

# နကဒီသအပှအဂှအကဒ်သိးအသုတဘဉ် COVID-19 တ်ဆါလာတ် အိဉ်ကဒုအလီတဖဉ်ဒ်လဲဉ်-ပကဘဉ်ပးတ်ကးဘာဉ်အခါဖဲလဲဉ်

ပးတ်ကးဘာဉ်\* တဘျီလ်လ်ဖဲနတအိဉ်လဒု လီဒ်နဲ, လဒုလီမံမုတမ့နချိဉ်အလီ, အိဉ်တ်အခါ, မုတမ့မံအခါန့ဉ်လီ.



\* တ်ကးဘာဉ်တဖဉ်တ်တဘဉ်ဟ့ဉ်ပးဖိသဉ်လဒုအသးစံန့ဒ်ဒ်, ဒီးပှတက လ်လ်လဒုကသါတညီဘဉ်မုတမ့သးပှနီဉ်အသး, ဘဉ်ဒ်ဘဉ်ထံးမုတမ့ ပှမ့တမၤအီဘျီလီအတ်ကးဘာဉ်တသ့ဘဉ်တဂှ.



Translated by  
Karen Society of Nebraska

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

# How You can Protect Others from COVID-19 in Shelters: When to Wear a Mask

Wear a **mask\*** any time you are not in an individual room, on your bed or mat, eating, or sleeping.



\* Masks should not be placed on children under age 2, anyone who has trouble breathing or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.



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