

# တၢ်ယုသ့ၣ်ညါက့ၤပုၤလၢအအိၣ်ဘူးဘၣ်ဒီးပုၤဘၣ်တၢ်ဆါ-မၤနမူနၢလၢနဟံၣ်ဖိဃီဖိ,တံၤသကိး,ဒီးပုၤတတၢကပုၤဖျဲးအဂီၢ်တက့ၢ်.

တၢ်လၢတၢ်ကမၤအီၤဖဲတၢ်မၤတၢ်ယုသ့ၣ်ညါက့ၤပုၤလၢအအိၣ်ဘူးဘၣ်ဒီးပုၤဘၣ်တၢ်ဆါ (CONTACT TRACING) အဆၢကတီၢ်ဖဲတၢ်မၤကွၢ်နၤဖျါထီၣ်လၢနအိၣ်ဒီးCOVID-19 တၢ်ဆါအခါ.

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တၢ်မၤကွၢ်နၤဖျါထီၣ်လၢနအိၣ်ဒီး COVID-19 တၢ်ဆါန့ၣ်,ကမ့ၢ်ဆူၣ်ချ့ အပုၤမၤတၢ်ဖိတကမၤဆဲးကျိးသံကွၢ်နတၢ် အိၣ်ဆူၣ်ဆိၣ်ချ့ အဂ့ၢ်အကျိးလီၤ.



အဝဲသ့ၣ်ကသံကွၢ်နၤလၢမ့ၢ်န အိၣ်ဘူးဘၣ်ဒီးမတၤလၢၣ်,ဒီးဖဲ နဆိးက့ၤအခါနလၢဆူလၢၣ်ဒီး ဘၣ်သ့ၣ်သ့ၣ်နကရၤလီၤဘၣ်ဝဲ COVID-19 တၢ်ဆါဆူပုၤအဂ့ၢ် အကအအိၣ်လီၤ.

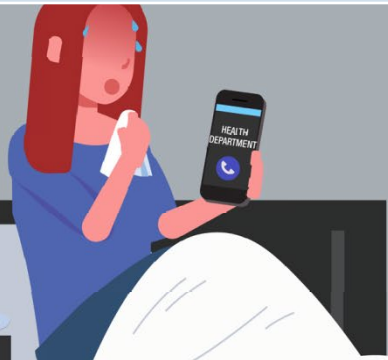
တၢ်ဂ့ၢ်တၢ်ကျိးတမံၤလၢ လၢလၢနဟံၣ်လီၤဆူၣ်ချ့ အ ပုၤမၤတၢ်ဖိန့ၣ်တၢ်ကဟံၣ်အီၤ လၢတၢ်ဆူသ့ၣ်န့ၣ်လီၤ. အခိပညီမ့ၢ်ဝဲနနီၢ်ကစၢ်ဒီးတၢ်အိၣ် ဆူၣ်ဆိၣ်ချ့ အဂ့ၢ်အကျိးတဖၣ် တၢ်ကဟံၣ်အီၤဘၣ်တံၢ် ဘၢဘၢလီၤ.

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ပုၤကမၤနၤလၢနကဘၣ်အိၣ်လၢဟံၣ်ဒီးအိၣ်လီၤဆိထဲတက့ၢ်.ဖဲနမ့ၢ် တမၤဘၣ်ဒီးအီၤဘၣ်ခါန့ၣ်လီၤ. တၢ်အိၣ်လီၤဆိထဲတက့ၢ်မ့ၢ်ဝဲအိၣ်လၢဟံၣ်လၢအးလီၤလီၤဆိဆိတဖျၢၣ် အပုၤယံၤဒီးပုၤအဂ့ၢ်အကဒီးဆၣ်ဖိကီၢ်ဖိတဖၣ်,ဒီးမ့ၢ်သ့သ့တၢ်ဟးလီၤ လီၤဆိတက့ၢ်.

တၢ်အိၣ်လီၤဆိထဲတက့ၢ်မၤကရၤလီၤဝဲCOVID-19 တၢ်ဆါရၤလီၤအသး ဒီးမၤပုၤဖျဲးဝဲနဟံၣ်ဖိဃီဖိ,တံၤသကိး,ဒီးပုၤတတၢန့ၣ်လီၤ.

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နမ့ၢ်လိၣ်ဘၣ်တၢ်ဆိၣ်ထွဲ မ့တမ့ၢ်တၢ်မၤစၢတမံၤမံၤဖဲန အိၣ်လီၤဆိထဲတက့ၢ်အခါ,တၢ်အိၣ် ဆူၣ်ဆိၣ်ချ့ ဝဲကျိးမ့တမ့ၢ် လီၢ်ကဝီၤပုၤပုၤတတၢအတၢ်ကရၤ ကရီၢ်တဖၣ်လီၤနၤ တၢ်မၤစၢသ့ဝဲဒၣ်န့ၣ်လီၤ.

မၤကွၢ်လီၤက့ၤနတၢ်အိၣ်ဆူၣ်ဆိၣ်ချ့ တက့ၢ်.နတၢ်ဆါအပနီၣ်တဖၣ် မ့ၢ်ဟဲနးထီၣ်မ့တမ့ၢ်နးထီၣ်ဝဲနးနးကလၢန့ၣ်,နကြးယုထံၣ်န့ၣ် ဆူၣ်ချ့တၢ်အံးထွဲကွၢ်ထွဲန့ၣ်လီၤ.တၢ်ဆါအပနီၣ်လၢအနးတဖၣ် မ့ၢ်ဝဲကသါကီၤခဲဝဲ,သးနါပျီဆါတပယုၣ်ယီမ့တမ့ၢ်တၢ်ဆိၣ်သနး သးနါပျီ,ထၢမံထၢမံ,မံၤတၢ်ထီၣ်တညီမ့တမ့ၢ်မံၤခဲ,ဒီးပျီမ့တမ့ၢ် မဲၣ်သၣ်ညိးထီၣ်န့ၣ်လီၤ.

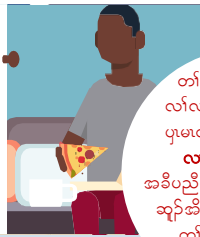
[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

Translated by  
Karen Society of Nebraska

# တၢ်ဃုသ့ၣ်ညါက့ၤပုၤလၢအအိၣ်ဘူးဘၣ်ဒီးပုၤဆါ-တၢ်လၢနကဘၣ်သ့ၣ်ညါအီၤဖဲလၢဘၣ်သ့ၣ်သ့ၣ်နကအိၣ်ဘူးဘၣ်ဒီးပုၤလၢအအိၣ်ဒီးCOVID-19 တၢ်ဆါ

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နမ့ၢ်အိၣ်ဘူးဘၣ်ဒီးပုၤလၢအအိၣ်ဒီးCOVID-19 တၢ်ဆါတကၤကဘူးဘူးတၢ်တၢ်န့ၣ်, ကမ့ၢ်ဆူၣ်ချ့ အပုၤမၤတၢ်ဖိတကၤဆဲးကျိးန့ၣ်ဒီးဒုးသ့ၣ်ညါန့ၣ်လၢဘၣ်သ့ၣ်သ့ၣ်နကအိၣ်လၢတၢ်ဘၣ်ကူဘၣ်ကံၤအတၢ်လီၤဘၣ်ယီၣ်အပူၤန့ၣ်လီၤ.

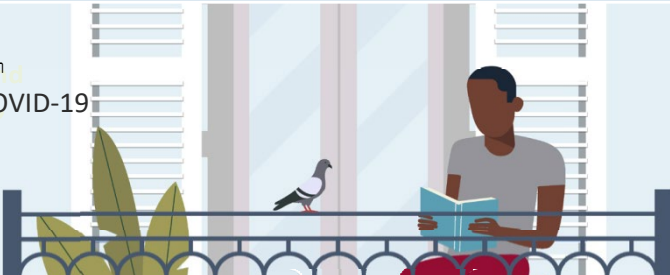


တၢ်ဂ့ၢ်တၢ်ဂ့ၢ်တဖၣ်လၢလၢနဟ့ၣ်လီၤဆူၣ်ချ့ အပုၤမၤတၢ်ဖိန့ၣ်တၢ်ကဟံၣ်အီၤလၢတၢ်န့ၣ်လီၤ. အခိၣ်ညါမ့ၢ်ဝဲန့ၣ်ကတၢ်ဒီးတၢ်ဆိၣ်ဆူၣ်ဆိၣ်ချ့ အဂီၢ်အဂီၢ်တဖၣ်တၢ်ကဟံၣ်အီၤတၢ်ဘၣ်ဘၢလီၤ.



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နကြးအိၣ်လၢဟံၣ်ဒီးအိၣ်လီၤဆိထဲတကၤမ့ၢ်ဝဲ ၁၄သီအတၢ်ပူၤ, စးထီၣ်လၢနအိၣ်ဘၣ်လၢCOVID-19 တၢ်ဆါဘၣ်ကံၤအတၢ်လီၤဘၣ်ယီၣ်အပူၤအကတၢ်တနံၤန့ၣ်လီၤ. *14 days you stay at home to avoid COVID-19*



တၢ်ဆိၣ်လီၤဆိထဲတကၤမ့ၢ်ဝဲ တၢ်ဆိၣ်လၢဟံၣ်, မၤကွၢ်လီၤကုၤနတၢ်ဆိၣ်ဆူၣ်ဆိၣ်ချ့, ဒီးအိၣ်စိၤစုၤယံၤဒီးပုၤအပူၤအက (အစ့ၤကတၢ်ဖိခိၣ်ယီၣ်) ကိးဘျီဒီးန့ၣ်လီၤ. *Wearing masks, staying at home, and avoiding crowded places at all times.*

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ကမ့ၢ်ဆူၣ်ချ့ အပုၤမၤတၢ်ဖိဟ့ၣ်လီၤနတၢ်ဂ့ၢ်တၢ်ဂ့ၢ်ဘၣ်ပးဒီးတၢ်မၤကွၢ်COVID-19 တၢ်ဆါအလီၤလၢနဟံၣ်ကတၢ်အပူၤသ့ၣ်လီၤ.

နမ့ၢ်လိာ်ဘၣ်တၢ်ဆိၣ်ထွဲမၤစၢၤလၢနကအိၣ်လီၤဆိထဲတကၤအဂီၢ်, နတၢ်ဆိၣ်ဆူၣ်ဆိၣ်ချ့ ဝဲလၢကျိးမ့ၢ်တဖၣ်ပုၤတတၢ်အတၢ်ကရၢကရိတဖၣ်ကမၤစၢၤနကသ့ၣ်ဒ်န့ၣ်လီၤ.

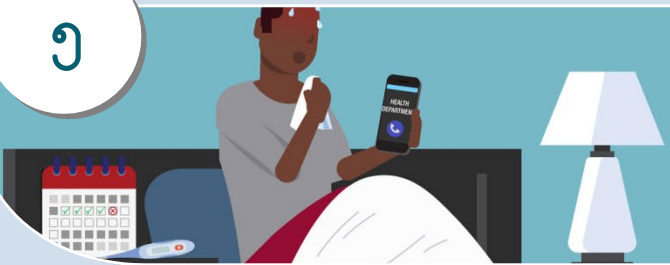


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နကြးထီၣ်ကွၢ်နတၢ်ကိၢ်တနံၤခဲဘျီ, ဒ်သီးနကသ့ၣ်ညါဘၣ်လၢနတၢ်ကိၢ်ထီၣ်အပတီၢ်ထဲလဲၣ်ဒီးCOVID-19 အတၢ်ပနီၣ်တဖၣ်အိၣ်ခါ, ဒီးနတၢ်ဆါအပနီၣ်မ့ၢ်အိၣ်ထီၣ်န့ၣ်ဒုးသ့ၣ်ညါဘၣ်တၢ်ဆိၣ်ဆူၣ်ဆိၣ်ချ့အဝဲလၢကျိးတက့ၢ်.



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ဖဲနအိၣ်လီၤဆိလၢ၁၄သီအတၢ်ပူၤအခါနမ့ၢ်ဆိးက့ၤထီၣ်န့ၣ်, နကြးဒုးသ့ၣ်ညါတၢ်ဆိၣ်ဆူၣ်ဆိၣ်ချ့ ဝဲလၢကျိးဒီးဃုထံၣ်န့ၣ်ဆူၣ်ချ့ တၢ်ကွၢ်ထွဲဖဲနတၢ်ဆါအပနီၣ်တဖၣ်ပဲနဒီးထီၣ်မ့ၢ်တဖၣ်နဒီးထီၣ်ခိၣ်ခိၣ်ကလံာ်အခါန့ၣ်လီၤ. တၢ်ပနီၣ်လၢအမ့ၢ်ဂ့ၢ်ဂီၤအူတၢ်ဆိၣ်သးတဖၣ်မ့ၢ်ဝဲကသါကိၢ်ခဲဝဲ, သးနါပုၤဆါတပယုၣ်ယီၤမ့ၢ်တဖၣ်တၢ်ဆိၣ်သးနးနးနါပုၤ, ထၢမံၤထၢမံၤ, မံၤဟံၣ်ထီၣ်တန့ၣ်ညါဘၣ်မ့ၢ်တဖၣ်မံၤဒီးပုၤမ့ၢ်တဖၣ်မံၤသၣ်ညိးထီၣ်န့ၣ်လီၤ.



ပဝဲခဲလၢာ်ပမၤသကိးတၢ်သ့ၣ်လၢတၢ်မၤကယီၤလီၤဝဲCOVID-19 တၢ်ဆါရၢလီၤအသးန့ၣ်လီၤ. မၤနမူနဒါဒ်နဲဒ်သီးဒီးနပုၤဟံၣ်ဖိယီၤဖိဒီးနပုၤတတၢ်ပူၤဖျဲးအဂီၢ်တက့ၢ်-လၢတၢ်ကမၤကယီၤလီၤဝဲတၢ်ဆါရၢလီၤသးအဂီၢ်စံးဆၢလီၤတဲစိတက့ၢ်.

# Contact Tracing: Do your part to keep your family, friends, and community safe.

## WHAT YOU CAN EXPECT TO HAPPEN DURING CONTACT TRACING IF YOU HAVE BEEN DIAGNOSED WITH COVID-19.

1

If you have been diagnosed with COVID-19, a public health worker will call you to check on your health.



They will ask you who you've been in contact with and where you spent time while you were sick and may have spread COVID-19 to others.

Any information you share with public health workers is **CONFIDENTIAL**.

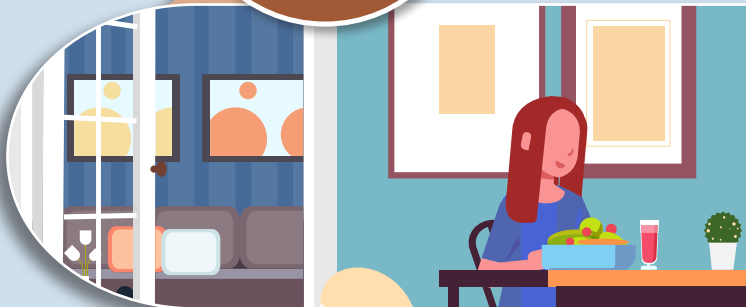
This means that your personal and medical information will be kept private.

2

You will also be asked to **stay at home and self-isolate**, if you are not doing so already.

Self-isolation means **staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible.**

**Self-isolation helps slow the spread of COVID-19** and can keep your family, friends, and community safe.



3



**If you need support or assistance** while self-isolating, the health department or a local community organization **may be able to provide assistance.**

Continue to monitor your health. **If your symptoms worsen or become severe, you should seek medical care.** Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

[cdc.gov/COVID19](https://cdc.gov/COVID19)

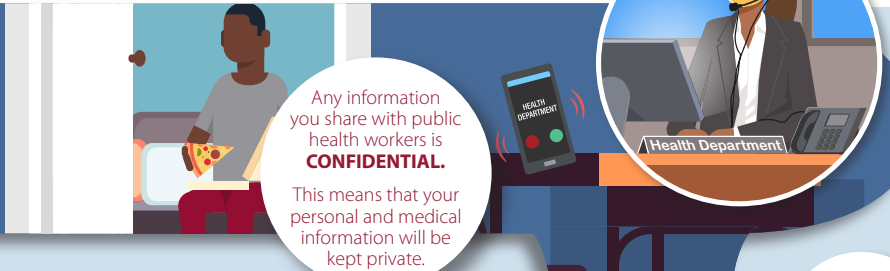


U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

## CONTACT TRACING: WHAT TO EXPECT IF YOU MAY HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19

1

If you have been in close contact with someone who has COVID-19, a public health worker will call you to inform you that you may have been exposed to COVID-19.



2

You should stay at home and self-quarantine for 14 days, starting from the last day you were possibly exposed to COVID-19.



Self-quarantine means **staying home, monitoring your health, and maintaining social distancing** (at least 6 feet) from others at all times.

3

The **public health worker can provide information** about COVID-19 testing in your area.

If you need support or assistance with self-quarantine, your health department or community organizations may be able to provide assistance.



4

You should take your temperature twice a day, watch for fever and other symptoms of COVID-19, and notify your health department if you develop symptoms.



5



If you become ill during the 14 days of self-quarantine, you should notify the health department and seek medical care if your symptoms worsen or become severe. Emergency warning signs include **trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face**.

**We can all work together to help slow the spread of COVID-19.**

Do your part to keep your family and your community safe: **Answer the call to slow the spread.**

