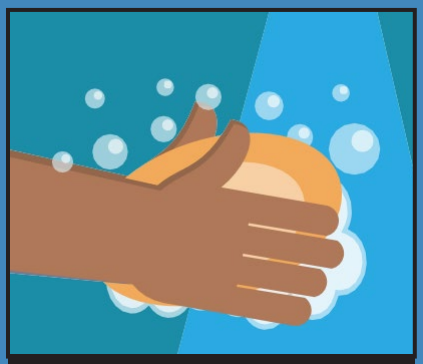
ပးတၢ်ကံးညှာ်တၢ်ကးဘၢမဲာ်လၢကဒီသဇၢလီၤကှၤနသးဒီးကဒီသဇၢနတံၤသကိး

ပးထီဉ်အီၤ



သ့နစုလဉ်တဖဉ်တက့ၢ်

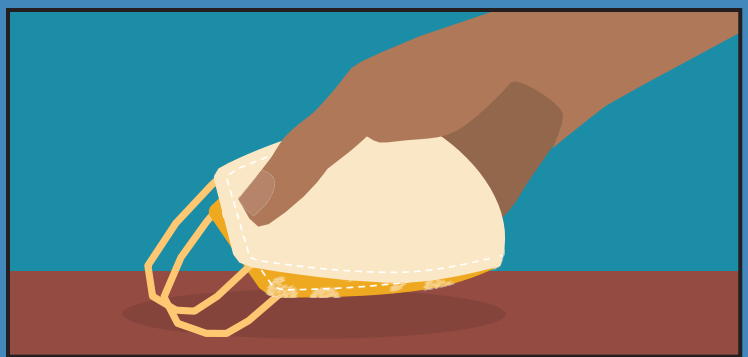
ကးဘၢနနါဒ့ဒီးနကိာ်ပူၤတက့ၢ်

မၤလီၤတံၢ်လၢနကသါဘဉ်အီၤ နှၢ်ညီဝဲနှဉ်တက့ၢ်

ဘ့ဉ်လီၤကွံာ်အီၤ

ဘ့ဉ်လီၤကွံာ်နတၢ်ကးဘၢမဲာ်တက့ၢ်

ချုံးတံၢ်အီၤလၢအချၢတခီတက့ၢ်



ပာ်လီၤဆီအီၤလၢနကဆူဉ်အီၤအဂီၢ်တက့ၢ်

သ့နစုလဉ်တက့ၢ်

သ့နစုထီဘိ,ပးတၢ်ကးဘၢမဲာ်,ဒီးအိဉ်စီၤစုၤယံၤဒီး ပှၤဂၤဖခီဉ်ယီၢ်တက့ၢ်.

Translated by
Karen Society of Nebraska

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Wear a Cloth Face Covering to Protect You and Your Friends

PUT ON

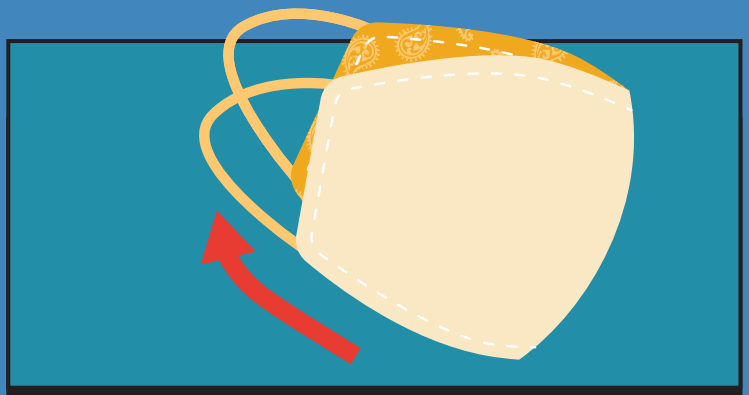
WASH YOUR HANDS

PLACE OVER NOSE AND MOUTH

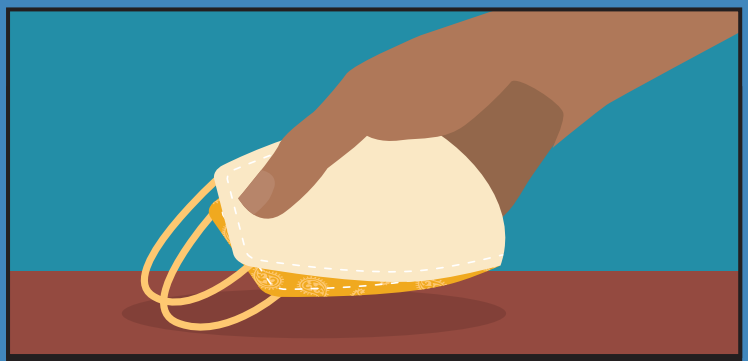
MAKE SURE YOU CAN BREATHE EASILY

TAKE OFF

TAKE OFF YOUR FACE COVERING



FOLD OUTSIDE CORNERS TOGETHER



PUT ASIDE FOR WASHING

WASH YOUR HANDS

WASH YOUR HANDS OFTEN, WEAR A MASK, AND STAY 6 FEET FROM OTHERS.

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA
CDC

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