

ကျဲ ၁၀ ဘိလၢတၢ်ကအံးထွဲကွၢ်ထွဲ ကလံၤကျိၤတၢ်ဆါဘၣ်ကလၢဟံၣ်ပူၤဃီပူၤ

နတၢ်ကီၢ်မ့ၢ်ထီၣ်, နမ့ၢ်ကူး, မ့တမ့ၢ် နကသါမ့ၢ်တပွဲၤ, ကိးလီၤတဲစိဆူနကသံၣ်သရၣ်အအိၣ်တက့ၢ်. အဝဲသ့ၣ်ကတဲဘၣ်
နၤဘၣ် ဃးဒီးနကဘၣ်အံးထွဲကွၢ်ထွဲနတၢ်ဆါလၢဟံၣ်န့ၣ်လီၤ. ဟိၣ်ထွဲတၢ်ဟ့ၣ်ကူၣ်လၢလၢ်သ့ၣ်တဖၣ်တက့ၢ်.

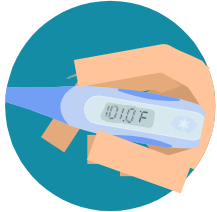
၁. **အိၣ်လၢဟံၣ်** လၢတၢ်မၤဒီးကို
တဂ့ၤ, ဒီးအိၣ်ယံၤဒီးတၢ်လီၤလၢ
ပုၤကမ့ၢ်အါတက့ၢ်. နမ့ၢ်ကဘၣ်
ဟးထီၣ်လၢတၢ်ချၢန့ၣ်, တဘၣ်
သူကမ့ၢ်ဝံစိၣ်တိဆူနီတမံၤ,
ဒီးသကိးကါ, မ့တမ့ၢ် ထးစံၣ်တဂ့ၤ.



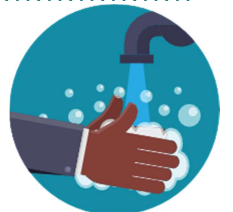
၆. **နမ့ၢ်ကူးဒီးကဆဲန့ၣ်ကးဘၢ**
ယၢ်အါတက့ၢ်.



၂. **ကွၢ်ထွဲနတၢ်ဆါအပနီၣ်တဖၣ်**
ဂ့ၤဂ့ၤတက့ၢ်. နတၢ်ဆါအပနီၣ်
မ့ၢ်နးထီၣ်, ဆဲးကျိးနကသံၣ်
သရၣ်တဘျီဃီတက့ၢ်.



၇. **သုနစုတလီၤလီၤ** လၢဆးပုၣ်ဒီးထံ
အစ့ၤကတၢ် ၂၀ စးကိး မ့တမ့ၢ်
သုနစု လၢတၢ်သုစုထံလၢအအိၣ်
ဒီးသံးခိၣ်ထံ ၆၀% န့ၣ်တက့ၢ်.



၃. **အိးဘျးအိၣ်သါဒီး**
အိၣ်ကဆဲကဆိတက့ၢ်.



၈. မ့ၢ်သုန့ၣ်, **အိၣ်ဆိး**လၢဒီးလီၤလီၤ
ဆိ ဆိတဖျၢၣ်အပူၤ ဒီး **အိၣ်ယံၤဒီး**
ပုၤ လၢနဟံၣ်ပူၤန့ၣ်တက့ၢ်. မ့ၢ်အိၣ်,
နကြးသူလီၤဆိစ့ၢ်ကိးတၢ်ဟးလီၤ
န့ၣ်လီၤ. နမ့ၢ်ကဘၣ်လၢလၢပုၤက
မ့ၢ်အကျါ မ့တမ့ၢ် လၢနဟံၣ်အချၢ
န့ၣ်, ပးယၢ်တၢ်ကးဘၢမဲၣ်တက့ၢ်.



၄. နမ့ၢ်အိၣ်ဒီးတၢ်သ့ၣ်ဆါဖး
ကတီၢ်လၢနကထံၣ်လိာ်သး
ဒီးကသံၣ်သရၣ်န့ၣ်, **ကိး**
ဆိလီၤတဲစိဆူအအိၣ်ဒီးတဲ
ဘၣ်အဝဲသ့ၣ်လၢနဘၣ်
မ့တမ့ၢ် ဘၣ်သ့ၣ်သ့ၣ်နဘၣ်
COVID-19တၢ်ဆါတက့ၢ်.



၉. **ဟးဆဲးတၢ်သူသကိးတၢ်ဖိတၢ်လံၤ**
လၢနသူအီၤလၢနနီၢ်ကစၢ်လၢနဟံၣ်
ပူၤဃီပူၤဒ်အမ့ၢ်သဘံၣ်လီၤခိ, ခိၣ်ဖျၢၣ်,
ဒီးလီၤမံလီၤဒါန့ၣ်တက့ၢ်.



၅. ဆူၣ်ချ့ဂ့ၢ်ဂီၤအူတၢ်ဂ့ၢ်မ့ၢ်အိၣ်
ထီၣ်, ကိး ၉၁၁ ဒီး**ဒုးသ့ၣ်**
ညါပုၤလီၤမၤစၢ်တဖၣ်
လၢ နဘၣ် မ့တမ့ၢ် ဘၣ်သ့ၣ်
သ့ၣ်နဘၣ် COVID-19
တၢ်ဆါန့ၣ်တက့ၢ်.



၁၀. **မၤကဆိတၢ်လီၤ**လၢတၢ်ဖိၣ်ဘၣ်
အီၤအါ, ဒ်အမ့ၢ် စီၢ်နီၤခိၣ်,
ခးအိၣ်မၤအဖိခိၣ်, ဒီး ပဲတြီအ
စုဖိၣ်တဖၣ်တက့ၢ်. စူးကါက
သံၣ်ထံခး မ့တမ့ၢ် စးခိဘၣ်စီၣ်
ဒီးပိာ်ထွဲတၢ်န့ၣ်ကျဲ လၢအအိၣ်
ဖဲအဒါလီၤန့ၣ်တက့ၢ်.



Translated by The Karen
Society of Nebraska.



မ့ၢ်အိၣ်ဒီးသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်- www.cdc.gov/COVID19

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

- 1. Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



- 3. Get rest and stay hydrated.**



- 4.** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



- 5.** For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



- 6. Cover your cough and sneezes.**



- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



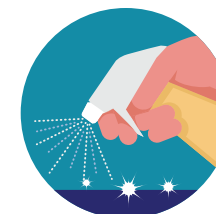
- 8.** As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



- 9. Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



For more information: www.cdc.gov/COVID19