

နကဒီသအပူအဂုအဂုဒ်သီးအသုတဘဉ် COVID-19 တၢ်ဆါလၢတၢ် အိၣ်ကဒုအလီၢ်တဖၣ်ဒ်လဲၣ်-ဖဲတၢ်မံသကိးအလီၢ်တဖၣ်အပူ

မၤလီၤတံၢ်လၢနမဲၣ်သဉ်န့ၣ်
ကဘဉ်အိၣ်စီၤစုၤယံၤဒီးပုၤဂၤ
အစ့ၤကတၢၢ်ၤၤဒီၣ်ယီၢ်.



မံလၢခိၣ်တုၤလီၤလၢခိၣ်.

ပးတၢ်ကးဘၢမဲၣ် ဖဲနမ့ၢ်တအိၣ်လၢ
နလီၢ်မံမ့တမ့ၢ်ချီၣ်အလီၢ်ဘဉ်အခါတက့ၢ်.



Translated by
Karen Society of Nebraska

cdc.gov/coronavirus

How You can Protect Others from COVID-19 in Shelters: In General Sleeping Areas

Make sure your face is at least 6 feet away from others.



Sleep head to toe.

Wear a mask when not on your bed or mat.



cdc.gov/coronavirus