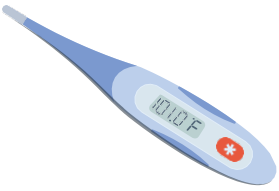


# လူပိတ်မထွေ တပ်ပူဖွေးအပတီၢ်ၵထံၣ်အံၤ လၢပဝဲကိးဂၤဒီးကအိၣ်ဆူၣ်အိၣ်ချ့ဘၣ်ဝဲအဂီၢ်တက့ၢ်.

၁

**အိၣ်လၢဟံၣ်ဖဲနမ့ၢ်တူၢ်ဘၣ်လၢနအိၣ်တဆူၣ်ဘၣ်**  
မ့တမ့ၢ်နတၢ်မၤကွၢ်အစၢမ့ၢ်ဖျါထီၣ်လၢနဘၣ် COVID-19  
မ့တမ့ၢ်အိၣ်ဘူးအိၣ်တၢ်ဘၣ်ဒီးပုၤလၢအဘၣ် COVID-19  
လၢအပူၤကွၢ်၁၄သီအတီၢ်ပူၤတက့ၢ်.



၂

**အိၣ်ယံၤဒီးပုၤအဂုၤအဂၤဖိၣ်ယီၢ်**  
ပုၤလၢအတအိၣ်ဟံၣ်တဖျၢၣ်ယီၢ်ဒီးနၤ,လၢထံကျါမ့ၢ်  
ဂုၤဒီးလၢခိၣ်ခိၣ်မ့ၢ်ဂုၤ,ဒီးတဘၣ်ဟ့ၣ်ခိၣ်ဟ့ၣ်နီၤလိာ်သး  
တၢ်ဖိတၢ်လံၤဒီးပုၤအဂုၤအဂၤဘၣ်.



၃

**ပးတၢ်ကးဘၢမဲၣ်လၢတၢ်ဆးအီၤလၢတၢ်ကံးညၢၣ်**  
ဖဲနမ့ၢ်တအိၣ်လၢထံကျါအခါ\*  
\* တၢ်ကးဘၢမဲၣ်တဖၣ်တဘၣ်ထီထီၣ်အီၤလၢဖိသၣ်လၢအသးအိၣ်ၵနံၣ်ဆူအဖိလၢဘၣ်မ့တမ့ၢ်  
ပုၤတကလၢလၢလၢအကသါထီၣ်ကသါလီၤကိဝဲမ့ၢ်ဂုၤ,သးပုၤနီၣ်သး,အဂီၢ်စၢ်,ဒီးပုၤလၢအ  
ဘၣ်လီၤတၢ်ကးဘၢမဲၣ်လၢအကစၢ်တသ့ဘၣ်တဖၣ်တဘၣ်ဒုးသ့အီၤဘၣ်.



၄

**ထီၣ်ဘိသ့နစု** လၢဆးပုၣ်ဒီးထံအဇၢကတၢ်ၵဝဲဒီးမ့တမ့ၢ်  
သူတၢ်သ့စုအထံလၢအပၣ်ယုာ်ဒီးသံးခိၣ်ထံဖိဝဲ  
မုးကယၤတက့ၢ်.



၅

**နမ့ၢ်ကူးမ့တမ့ၢ်ကဆဲအခါကးဘၢအီၤ**  
လၢထံးၵျဲစးခိမ့တမ့ၢ်နစု,စူးကွၢ်ထံးၵျဲဆူတၢ်တယၢ်အအပူၤ,  
ဒီးသ့နစုတက့ၢ်.



ခဲအံၤ, **ပျီၤသကိးထံသ့လံ.**



Translated by  
Karen Society of Nebraska.

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

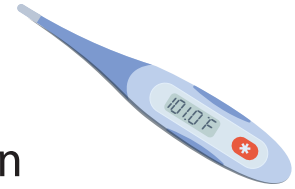
# FOLLOW THESE 5 SAFETY STEPS

to keep us all healthy

1

## STAY HOME IF YOU DON'T FEEL WELL

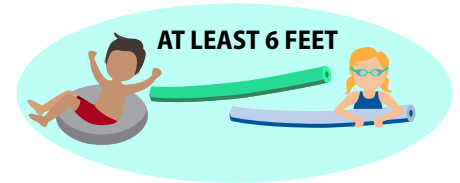
Or if you tested positive for COVID-19 or were exposed to someone with COVID-19 in the last 14 days



2

## STAY 6 FEET AWAY FROM PEOPLE

who don't live with you, both in and out of the water and avoid sharing items with other people



3

## WEAR A CLOTH FACE COVERING

when not in the water\*

\* Don't place cloth face coverings on children under age 2 or anyone who has trouble breathing or is unconscious, weak, or otherwise unable to remove the cover without help.



4

**WASH YOUR HANDS OFTEN** with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol



5

## COVER YOUR COUGHS AND SNEEZES

with a tissue or your elbow, throw the tissue in the trash, and wash your hands



Now, **let's swim!**



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)