

ခိၣ်ဂၢၢ်န့ၣ်ဘၢရၢးတၢ်ဆါ-၂၀၁၉ မ့ၢ်တၢ်မနုၤလၢၣ်.

ခိၣ်ဂၢၢ်န့ၣ်ဘၢရၢးတၢ်ဆါ ၂၀၁၉ မ့ၢ်ကလံၤကျိၤတၢ်ဆါလၢအဘၣ်ကူဘၣ်ကံၤခိၣ်ပုၤတၢ်ဆါလၢအဘၣ်န့ၣ်လီၤ. တၢ်ဆါယၢ်လၢအဒုးအိၣ်ထီၣ်ဝဲ COVID-19 န့ၣ်မ့ၢ်ဝဲ ခိၣ်ဂၢၢ်န့ၣ်တၢ်ဆါအယၢ် ဘၣ်တၢ်သ့ၣ်ညါအီၤလၢအကဲထီၣ်အသးဖဲဝုၣ်ဟ့ၣ်(Wuhan), တရုးကီၢ်အပူၤန့ၣ်လီၤ.

ပုၤလၢအမဲၤကၢၤကီၢ်စၢဖိၣ်အပူၤဘၣ် COVID-19 တၢ်ဆါသ့ၣ်.

သ့ၣ်လီၤ. COVID-19 တၢ်ဆါအံၤရၢလီၤအသးလၢပုၤတၢ်ဆါအကဲတၢ်လၢကီၢ်အမဲၤကၢၤလံၤန့ၣ်လီၤ. တၢ်လီၤဘၣ်ယိၣ်အဒိၣ်ကတၢ်န့ၣ်မ့ၢ်ပုၤလၢအထိးဘၣ်ပုၤတၢ်ဆါလၢအဘၣ် COVID-19 တၢ်ဆါအံၤ, အဒိ, ပုၤလၢအမဲၤတၢ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့, မ့တမ့ၢ် ဟံၣ်ဖိယိဖိအကျိၤန့ၣ်လီၤ. ပုၤလၢလၢအဘၣ် COVID-19 တၢ်ဆါသ့ၣ်န့ၣ်မ့ၢ်ပုၤလၢအအိၣ်ဆိးဒီးပုၤလၢအဘၣ်ခိၣ်ဂၢၢ်န့ၣ်တၢ်ဆါ မ့တမ့ၢ် ပုၤလၢအလဲၤဟးဆူတၢ်လီၤလၢတၢ်ဆါရၢလီၤသးန့ၣ်လီၤ. မ့ၢ်အိၣ်ဒီးမၤလိတၢ်လီၤလၢပုၤဘၣ်တၢ်ဆါအံၤအိၣ်န့ၣ်ကွၢ်ဖဲ<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

ပုၤဘၣ် COVID-19 တၢ်ဆါအံၤလၢအမဲၤကၢၤကီၢ်ပူၤအိၣ်စ့ၢ်.

အိၣ်လီၤ. အမဲၤကၢၤကီၢ်စၢဖိၣ်အပူၤပုၤလၢအဘၣ် COVID-19 တၢ်ဆါအံၤတၢ်ဟံၣ်ဖိထီၣ်အီၤဖဲလၢယူၤအါရံၤ ၂၁, ၂၀၂၀ နံၣ်န့ၣ်လီၤ. ပုၤဘၣ် COVID-19 အနီၣ်ဂံၢ်န့ၣ်တၢ်မၤန့ၢ်အီၤသ့ဖဲ CDC ပုၤယဲၤသန့ <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

COVID-19 တၢ်ဆါအံၤရၢလီၤအသးဒ်လၢၣ်.

တၢ်ဆါအယၢ်လၢအဒုးအိၣ်ထီၣ် COVID-19 တၢ်ဆါဘၣ်သ့ၣ်သ့ၣ်ကဲထီၣ်အသးလၢဆါဖိကီၢ်ဖိ, ဘၣ်ဆၣ်ခဲအံၤဘၣ်ကူဘၣ်ကံၤတၢ်ဆါခိၣ်ပုၤတၢ်ဆါလၢအဘၣ်န့ၣ်လီၤ. တၢ်ဆါကမိၣ်လၢတၢ်ဆါအယၢ်တဖၣ်အါတက့ၢ်ဘၣ်ကူဘၣ်ကံၤပုၤလၢအအိၣ်ဘူးလိာ်အသး (လၢအအိၣ်ဝဲဖိခိၣ်ယိာ်) ခိၣ်ပုၤလၢအဘၣ်တၢ်ဆါတၢ်ကူ. မ့တမ့ၢ် ကဆဲးဒီးတၢ်အထံကမ့ၢ်ဖိတဖၣ်ပုၤလၢအကၢၤကၢၤန့ၣ်ဘၣ်အီၤန့ၣ်လီၤ. ပုၤမ့ၢ်ထိးဘၣ်တၢ်အမဲၤမံးခိၣ် မ့တမ့ၢ် တၢ်ပီးတၢ်လီၤလၢအအိၣ်ဒီးတၢ်ဆါအယၢ်အံၤဒီးဖိၣ်လီၤက့ၢ်အကီၢ်ပူၤ, နါဒုးဒီးမံၤချံန့ၣ်ဘၣ်တၢ်ဆါအံၤသ့ဘၣ်ဆၣ်တၢ်ဆါကမိၣ်လၢတမ့ၢ်ကျဲထဲတဘီၤလၢတၢ်ဆါအံၤရၢလီၤသးသ့ဘၣ်န့ၣ်လီၤ. တၢ်ဆါအံၤအယၢ်အသိအဂ့ၢ်န့ၣ်တၢ်လုၤသ့ၣ်ညါအီၤသ့ဖဲ

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

တၢ်ဆါ COVID-19 အံၤအတၢ်ပနီၣ်မ့ၢ်မနုၤတဖၣ်လၢၣ်.

ပုၤဆါလၢအဘၣ်တၢ်ဆါအံၤဒီးန့ၣ်ကလံၤကျိၤတၢ်ဘၣ်ကံၤစးထီၣ်လၢအစၢ် တုၤလၢအနး, ဒီးအတၢ်ပနီၣ်တဖၣ်မ့ၢ်ဝဲတၢ်ကီၢ်ထီၣ်, ကူး, ဒီးကသါတပုၤဘၣ်န့ၣ်လီၤ.

တၢ်ဆါအယၢ်အံၤဒုးအိၣ်ထီၣ်တၢ်ဂ့ၢ်ကီၢ်လၢအနးမနုၤတဖၣ်လၢၣ်.

ပုၤဆါတနီၤနီၤအပသိၣ်ခံကပလၢၢ်တၢ်ခုၣ်ဘၣ်ဝဲ, အနီၣ်ခိၣ်ပူၤက့ၢ်ဂီၤတဘျုးမံၤတမၤတၢ်လၢဘၣ် ဒီးတနီၤနီၤတုၤလၢတၢ်သံန့ၣ်လီၤ.

ယဒိသဒါလီၤက့ၢ်ယသးသ့ၣ်လၢၣ်.

ဒ်သိးကလံၤကျိၤတၢ်ဆါအသုတဘၣ်ပုၤတဂ့ၢ်အဂီၢ်, ပဒိသဒါလီၤက့ၢ်ပသးခိၣ်ပူၤပစူးကါဝဲကိးနံၤဒီးတၢ်ဒိသဒါအကျဲတဖၣ်သ့ဝဲလီၤ.

- တဘၣ်ထိးဘူးပုၤလၢအဆိးက့တဖၣ်ဘၣ်.
- နသ့စုမ့ၢ်တဝံၤဖိၣ်လီၤနမဲၤချံ, နါဒုး, ဒီးကီၢ်ပူၤတဂ့ၢ်
- သုနစုဒီးဆးပုၤဒီးထံအစၢ်ကတၢ် ၂၀ ဝဲးကိးထီၣ်ဘိတက့ၢ်. ဝဲဆးပုၤဒီးထံတအိၣ်ဘၣ်အခါသုစုဒီးတၢ်ထံလၢသးခိၣ်ထံအိၣ် ၆၀%

နမ့ၢ်ဆိးက့, ဒ်သိးနသုတရၢလီၤအါထီၣ်ကလံၤကျိၤတၢ်ဘၣ်ကံၤဆူပုၤလၢတဂ့ၢ်အဂီၢ်, န[ကး -

- အိၣ်လၢဟံၣ်ဖဲနဆိးက့အဆၢကတီၢ်
- နမ့ၢ်ကူး မ့တမ့ၢ် ကဆဲးအခါ, ကးဘၢနကီၢ်ပူၤဒီးထံးရှု, ဝံၤတၢ်ကွံၣ်အီၤဆူတၢ်တယၢ်ဒါအပူၤတက့ၢ်.
- ထွီစီတၢ်မံၤဖိးခိၣ်ဒီးတၢ်ဖိတၢ်လံၤလၢတၢ်ထံလၢအမၤသံတၢ်ယၢ်.

ယမ့ၢ်လဲၤဘၣ်ဆူတၢ်လီၤလၢ COVID-19 တၢ်ဆါရၢလီၤအသးအဖၢမ့ၢ်ဒးဟဲက့ၢ် ကဒါက့ၢ်န့ၣ်ယ[ကးမၤတၢ်မနုၤလၢၣ်.

နမ့ၢ်ဟဲက့ၢ်လၢတၢ်လီၤလၢအအိၣ်ဒီးတၢ်ဘၣ်ဆါဘၣ်ကံၤန့ၣ်, ဘၣ်သ့ၣ်သ့ၣ်ပုၤကတြီနုၤလၢနလဲၤတၢ်က့ၢ်တၢ်တသ့ဘၣ်လၢ ၂ နံၣ်အတီၢ်ပူၤန့ၣ်လီၤ. ဝဲအဆၢကတီၢ်ဝဲန့ၣ်နတၢ်ဆါအတၢ်ပနီၣ်မ့ၢ်အိၣ်ထီၣ် (တၢ်ကီၢ်ထီၣ်, ကူး, ကသါကီၢ်ဝဲ) အခါ, ယုထံၣ်တၢ်ကူစါယါဘျီတၢ်ဟံးစုန့ၣ်ကျဲတက့ၢ်. ဆဲးကျိးနကသံၣ်သရၣ်တချုးလၢနလဲၤဆူအအိၣ်ဒီးအခါ, ဒီးဒုးသ့ၣ်ညါအဝဲသ့ၣ်လၢနတၢ်လဲၤတၢ်က့ၢ်ဒီးနတၢ်ဆါအပနီၣ်အဂ့ၢ်တက့ၢ်. နကမၤန့ၢ်တၢ်န့ၣ်ကျဲလၢနကဒီးန့ၢ်တၢ်က့ၢ်ထွဲ, ဒီးနတၢ်ဆါအသုတဘၣ်ကံၤအါထီၣ်ပုၤတဂ့ၢ်ဒ်လဲၣ်န့ၣ်လီၤ. ဝဲနဆိးက့အခါထိးဘူးပုၤနီၣ်တဂ့ၢ်တဂ့ၢ်, တဘၣ်ဟးထီၣ်တၢ်ချၢဘၣ်ဒီးနတၢ်လဲၤတၢ်က့ၢ်မ့ၢ်အိၣ်သုးက့ၢ်တၢ်ဆါကတီၢ်လၢအဂၢၤတက့ၢ်.

ကသံၣ်ဒိသဒါအိၣ်လံၤ.

ခဲအံၤကသံၣ်ဒိသဒါလၢ COVID-19 အဂီၢ်တအိၣ်ဒီးဘၣ်. ကျဲအဂ့ၢ်ကတၢ်လၢနကဒိသဒါလီၤက့ၢ်နသးန့ၣ်စူးကါတၢ်ဒိသဒါအကျဲလၢကီၢ်နံၤဒီးနမၤတုၤ, ဒ်အမ့ၢ်ဟးဆူးပုၤလၢအဆိးက့ဒီးသုနစုထီၣ်ဘိန့ၣ်လီၤ.

ကသံၣ်လၢအယါဘျီတၢ်ဆါအံၤအိၣ်လံၤ.

ခဲအံၤကသံၣ်လၢအယါဘျီတၢ်ဆါတအိၣ်နီၣ်တမံၤဒီးဘၣ်. ပုၤဘၣ်တၢ်ဆါအံၤဒီးန့ၢ်ဆူၣ်ချ့တၢ်အံးထွဲကွၢ်ထွဲဒီးမၤကီၢ်ညၢ်ထီၣ်က့ၢ်တၢ်ဆါအပနီၣ်တဖၣ်သ့ဝဲလီၤ.



Translated by
KSN



What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

