

တၢ်လၢဆူၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါကြးသ့ၣ်ညါဝဲဘၣ်ပးဒီးတၢ်ကွၢ်ထွဲပုၤဆါလၢတၢ်ဆၢတံၢ်ဝဲလၢအဘၣ်ဝဲဒၣ် COVID-19 တၢ်ဆါ မ့တမ့ၢ် ဘၣ်ဝဲဒၣ် COVID-19 တၢ်ဆါသ့ၣ်သ့ၣ်

တၢ်ကွၢ်ထွဲဆူၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါ (Healthcare personnel (HCP)) တဖၣ်မ့ၢ်ပုၤအိၣ်လၢတၢ်မိၣ်ညါလၢအဘၣ်ကွၢ်ထွဲဝဲဒၣ်ပုၤလၢအဘၣ် မ့တမ့ၢ် ကဘၣ်ဝဲ ဒၣ် COVID-19 တၢ်ဆါသ့ၣ်သ့ၣ်ဒီးလၢတၢ်န့ၣ်အယိၣ်အိၣ်ဒီးတၢ်လီၤဘၣ်ယိၣ်လၢကဘၣ်ကွၢ်ထွဲဝဲဒၣ်တၢ်ဆါယၢ်အံၤသ့ၣ်န့ၣ်လီၤ. တၢ်ကွၢ်ထွဲဆူၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါတဖၣ် အံၤမၤစုၤလီၤတၢ်လီၤဘၣ်ယိၣ်လၢအတၢ်ဘၣ်ကွၢ်ထွဲဝဲဒၣ်ပုၤဆါလၢတၢ်ဆၢတံၢ်ဝဲလၢအဘၣ် မ့တမ့ၢ် ကဘၣ်ဝဲဒၣ် COVID-19 တၢ်ဆါသ့ၣ်သ့ၣ်ဒီးဖျိအတၢ်လူၤပိၣ်မၤထွဲဝဲဒၣ် [တၢ်ဟ့ၣ်ကွၢ်ထွဲတၢ်တြီဒီးဒီးသအတၢ်ဘၣ်ကွၢ်ထွဲဝဲဒၣ်တၢ်ဆါအကတီၢ်လၢပုၤဆိးက့ မ့တမ့ၢ် ဘၣ်သ့ၣ်သ့ၣ်ကဆိးက့လၢ COVID-19တၢ်ဆါတဖၣ် မ့တမ့ၢ် ပုၤတၢ်ဂၤလၢအအိၣ်ဖဲတၢ်ယိၣ်ထံသံသမိးCOVID-19 တၢ်ဆါဖဲတၢ်ရဲၣ်က့တၢ်ကွၢ်ထွဲဆူၣ်ချူ အဖီလၢန့ၣ်လီၤ.](#)

COVID-19 တၢ်ဆါရုၤလီၤအသးသ့ၣ်လၢကွၢ်ဒဲလံာ်.

တၢ်ကြးသ့ၣ်ညါဘၣ်ထွဲ COVID-19 တၢ်ဆါအတၢ်အိၣ်ဖျါထီၣ်သတူၢ်ကလၢ် အံၤအိၣ်အါမံၤ. ဒ်အမ့ၢ်က့ၤလၢတၢ်ဆါအံၤရုၤလီၤအသးတဖၣ်ဒီးတၢ်ဆါအံၤရုၤလီၤ အသးညိၣ်ထံလဲၣ်တဖၣ်အဂ့ၢ်န့ၣ်လီၤ. ဒီးသန့ၤထီၣ်သးလၢတၢ်သ့ၣ်ညါန့ၢ်ဟံ ဘၣ်ထွဲ COVID-19 တၢ်ဆါခုၤအံၤဒီးတၢ်ဆါလၢအကဲထီၣ်သးဒီးဖျိခိၣ်ရီၣ်န့ၣ် ဘါရုးစံအဂၤတဖၣ်. အါတက့ၢ်ရုၤလီၤအသးဒီးဖျိပုၤကညိဆူပုၤကညိလၢအအိၣ် ဘူးလိၣ်သးဒီးဖျိတၢ်ထံသံသံလၢပၣ်ယုၣ်ဝဲတၢ်သါထီၣ်သါလီၤအကျါန့ၣ်လီၤ.

ဘၣ်ကွၢ်တၢ်ဆါခိၣ်ဖျိအိၣ်ဘူးလိၣ်သးဒီးပုၤဆါန့ၣ်ကဲထီၣ်သးသ့ၣ်ခိၣ်ဖျါ တၢ်ကွၢ်ထွဲပုၤဆါကတီၢ်လၢ-

- အိၣ်ဘူးလိၣ်သးဒီးပုၤဘၣ် COVID-19 တၢ်ဆါအဘၣ်စုၤန့ၣ်ဒီး ၆ ခိၣ် ယီၢ် (၂ မံထၢၣ်)ဒီးလၢအဆၢကတီၢ်အယိၣ်ယိၣ်ထာထာအဖီခိၣ်န့ၣ်လီၤ.
- ဘၣ်ဒီးပုၤလၢအဘၣ် COVID-19 တၢ်ဆါ အတၢ်တၢ်ထံတၢ်နိတဖၣ်လီၤလီၤ. တၢ်ထံလၢအိၣ်ဒီးတၢ်ဆါယၢ်တဖၣ်အံၤကမ့ၢ်ဝဲဒၣ် ကပး, သ့ၣ်ထံဆ့, သ့ၣ်, ဒီးတၢ်ထံသံသံလၢအပၣ်ထွဲဝဲတၢ်သါထီၣ်သါလီၤအကျါတဖၣ်န့ၣ်လီၤ.

မ့ၢ်လဲၤအိၣ်ဘူးဘၣ်ပုၤဆါဖဲတသးယၢ်PPE(တၢ်ပိးတၢ်လီၤဒီးသအတၢ်ဆါအဂီၢ်) ဘၣ်န့ၣ်. မ့ၢ်တၢ်လီၤဘၣ်ယိၣ်လၢတၢ်ကွၢ်ထွဲဆူၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါတဂၤန့ၣ်အဂီၢ်လၢအဘၣ်ကွၢ်ထွဲဝဲဒၣ်တၢ်ဆါအံၤသ့ၣ်န့ၣ်လီၤ.

ကျိၤက့ၤလၢတၢ်ဒီးသအလီၤက့ၤနီၢ်ကစၢ်သးအဂီၢ်.

တၢ်ကွၢ်ထွဲဆူၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါလၢအကွၢ်ထွဲပုၤဘၣ်COVID-19 တၢ်ဆါတဖၣ်ကဘၣ်လူၤပိၣ်မၤထွဲ CDCအတၢ်ဟ့ၣ်ကွၢ်ထွဲလၢတၢ်တြီဒီးဒီးသအ [တၢ်ဆါဘၣ်ကွၢ်ထွဲဝဲဒၣ် \(infectionpreventionandcontrol\(IPC\)\)](#) တဖၣ်န့ၣ်လီၤ.

- ဖဲသမံသမိးပုၤဆါလၢအိၣ်ဒီးတၢ်သါထီၣ်သါလီၤဆါပနီၣ် အတၢ်ဆါတဖၣ်ဒီးလီၤဘၣ်ယိၣ်လၢအဆိးက့ ခိၣ်ဘံး ၁၉တၢ်ဆါအါန့ၣ် ဒ်ကမၤစုၤလီၤတၢ်ခွဲးတၢ်ယၢ်လၢတၢ်ဆါအတၢ်ရုၤလီၤသးအဂီၢ်န့ၣ်. ဟ့ၣ်ပုၤဆါသိးတၢ်ကျါဘၣ်အံၤ ဒီးမ့ၢ်သ့ၣ်န့ၣ်. ဟံပုၤဆါတဂၤန့ၣ်လၢAirborneInfectionIsolationRoom(AIIR) (အးဒီးသအတၢ်ဆါရုၤလီၤသးဒီးဖျိကလံၤ)အပူၤန့ၣ်တက့ၢ်.
- စူးကါ [Standard Precautions](#) (တၢ်ဒီးသအတၢ်ဘၣ်ကွၢ်ထွဲဝဲဒၣ်တၢ်တီၢ်ကျဲ), [ContactPrecautions](#)(တၢ်ဒီးသအတၢ်ကွၢ်ထွဲဝဲဒၣ်တၢ်ဆါခိၣ်ဖျိတၢ် အိၣ်ဘူးဖိၣ်ဘၣ်လိၣ်သးတၢ်တီၢ်ကျဲ),ဒီး [Airborne Precautions](#)(တၢ်ဒီးသအတၢ်ဘၣ်ကွၢ်ထွဲဝဲဒၣ်တၢ်ဆါခိၣ်ဖျိကလံၤအတၢ်တီၢ်ကျဲ)ဒီးသိးတၢ်ဒီးသအမိၣ်ခဲ ဖဲကွၢ်ထွဲပုၤဆါက့ မ့တမ့ၢ် ပုၤလၢဘၣ်သ့ၣ်သ့ၣ်ကဆိးက့လၢ COVID-19 တၢ် ဆါတဖၣ်ကတီၢ်တက့ၢ်.
- သ့စုဒီးသံးစိထံတချးဖဲလဲၤအိၣ်ဘူး. ဖိၣ်ဘၣ်ပုၤဆါ မ့တမ့ၢ် တၢ်ဖိတၢ်လံၤ လၢဘၣ်အါဒီးတၢ်ဆါယၢ်သ့ၣ်သ့ၣ်ဒီးတချးဖဲကသိးထီၣ်ဒီးကဘၣ်လီၤ ကွၢ်PPE(တၢ်ပိးတၢ်လီၤဒီးသအတၢ်ဆါ)ဒ်အမ့ၢ်စုၣ်သ့ၣ်တဖၣ် အမဲၣ်ညါဒီး အလီၢ်ခံကိးဘျီဒီးတက့ၢ်. မ့ၢ်ထံၣ်လၢန့စုဘၣ်အန့ၣ်သ့စုဒီးဆးပုၣ်ဒီးထံ တက့ၢ်.
- လူၤပိၣ်မၤထွဲ [don.use.anddoffPPE](#) က့ၤလၢအကြးအဘၣ်လၢတၢ်ဒီးသအလီၤနီၢ် ကစၢ်သးလၢတၢ်ဘၣ်အဘၣ်သီအဂီၢ်န့ၣ်တက့ၢ်.
- မၤ aerosol-generatingprocedures (တၢ်ကုၤစါယါဘျါလၢအပၣ်

ယုၣ်ဒီးပုၤဆါအကသါထံတဖၣ်)ဖဲ AIIR(အးဒီးသအတၢ်ဆါရုၤလီၤသး) အပူၤ ဒီးကဘၣ်လူၤပိၣ်မၤထွဲIPC(တၢ်တြီဒီးဒီးသအတၢ်ဆါဘၣ်ကွၢ်ထွဲဝဲဒၣ် အတၢ်တီၢ်ကျဲ)ဒီးသ့ PPE (တၢ်ပိးတၢ်လီၤဒီးသအ တၢ်ဆါဘၣ်ကွၢ်ထွဲဝဲဒၣ်)လၢအကြးဝဲဘၣ်ဝဲတဖၣ်.

တၢ်မၤကဆိးဒီးတၢ်သ့စိကွၢ်တၢ်ဆါယၢ်လၢခိၣ်ယၢ်ဝဲတရံးတဖၣ်.

တၢ်မၤကဆိးဒီးတၢ်သ့စိကွၢ်တၢ်ဆါယၢ်တဖၣ် န့ၣ်ကြးဝဲဘၣ်ဝဲလၢတၢ်ကုၤစါယါဘျါSARS-CoV-2(စၤစ-ခိၣ်ရီၣ်န့ၣ် ဘါရုးစံ ၂)တၢ်ဆါတဖၣ်အဂီၢ်,ဒ်အမ့ၢ်ပုၤဆါအအးဒီးအးလၢတၢ်မၤ (aerosol-generatingprocedures)(တၢ်မၤတၢ်ကုၤစါယါဘျါလၢပၣ် ယုၣ်ဒီးပုၤဆါအကသါထံ)အဂီၢ်အအးတဖၣ်န့ၣ်လီၤ.

ဒူးအိၣ်ထီၣ်ယုၣ်ဒီး [EPA-approved](#) တဖၣ်လၢတၢ်တဲဝဲလၢအမ့ၢ်တၢ်မၤသံ တၢ်ဆါယၢ်ဘၣ်ထွဲဘဲရုးတဖၣ်. တၢ်ဟ့ၣ်ကွၢ်ထွဲဝဲလၢတၢ်ကစူးကါအိၣ်ဒ်တၢ်က သ့စိကွၢ် SARS-CoV-2(စၤစ-ခိၣ်ရီၣ်န့ၣ်ဘါရုးစံ ၂)တၢ်ဆါယၢ်တဖၣ် အဂီၢ်န့ၣ်လီၤ. တၢ်ဆူၣ်တၢ်အလီၢ်, တၢ်အိၣ်တၢ်အိၣ်အလီၢ်, ဒီးတၢ်မၤကဆိးကဆိ ဘၣ်ထွဲဒီးတၢ်ကုၤစါယါဘျါတၢ်အဂီၢ်အလီၢ်တဖၣ်ကဘၣ်လူၤပိၣ်မၤထွဲကိးနံၤဒီးတၢ်မၤ ကဆိကဆိအတၢ်မၤကျိၤက့ၤတဖၣ်န့ၣ်လီၤ.

တၢ်ဆါကတီၢ်လၢကဘၣ်ဆဲးကျိးတၢ်မၤတၢ်ဒီးဆူၣ်ချူ တၢ်ဖဲစၢမၤစၢတဖၣ်.

နမ့ၢ်လဲၤအိၣ်ဘူးဒီးဖိၣ်ဘၣ်ပုၤလၢအဘၣ် မ့တမ့ၢ် ပုၤလၢဘၣ်သ့ၣ် သ့ၣ်ကဘၣ် COVID-19 တၢ်ဆါတဂၤန့ၣ်ဒီးနမ့ၢ်တအိၣ်ဒီး တၢ်ဒီးသအလီၤက့ၤသး(အဒိ, တသိးဘၣ်PPE (တၢ်ပိးတၢ်လီၤဒီးသအတၢ်ဆါဘၣ်ကွၢ်ထွဲဝဲဒၣ်))ဘၣ်န့ၣ်. ဆဲးကျိးန တၢ်မၤအခိၣ် မ့တမ့ၢ် မၤတၢ်ဒီးဆူၣ်ချူ တၢ်ဖဲစၢမၤစၢတဖၣ် တဘျီပီတက့ၢ်.

နတၢ်ဆါပနီၣ်လၢအလီၤကံၤ COVID-19 တၢ်ဆါပနီၣ်တဖၣ်(လီၤကီၢ်, ကူး, မ့တမ့ၢ် ကသါကီ)မ့ၢ်အိၣ်ဖျါထီၣ်ဝဲန့ၣ်. တလိၣ်ဟံဖျါထီၣ်ဆူ နတၢ်မၤလီၢ်ဘၣ်, ဆဲးကျိးဘၣ်တၢ်မၤဆူၣ်ချူ တၢ်ဖဲစၢမၤစၢအလီၢ်တက့ၢ်. လၢတၢ်သ့ၣ်ညါအါထီၣ်ဘၣ်ပးတၢ်ကွၢ်ထွဲဆူၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါအ ဂ့ၢ်, န့ၣ်လီၤကွၢ်ဖဲ-<https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>

Translated by Karen Society of Nebraska



What healthcare personnel should know about caring for patients with confirmed or possible coronavirus disease 2019 (COVID-19)

Healthcare personnel (HCP) are on the front lines of caring for patients with confirmed or possible infection with coronavirus disease 2019 (COVID-19) and therefore have an increased risk of exposure to this virus. HCPs can minimize their risk of exposure when caring for confirmed or possible COVID-19 patients by following [Interim Infection Prevention and Control Recommendations for Patients with Confirmed \(COVID-19\) or Persons Under Investigation for COVID-19 in Healthcare Settings](#).

How COVID-19 Spreads

There is much to learn about the newly emerged COVID-19, including how and how easily it spreads. Based on what is currently known about COVID-19 and what is known about other coronaviruses, spread is thought to occur mostly from person-to-person via respiratory droplets among close contacts.

Close contact can occur while caring for a patient, including:

- being within approximately 6 feet (2 meters) of a patient with COVID-19 for a prolonged period of time.
- having direct contact with infectious secretions from a patient with COVID-19. Infectious secretions may include sputum, serum, blood, and respiratory droplets.

If close contact occurs while not wearing all recommended personal protective equipment (PPE), healthcare personnel may be at risk of infection.

How You Can Protect Yourself

Healthcare personnel caring for patients with confirmed or possible COVID-19 should adhere to CDC recommendations for [infection prevention and control \(IPC\)](#):

- Assess and triage these patients with acute respiratory symptoms and risk factors for COVID-19 to minimize chances of exposure, including placing a facemask on the patient and placing them in an examination room with the door closed in an Airborne Infection Isolation Room (AIIR), if available.
- Use [Standard Precautions](#), [Contact Precautions](#), and [Airborne Precautions](#) and eye protection when caring for patients with confirmed or possible COVID-19.
- Perform hand hygiene with alcohol-based hand rub before and after all patient contact, contact with potentially infectious material, and before putting on and upon removal of PPE, including gloves. Use soap and water if hands are visibly soiled.
- Practice how to properly [don, use, and doff PPE](#) in a manner to prevent self-contamination.
- Perform aerosol-generating procedures, in an AIIR, while following appropriate IPC [practices, including use of appropriate PPE](#).

Environmental Cleaning and Disinfection

Routine cleaning and disinfection procedures are appropriate for SARS-CoV-2 in healthcare settings, including those patient-care areas in which aerosol-generating procedures are performed. Products with [EPA-approved](#) emerging viral pathogens claims are recommended for use against SARS-CoV-2. Management of laundry, food service utensils, and medical waste should also be performed in accordance with routine procedures.

When to Contact Occupational Health Services

If you have an unprotected exposure (i.e., not wearing recommended PPE) to a confirmed or possible COVID-19 patient, contact your supervisor or occupational health immediately.

If you develop symptoms consistent with COVID-19 (fever, cough, or difficulty breathing), do not report to work. Contact your occupational health services.

For more information for healthcare personnel, visit: <https://www.cdc.gov/coronavirus/2019-nCoV/hcp/index.html>

