

နမ့ၢ်ဆိးကုလၢ COVID-19 တၢ်ဆါ မ့တမ့ၢ် ပှၤဆိကမိၣ်လၢနဘၣ်ကူဘၣ်ကံးတၢ်ဆါအဃိလၢအဒုးအိၣ်ထီၣ် COVID-19 အဃိ, မၤထွဲတၢ်န့ၣ်ကျဲလၢလၢအံၤ လၢနကတြီဆၢစၢၤတၢ်ဆါအံၤဒ်သိးအသုတဘၣ်ကံးနပှၤဟံၣ်ဖိဒီးနပှၤတဝၢတဂ့ၢ်အဂီၢ်တက့ၢ်.

အိၣ်လၢဟံၣ်ဒီးဟးသုထဲလဲၤမၤန့ၢ်ဆူၣ်တၢ်ကွၢ်ထွဲ

နကြးတြီလီၤက့ၢ်နသးလၢနသုတဟးဆူၣ်ဟံၣ်အချၢဘၣ်, ဟးသုထဲလဲၤမၤန့ၢ်ဆူၣ်တၢ်ကွၢ်ထွဲန့ၣ်လီၤ. တဘၣ်လဲၤတၢ်မၤ, လဲၤဆူက့ၢ်, မ့တမ့ၢ် ဆူပှၤကမ့ၢ်အါအလီၤဘၣ်. ဟးဆူးကမ့ၢ်သိလ့ၣ်, တၢ်ဒီးသကိးကါ မ့တမ့ၢ် သိလ့ၣ်ဒီးလဲတက့ၢ်.

အိၣ်စၢၤစၢၤယံၤဒီးပှၤအဂၤဒီးဆၣ်ဖိကိၢ်ဖိလၢနဟံၣ်ပှၤ

ပှၤကညီ-တသုဖဲအသုအိၣ်လၢဒၢးလီၤဆိတဖျၢၣ်အပှၤယံၤဒီးပှၤလၢနဟံၣ်ပှၤတက့ၢ်. မ့ၢ်သုနကြးသုတၢ်ဟးလီၤလီၤဆိစ့ၢ်ကိးလီၤ.

ဆၣ်ဖိကိၢ်ဖိ-နမ့ၢ်ဆိးကုဖိၣ်ဆၣ်ဖိကိၢ်ဖိလၢနဘၣ်အီၤတဂ့ၢ်. ဖး [COVID-19 and Animals](#) လၢနကသ့ၣ်ညါအါထီၣ်အဂီၢ်တက့ၢ်.

တချးနလဲၤဆူကသံၣ်သရၣ်အအိၣ်ဒ်အခါဆဲးကျိးဆိအီၤ

နမ့ၢ်ဘၣ်လဲၤထံၣ်လီၢ်နကသံၣ်သရၣ်န့ၣ်, ဆဲးကျိးဆိအီၤဒီးဒုးသ့ၣ်ညါလၢနဘၣ် မ့တမ့ၢ်ဘၣ်သ့ၣ်သ့ၣ်နဘၣ် COVID-19 တၢ်ဆါတက့ၢ်. တၢ်အံၤကကဲထီၣ်တၢ်မၤစၢၤလၢနကသံၣ်သရၣ်အဝဲဒၢးကဒီသဒါဆိပှၤဂၤဂၤဒ်သိးအသုတဘၣ်ကံးအဂီၢ်န့ၣ်လီၤ.

ပးယၢ်တၢ်ကးဘၢမံၣ်

ဖဲနအိၣ်လၢပှၤအါဂၤ မ့တမ့ၢ် ဆၣ်ဖိကိၢ်ဖိအကျါနကြးပးယၢ်တၢ်ကးဘၢမံၣ် (အဒိ, အိၣ်လၢဒၢး မ့တမ့ၢ် သိလ့ၣ်တခါနီၣ်အပှၤ) ဖဲတချးနန့ၣ်လီၤဆူကသံၣ်သရၣ်ဝဲဒၢးဒီးဘၣ်န့ၣ်လီၤ. နပးယၢ်တၢ်ကးဘၢမံၣ်မ့ၢ်တညီ (အဒိ, နကသါမ့ၢ်တညီဖဲနမ့ၢ်ပးယၢ်အီၤ) န့ၣ်, ပှၤတဘၣ်အိၣ်လၢဒၢးတဖျၢၣ်ယီၤအပှၤဒီးနနီၣ်တဂၤဘၣ်, မ့တမ့ၢ် အဝဲသ့ၣ်ကဘၣ်ပးယၢ်တၢ်ကးဘၢမံၣ်န့ၣ်လီၤ.

ကးဘၢနကိၢ်ပှၤဖဲနကူးဒီးကဆဲးအခါ

ဖဲနကူး မ့တမ့ၢ် ကဆဲးအခါကးဘၢနကိၢ်ပှၤဒီးထံးရှုတက့ၢ်. မ့ၢ်ဝံၤတၢ်န့ၣ်လီၤအီၤဆူတၢ်တယၢ်ဒါအပှၤဂၤဂၤ, ဒီးသုနစုလၢဆးပှၤဒီးထံတဘျီယီၤယံၤစးကိး ၂၀ မ့တမ့ၢ် မၤကဆိနစုလၢတၢ်ထံသုစုလၢအအိၣ်ဒီးသံးခိၣ်ထံ ၆၀%, သုထူးအီၤတၢ်နတူၢ်ဘၣ်လၢနစုလၢလုထီၣ်တက့ၢ်. နစုဘၣ်အါမ့ၢ်အါနကြးသုဆးပှၤဒီးထံအါလီၤ.

ဟးဆူးတၢ်စူးကါသကိးဟံၣ်ယီၤတၢ်ပီးတၢ်လိတဖၣ်

နတကြးစူးကါသကိးလိခိ, ထံအိၣ်ခူး, ခူး, နီၣ်တၢၤနီၣ်ဆဲး, တၢ်ထွါစု, လီၢ်မံၤလီၢ်ဒါယုၢ်ဒီးပှၤအဂၤ မ့တမ့ၢ်ဆၣ်ဖိကိၢ်ဖိဘၣ်. နသုတၢ်တဖၣ်အံၤမ့ၢ်ဝံၤသုစိအီၤလၢဆးပှၤဒီးထံမူၢ်မူၢ်နီၣ်နီၣ်တက့ၢ်.

မၤကဆိနစုလၢထီၣ်

သုနစုလၢထံးဆးပှၤအစုၤကတၢ် ၂၀၀၈:ကိးတက့ၢ်. ထံးဆးပှၤမ့ၢ်တအိၣ်သုနစုလၢတၢ်ထံလၢအိၣ်ဒီးသံးခိၣ်ထံ ၆၀%, မၤဘၢနစုလၢဒီးဒုးအီၤတၢ်အလုထီ, မ့ၢ်ဘၣ်အါအါဒီးနကြးသုဆးပှၤဒီးထံအါစ့ၢ်ကိးလီၤ. နသုစုမ့ၢ်တဝံၤဖိၣ်နမဲၣ်ချံ, နါဒုးဒီးကိၢ်ပှၤတဂ့ၢ်.

မၤကဆိတၢ်လီၤလၢ “တၢ်ဖိၣ်ဘၣ်အီၤအါ” ကိးနံၤဒဲး

တၢ်လီၤလၢတၢ်ဖိၣ်ဘၣ်အီၤအါမ့ၢ်ဝဲစီၢ်နီၣ်ခိၣ်, တၢ်ဖိအိၣ်တၢ်အိၣ်စီၢ်နီၣ်ခိၣ်, ဝဲတြီစုဖိၣ်, တၢ်ဟးလီၤဝဲတြီအစုဖိၣ်, တၢ်ဟးလီၤခူး, လိတစိ, ခိၣ်ဖျူထၢၣ်ခိၣ်, ခိၣ်ဖျူထၢၣ်ထဲဘျးဒီးလီၢ်မံၤကပၤဒးတဖၣ်န့ၣ်လီၤ. မၤကဆိတၢ်လီၤလၢအအိၣ်ဒီးတၢ်အသ့ၣ်, တၢ်အုၣ်တၢ်ဆံၣ်ဒီး နီၣ်ခိၣ်အထံတက့ၢ်. စူးကါကသံၣ်ခး မ့တမ့ၢ်တၢ်ကံးညၢ်စီၢ်လၢအိၣ်ဒီးသံးခိၣ်ထံဒီးဖိၣ်ထွဲတၢ်န့ၣ်ကျဲဖဲအဒါလီၤန့ၣ်တက့ၢ်. တၢ်န့ၣ်ကျဲတဖၣ်ဒုးသ့ၣ်ညါကျဲပှၤဖျးလၢတၢ်သုကသံၣ်ထံ ဒီးတၢ်ပလီၤသးအကျဲဖဲပသုအီၤအခါ, အဒိ, ဖျိၣ်စုဖျိၣ်ဒီးမၤလီၤတၢ်လၢကလံၤဟးထီၣ်ဟးလီၤညီဖဲနသုကသံၣ်ထံတက့ၢ်.

ကွၢ်ထွဲလီၤနသးဒီးနတၢ်ဆါအပနီၣ်တဖၣ်

နတၢ်ဆါမ့ၢ်နးထီၣ်လၢဒီးကူစါနသးတထံၣ်ယီၤတက့ၢ် (အဒိ, နကသါမ့ၢ်န့ၣ်). **တချးလၢနလဲၤဒီးဘၣ်အခါ**, ကိးလိတစိဆူနတၢ်ဆါဟံၣ်ဒီးဒုးသ့ၣ်ညါအဝဲသ့ၣ်လၢနဘၣ်, မ့တမ့ၢ် နဒီးကွၢ်နသးလၢ COVID-19 တၢ်ဆါန့ၣ်တက့ၢ်. တချးနလဲၤန့ၣ်လီၤဆူတၢ်ဆါဟံၣ်ဘၣ်န့ၣ်ပးယၢ်တၢ်ဖျိၣ်ဘၢမံၣ်တက့ၢ်. နမၤတၢ်အံၤအဃိကကဲထီၣ်တၢ်မၤစၢၤလၢနတၢ်ဆါဟံၣ်ဝဲဒၢးကဒီသဒါဆိပှၤမၤတၢ်ဖိဒီးပှၤအိၣ်ခိးတၢ်တဖၣ်လၢအသုတဘၣ်ကံးတၢ်ဆါတဂ့ၢ်အဂီၢ်န့ၣ်လီၤ.

မၤနတၢ်ဆါဟံၣ်ဆဲးကျိးနလီၢ်ကဝီၤပှၤ မ့တမ့ၢ် ကိၢ်စဲၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဝဲကျိၤတက့ၢ်. ဒ်အကြးဝဲအသိး, ပှၤဆူးပှၤဆါလၢတၢ်ဟံၣ်အီၤလၢတၢ်ကွၢ်ထွဲ မ့တမ့ၢ် အနီၢ်ကစၢ်ဒ်ဝဲကွၢ်ထွဲလီၤအသးတဖၣ်န့ၣ်ကြးမၤထွဲတၢ်န့ၣ်ကျဲလၢလီၢ်ကဝီၤပှၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲကျိၤ မ့တမ့ၢ်ကသံၣ်သရၣ်န့ၣ်လီၤဝဲန့ၣ်လီၤ. ဖဲနမၤတၢ်ဒီးနလီၢ်ကဝီၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲကျိၤန့ၣ်ယုသ့ၣ်ညါအတၢ်ဆါကတီၢ်တက့ၢ်.

နတၢ်အိၣ်သးမ့ၢ်အိၣ်လၢဂီၢ်ဂီၢ်အူဒီးနမ့ၢ်ဘၣ်ကိး ၉၁၁ န့ၣ်ဒုးသ့ၣ်ညါပှၤတၢ်ဒီးနတဂၤလၢနဘၣ်ဝဲ, မ့တမ့ၢ်တၢ်သမံသမံးနလၢ COVID-19တၢ်ဆါ လဲန့ၣ်တက့ၢ်. မ့ၢ်သု, ပးထီၣ်နတၢ်ကးဘၢမံၣ်တချးလၢ ဂီၢ်ဂီၢ်အူပှၤမၤတၢ်ဖိ ဟဲတုၤလၢနဟံၣ်ဒီးဘၣ်န့ၣ်တက့ၢ်.

တၢ်ဆိကတီၢ်ကွၢ်တၢ်အိၣ်လီၤဖျိၣ်လၢဟံၣ်

ပှၤဆါလၢအအိၣ်ဒီး တၢ်ဆါတဖၣ်ကြးအိၣ်လီၤဖျိၣ်လၢအဟံၣ်တုၤလၢအတၢ်လီၤဘၣ်ယီၣ်လၢတၢ်ဆါအတၢ်ဘၣ်ကံးအံၤလီၤစုၤကွၢ်ဝဲတစုန့ၣ်လီၤ. တၢ်ဆါတဘၣ်ယးဒီးတၢ်ဆိကတီၢ်ကွၢ်တၢ် အိၣ်လီၤဖျိၣ်လၢဟံၣ်ကြးဘၣ်တၢ်မၤအီၤဖဲတၢ်တၢ်ပိၣ်ဒီးကသံၣ်သရၣ်, ကိၢ်စဲၣ်ဒီးလီၢ်ကဝီၤတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲကျိၤဝဲအလီၢ် ခဲန့ၣ်လီၤ.



Translated by
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What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19