တအိၣ်ဝဲဘၣ်.

မ့ၢ်အိၣ်ဒီးသ့ၣ်ညါတၢ်ဂ့ၢ်တၢ်ကျိၤအသိကတၢ်, လဲၤကွၢ်ဖဲ CDC ခိၣ်ရိၣ်န့ၣ်ဘါရၢးတၢ်ဆါ ၂၀၁၉ အပှၢ်ယဲၤသန့န့ၣ်တက့ၢ်.

တၢ်ဂ့ၢ်တံၢ်နီၣ်

၄

တၢ်မၤလၢနမၤအီၤညီညီတဖၣ်အိၣ်ဝဲဒၣ်လၢနကမၤစၢၤလီၤက့ၤနီၣ်ကစၢ် မ့တမ့ၢ်ပှၤအဂၤလၢကအိၣ်ဆူၣ်အိၣ်ချ့န့ၣ်လီၤ.

- သ့နစုလၢဆးပှၤဒီးထံအစ့ၤကတၢ်ယံာ် ၂၀ ဖဲးကိးလီၤဆီဒၣ်တၢ်ဖဲနဆံနနီၣ်, ကူး, မ့တမ့ၢ်ကဆဲဝံၤထီၣ်တၢ်ဟးလီၤဝံၤ, ဒီးတချုးနအိၣ်တၢ်မ့တမ့ၢ်ကတီၤတၢ်အိၣ်ဒီးဘၣ်အခါန့ၣ်လီၤ.
- နသ့နစုမ့ၢ်တဝံၤ, ဖိၣ်လီၤနမဲာ်ချ့, နါဒု, ဒီးကိာ်ပူၤတဂ့ၢ်.
- ဖဲနဆိးက့အခါအိၣ်လၢဟံၣ်တက့ၢ်.
- ဖဲနကူး မ့တမ့ၢ်ကဆဲအခါကးဘၢယာ်အီၤလၢစးခိထံးဂျူဝံၤတၢ်န့ၣ်လီၤအီၤဆူတၢ်တယာ်ဒၢအပူၤဂ့ၢ်တက့ၢ်.

တၢ်ဂ့ၢ်တံၢ်နီၣ်

၅

နပတုာ်စၢၤဝဲ COVID-19 တၢ်ဆါသ့ၣ်ခီဖျိနသ့ၣ်ညါ တၢ်ဆါအပနီၣ်လၢလၢတဖၣ်အယိန့ၣ်လီၤ.

- တၢ်ကိာ်ထီၣ်
 - တၢ်ကူး
 - ကသါတပဲၤ
- ယုထံၣ်တၢ်ကူစါယါချုဖဲနမ့ၢ်သ့ၣ်ညါလၢ-
- နတၢ်ဆါအပနီၣ်တဖၣ်အိၣ်ထီၣ်ဒီး
 - နအိၣ်ဘူးအိၣ်တၢ်ဘၣ်ဒီးပှၤတဂၤလၢတၢ်သ့ၣ်ညါလၢ အဘၣ် COVID-19 တၢ်ဆါ, ဒီးနမ့ၢ်အိၣ်ဆိး မ့တမ့ၢ်လဲၤဘၣ်ဆူတၢ်လီၤလၢ COVID-19 တၢ်ဆါရၢၤလီၤအသးအဖၢမ့ၢ်အလီၤန့ၣ်လီၤ.



Translated by The Karen Society of Nebraska.



cdc.gov/COVID-19

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

