

# အိန်လာဟံန့်

## လာနံန့်တြၢ်စၢ်ကအိန်ဆူန့်အိန်ချ့အဂီၢ်

တၢ်ဘျၢယုထံၣ်လာနံန့်တြၢ်စၢ်ကအိန်ဆူန့်အိန်ချ့အဂီၢ်

- 1 **အိန်လာဟံန့်.** တၢ်လာအရူတဒိန်ဘၣ်လဲၤအိၤတဂ့ၤ, ဒီးမၤတၢ်ဂ့ၤလိာ်မုာ်လိာ်အတၢ်ဟံၣ်ဖိၣ်ထီၣ်သးတဂ့ၤ. ဟံၣ်ကဲတၢ်လိာ်တတိၤအိန်သ့ထဲ တဆံၣ်ကအိန်ဘျၢတက့ၢ်.
- 2 **လာနုတ်မၤအလီၢ်** အိန်စီၤစုၤလိာ်သးတက့ၢ်. မၤတၢ်လာဟံန့် မ့တမ့ၢ် သူ ယု-ခိန်ယီၢ်အတၢ်ဘျၢတသ့ဖဲအသ့လာတၢ်မၤလီၢ်အပူၤန့ၣ်တက့ၢ်.
- 3 **လဲၤပူၤတၢ်ထဲတဂၤစီၤ** ဒီးလဲၤပူၤတၢ်တနွံတဘျီတက့ၢ်. တဘၣ်လဲၤကိးယုာ်ဒီး နဟံန့်ဖိယီဖိတဂ့ၤ.
- 4 **မၤစၢၤ ဖိသၣ်တဖၣ်** လၢကမၤထွဲတၢ်အိန်စီၤစုၤယံၤလိာ်သးတက့ၢ်. ဂဲၤလိာ်ကွဲလဟံန့်ပူၤတက့ၢ်. ကရူၢ်တၢ်ဂဲၤလိာ်ကွဲ ဒီးဂဲၤလိာ်ကွဲလၢတၢ်လိာ်ကွဲအလီၢ်တဖၣ်မၤအိၤတဂ့ၤ.
- 5 **မၤစၢၤ သူၣ်ကုသးပုၢ်တဖၣ်** လၢကအိန်လာဟံန့်ခိဖျိလဲၤပူၤအဝဲသ့ၣ်တၢ်တက့ၢ်. တဘၣ်လဲၤဟးဆူ ကၢ်ကွဲထွဲပုၤဆါလၢကတီၢ်ယံၣ်အတၢ်သူၣ်ထီၣ်တဖၣ်အပူၤဘၣ်.
- 6 **မၤနီၢ်ခိတၢ်ဂဲၤလိ** ကိးနံၤဒဲး လၢဟံန့် မ့တမ့ၢ် လၢအအိန်ဒီးတၢ်ဟူးတၢ်ဂဲၤလိပူၤအိန်စီၤစုၤယံၤလိာ်သးလၢအဘၣ်ဘျိးဘၣ်ဒါန့ၣ်တက့ၢ်.



# STAY HOME

## KEEP NEBRASKA HEALTHY

### Six Rules to Keep Nebraska Healthy

- 1 Stay home.** No non-essential errands and no social gatherings. Respect the ten-person limit.
- 2** Socially distance your **work**. Work from home or use the six-foot rule as much as possible in the workplace.
- 3 Shop alone** and only shop once a week. Do not take family with you.
- 4** Help **kids** follow social distancing. Play at home. No group sports and no playgrounds.
- 5** Help **seniors** stay at home by shopping for them. Do not visit long-term care facilities.
- 6 Exercise** daily at home or with an appropriately socially-distanced activity.



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