

# ပကစူးကါတၢ်မၤကွၢ်တၢ်ဆါအဘဲပျံၣ်နါဒုပူၤယိၣ်အဒိလၢ COVID-19 တၢ်မၤကွၢ်အဂီၢ်ဒ်လဲၣ်

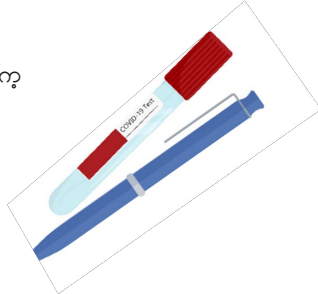


Translated by  
Karen Society of Nebraska

မၤထွဲတၢ်န့ၣ်ကျဲလၢအပၣ်ယုၣ်လၢနတၢ်မၤကွၢ်အဒိန့ၣ်တက့ၢ်. သူထဲလၢတၢ်ပိးတၢ်လိလၢနဒိးန့ၣ်ဘၣ်အိၣ်လၢနတၢ်မၤကွၢ်အဒိအပူၤလၢနကမၤဟံးန့ၣ်ဒိးဟံးကီၢ်နတၢ်မၤကွၢ်အဒိ. မ့တမ့ၢ်ဘၣ်လၢတၢ်န့ၣ်ကျဲတဘျီန့ၣ်လၢနကဘၣ်မၤတၢ်အဂီၢ်အကၢဘၣ်န့ၣ်တက့ၢ်. သူထဲလၢတၢ်ဟံးန့ၣ်နီၣ်ဒိအဒိအတၢ်ပိးတၢ်လိလၢနကသံၣ်သရၣ်(ဖဲနမ့ၢ်အိၣ်လၢဟံၣ်)မ့တမ့ၢ်ပူၤဘၣ်မ့ဘၣ်ဒါလၢတၢ်မၤကွၢ်တၢ်ဆါအလီၢ်(ဖဲနမ့ၢ်အိၣ်လၢတၢ်မၤကွၢ်တၢ်ဆါအလီၢ်)ဟ့ၣ်လိလၢနန့ၣ်တက့ၢ်.

## တၢ်ကတဲၢ်ကတီၢ်အဆိကတၢ်

- ၁. အိးထီၣ်တၢ်မၤကွၢ်အဒိအဘိၣ်တက့ၢ်. ပိၣ်ထွဲတၢ်န့ၣ်ကျဲလၢအဆိၣ်လၢတၢ်ဟံးန့ၣ်တၢ်မၤကွၢ်အဒိအပိၣ်ကဆိၣ်အလီၢ်န့ၣ်တက့ၢ်.

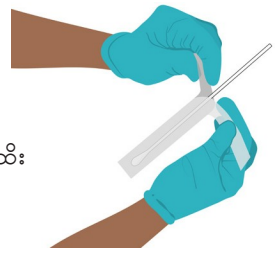


- ၂. သုနစုလၢဆးပျံၣ်ဒိးထံအစုကတၢ်ယံၣ် ၂၀စဲးကိးတက့ၢ်. ဆးပျံၣ်ဒိးထံမ့ၢ်တဆိၣ်အလီၢ်. သူတၢ်သုစုအထံလၢအပၣ်ဒိးသံးခိၣ်ထံအစုကတၢ်၆၀ မျးကယၤတက့ၢ်.



## တၢ်ဟံးန့ၣ်တၢ်မၤကွၢ်အဒိ

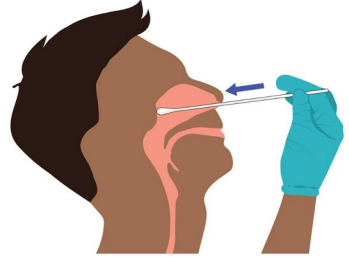
- ၃. လၢတၢ်ဘိၣ်အပူၤမ့ၢ်အိၣ်ဒိးစုဖျိၣ်န့ၣ်. ဖျိၣ်ထီၣ်အိၣ်တက့ၢ်. အိးထီၣ်ဒိးဟံးန့ၣ်ဘဲပျံၣ်နါဒုလၢအအပူၤ. ပလီၢ်သးဒ်သိးနသုတထိးဘၣ်ဘဲပျံၣ်နါဒုအခိၣ်ထိးကမ့ၢ်လုးဘၣ်န့ၣ်တက့ၢ်.



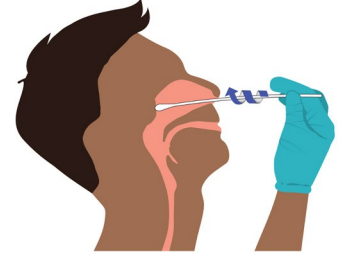
- ၄. မိၣ်ထီၣ်နခိၣ်ဝံၣ်လီၤဆူနလီၢ်ခံၣ်အဖျါလၢတၢ်ဂီၢ်အံၤအပူၤတက့ၢ်.



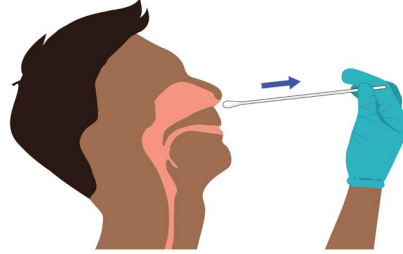
- ၅. ကိၣ်န့ၣ်လီၤဘဲပျံၣ်ဆူနနါဒုအပူၤကယိၣ်ကယိၣ်. လီၤလီၤဒိးနကိၣ်ပူၤတုၤလၢနကိၣ်န့ၣ်တန့ၢ်လၢဘၣ်-ကယိၣ်ဝဲဝဲတုၤဘၣ်စုမ့ၢ်ဒိၣ်န့ၣ်တက့ၢ်.



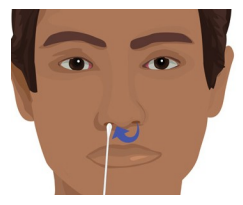
- ၆. ဝံၣ်ပကံးအိၣ်ကယိၣ်ကယိၣ်. တြျၢ်နနါဒုပူၤအဒုၣ်လၢ၁၅စဲးကိးအတီၢ်ပူၤန့ၣ်တက့ၢ်.



- ၇. ထုးထီၣ်ကွၢ်ဘဲပျံၣ်ကယိၣ်ကယိၣ်တက့ၢ်.



- ၈. သူဘဲပျံၣ်တဘီၤယိၣ်. မၤကဒါက့ၢ်တၢ်အပတီၢ် ၄-၇လၢနနါဒုပူၤအဂၤတခီန့ၣ်တက့ၢ်.



တၢ်ကတိၤထီၣ်တၢ်မၤကွၢ်အိၣ်လၢတၢ်ကဆုၤကွၢ်အိၣ်အဂီၢ်

၉. ထၢန့ၣ်လီၤဘဲပျံၣ်နီၤဒုအံၤဆူ ပိၤကဆိတဘိန့ၣ်အပူၤ, ဘိးကၢ်ဘဲပျံၣ်နီၤဒုအိၣ်ထိး ဝဲတၢ်ဟံပနီၣ်အိၣ်အလီၢ်တက့ၢ်. ကးတံၢ်ကွၢ်ပိၤအဝဲန့ၣ်အိၣ်ဒီးအိၣ်ပံးတက့ၢ်.



၁၀. နမ့ၢ်ဖျိၣ်စုဖျိၣ်န့ၣ်, ဘၣ်လီၤကွၢ်အိၣ်ဒီးစူးကွၢ်အိၣ်တက့ၢ်. သ့စီနစု မ့တမ့ၢ်သ့တၢ်သ့စုအထံ န့ၣ်တက့ၢ်.



၁၁.

၁၁. ထၢန့ၣ်လီၤပိၤလၢအအိၣ်ဒီးဘဲပျံၣ်နီၤဒုဆူတၢ်မၤကွၢ်အိၣ်အဝဲတၢ်အပူၤဒီးပံးတံၢ်တၢ်အဝဲန့ၣ်တက့ၢ်.



တၢ်ဆုၤကွၢ်တၢ်မၤကွၢ်အိၣ်

၁၂. နမ့ၢ်အိၣ်လၢတၢ်မၤကွၢ်တၢ်ဆါအလီၢ်, ဟ့ၣ်လီၤကွၢ်တၢ်အဝဲန့ၣ်ဆူပုၤဘၣ်မူဘၣ်ဒါအအိၣ်တက့ၢ်.



၁၃. နမ့ၢ်အိၣ်လၢဟံၣ်, ပိၢ်ထွဲတၢ်န့ၣ်ကျဲလၢအအိၣ်လၢတၢ်အဝဲလီၤလၢနကဟံၣ်အဝဲ, ဘိၣ်ထီၣ်အိၣ်ဒီးစိၣ်ဆူအိၣ်လဲၣ်န့ၣ်တက့ၢ်.



မၤကဆိကွၢ်တၢ်လၢခံကတၢ်

၁၄. တၢ်ကွၢ်တၢ်မၤကွၢ်အတၢ်ပိးတၢ်လီၤအဂုၤအဂၤတဖၣ်ဂုၤတက့ၢ်.



၁၅. သ့စီနစုမ့တမ့ၢ်သ့စုလၢတၢ်သ့စုထံအသိတဘျီတက့ၢ်.



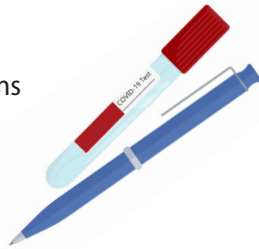
# HOW TO COLLECT YOUR DEEP NASAL SWAB SAMPLE FOR COVID-19 TESTING



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 (if you are at home) or testing center personnel (if you are at a testing center).

## Initial set-up

1. Open the sampling kit. Follow the kit instructions to label the sterile collection tube.

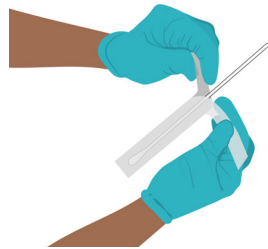


2. Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.



## Sample collection

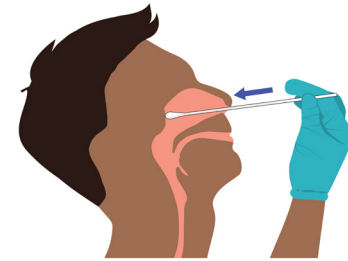
3. If gloves are included in the kit, put them on. Remove the swab from the container, being careful not to touch the soft end with your hands.



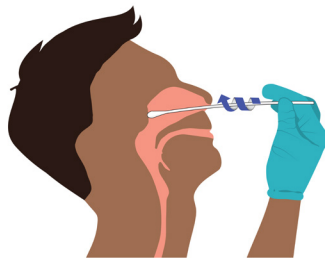
4. Tilt your head back as shown in this image.



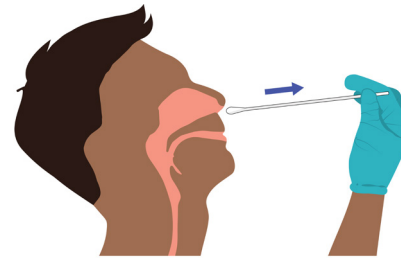
5. Gently insert the swab deep into your nostril, parallel to the roof of your mouth until it can go no further – about 1 to 1½ inches.



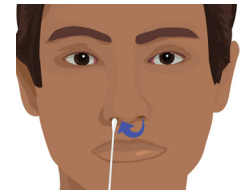
6. Slowly twist the swab, rubbing it along the insides of your nostril for 15 seconds.



7. Gently remove the swab.



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



## Preparing sample for return

9. 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.



10. If you are wearing gloves, remove them and throw them away. Wash your hands or re-apply sanitizer.



11. Place the sterile tube containing the swab in the biohazard bag provided and seal the bag.



## Returning the sample

12. If you are at a testing site, give the bag with the swab to testing personnel.



OR

13. If you are at home, follow kit instructions for storing, packaging, and shipping the sample.



## Final clean-up

14. Throw away remaining sample kit items.



15. Wash your hands or re-apply hand sanitizer.

