

ပကစူးကိတ်မကွက်တိဆိအဘဲပျံင်နိဒူပူအဒိလါ COVID-19 တိမကွက်အဂီၢ်ဒဲလဲာ်

Translated by
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မၤထွဲတၢ်နဲာ်ကျဲလၢအပၢ်ယုာ်လၢနတၢ်မကွက်အဒိန့ၣ်တက့ၢ်. သူထဲလၢတၢ်ပိးတၢ်လိလၢနဒိးန့ၢ်ဘၣ်အိၤလၢနတၢ်မကွက်အဒိအပူၤလၢနကမၤဟံးန့ၢ်ဒိးဟံးကီၤနတၢ်မကွက်အဒိ. မ့တမ့ၢ်ဘၣ်လၢတၢ်နဲာ်ကျဲတဲာ်ဘၣ်န့ၣ်လၢနကဘၣ်မတၢ်အဂူၤအဂၤဘၣ်န့ၣ်တက့ၢ်. သူထဲလၢတၢ်ဟံးန့ၢ်နီၤခိအဒိအတၢ်ပိးတၢ်လိလၢနကသံၣ်သရၣ်မ့တမ့ၢ်ပူၤဘၣ်မ့တမ့ၢ်ဒါလၢတၢ်မကွက်တၢ်ဆိအလီၤဟ့ၣ်လီၤန့ၣ်တက့ၢ်.

တၢ်ကတဲာ်ကတီၤအဆိကတၢ်

၁. အိးထီၣ်တၢ်မကွက်အဒိအတၢ်က့ၢ်.

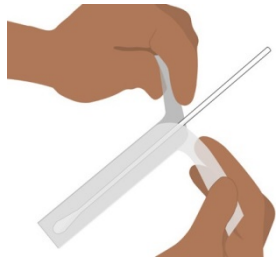


၂. သူတၢ်သုစုစုအကသံၣ်ထံလၢအပၢ်ဒိးသံးခိၣ်ထံၣ်မ့ၢ်ကယၤတက့ၢ်.

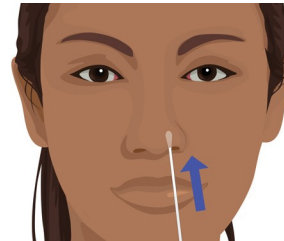


တၢ်ဟံးန့ၢ်တၢ်မကွက်အဒိ

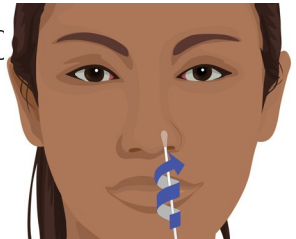
၃. အိးထီၣ်ဘဲပျံင်နိဒူဒိးဟံးန့ၢ်အိၤပလီၢ်သးဒဲသိးနသုတဖီၣ်ဘၣ်ဘဲကပုၣ်လုးဖိလၢအခိၣ်ထိးတဂူၤန့ၣ်တက့ၢ်.



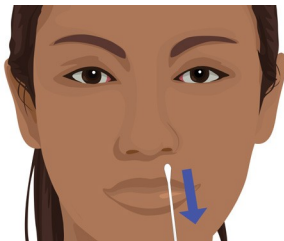
၄. ကိၣ်န့ၣ်လီၤဘဲပျံင်နိဒူဆူနနၤဒူအပူၤတက့ၢ်. တဘၣ်ကိၣ်န့ၣ်လီၤအိၤဆူနနၤဒူပူၤထီၣ်ဒိးအစုမ့ၢ်ခိၣ်တတ်တဂူၤ.



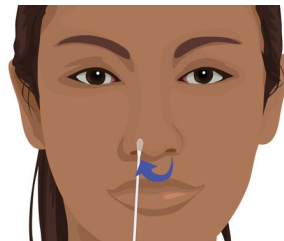
၅. ဝံာ်ပကံးအိၤကယိကယိ. တျၢၣ်နနိဒူအပူၤလၢ၁၅ ဖဲးကိးအတီၢ်ပူၤတက့ၢ်.



၆. ထုးကွံာ်ဘဲပျံင်နိဒူကယိကယိတက့ၢ်.

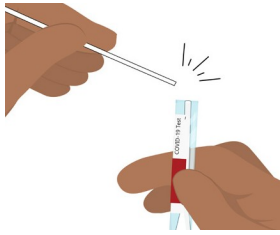


၇. သူဘဲပျံင်နိဒူတဘိယိအဝဲန့ၣ်. မၤအပတီၢ်၄-၆လၢနနိဒူပူၤအဂၤတကပတက့ၢ်.



တၢ်ကတီၤထီၣ်တၢ်မၤကွၢ်အိၣ်လၢတၢ်ကဆူက့ၤအိၣ်အီၣ်

၈. ထၢန့ၣ်လီၤဘဲပျံၣ်န့ၣ်အံၤဆူ ပိၤကဆိတဘိန့ၣ်အပူၤ၊ ဘိးကၢ်ဘဲပျံၣ်န့ၣ်အိၣ်ထိး ဖဲတၢ်ဟံၣ်နီၣ်အိၣ်အလီၢ်တက့ၢ်. ကးတၢ်ကွၢ်ပိၤအဝဲန့ၣ်အိၣ် ခိးအိၣ်ပံးတက့ၢ်.



၉. သ့န့ၣ်ခိးက သံၣ်ထံသ့ကဆိစု အသိတဘျီတက့ၢ်.



၁၀. ထၢန့ၣ်လီၤပိၤလၢအိၣ်ခိး ဘဲပျံၣ်န့ၣ်ဆူတၢ်မၤကွၢ်အိၣ် အတၢ်အပူၤခိးပံးတၢ် တၢ်အအဝဲန့ၣ်တက့ၢ်.



ဆူက့ၢ်တၢ်မၤကွၢ်အိၣ်ခိးမၤကဆိက့ၢ်တၢ်

၁၁. ဟ့ၣ်လီၤက့ၢ်တၢ် အလၢအအိၣ်ခိးဘဲ ပျံၣ်န့ၣ်အံၤဆူ တၢ်မၤကွၢ်အလီၢ်အ ပူၤဘၣ်မုဘၣ်ခါ တၢ်ကဆိတက့ၢ်.



၁၂. တၢ်ကွၢ်တၢ်မၤကွၢ်အိၣ်အပိးဖ ယၢ်အပူၤတက့ၢ်.



၁၃. သ့န့ၣ်ခိးကသံၣ်ထံသ့ ကဆိစုအသိတဘျီတ က့ၢ်.



HOW TO COLLECT YOUR ANTERIOR NASAL SWAB SAMPLE FOR COVID-19 TESTING



Follow the instructions included with your sample kit. Use **only** materials provided in your kit to collect and store your sample, unless the kit says to do otherwise. Use **only** an approved sampling kit given to you by your healthcare provider or by personnel at the testing center.

Initial set-up

1. Open the sampling kit.

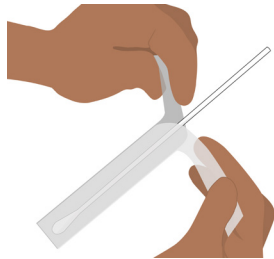


2. Apply hand sanitizer with at least 60% alcohol.

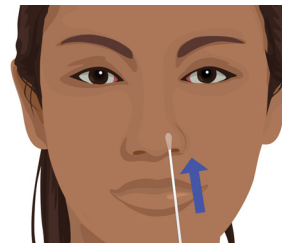


Sample collection

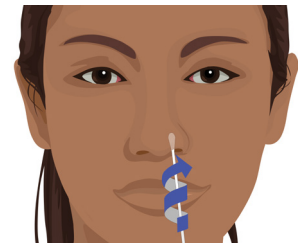
3. Remove the swab from the container, being careful not to touch the soft end with your hand.



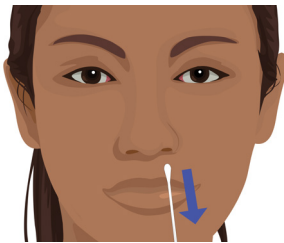
4. Insert the swab into your nostril. Do not insert it more than half an inch into your nostril.



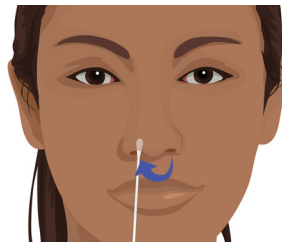
5. Slowly twist the swab, rubbing it along the insides of your nostril for 15 seconds.



6. Gently remove the swab.

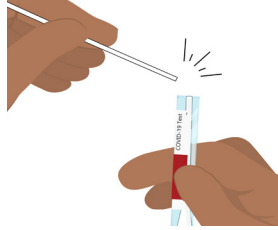


7. Using the same swab, repeat steps 4-6 in your other nostril.



Preparation of sample for return

- 8.** Place the swab in the sterile tube and snap off the end of the swab at the break line. Place the cap on the tube.



- 9.** Re-apply hand sanitizer.



- 10.** Place the tube containing the swab in the biohazard bag provided and seal the bag.



Returning the sample and clean-up

- 11.** Give the bag with the swab to testing personnel.



- 12.** Throw away remaining sample kit items.



- 13.** Re-apply hand sanitizer.

