

ခိုင်ရိုင်နာ်တၢ်ဆါအယၢ်- COVID-19

တၢ်သံကွၢ်တဖၣ်လၢတၢ်သံကွၢ်ညါနီၤအိၤလၢတၢ်စ့ၢ်တၢ်နာ်အပူၤတၢ်တဖၣ်အဂီၢ်

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ပူၤတၢ်-ဒီးတၢ်စ့ၢ်တၢ်နာ်အတၢ်ကရၢကရိသ့ၣ်တဖၣ်, မၤသကိးတၢ်ဒီးကွၢ်, မၤကျိၤဝဲၤကွၢ်တၢ်မၤလီၤ, တၢ်အိၣ်ဆူၣ်အိၣ်ချၢ အတၢ်ဖံးတၢ်မၤ, ဒီးကီၢ်စဲၣ်, လီၤကဝီၤ, ကလုာ်န့ၣ်ဒီးဟီၣ်ကဝီၤအတၢ်အိၣ်ဆူၣ်အိၣ်ချၢ ဝဲၤကျိၤတဖၣ်, အိၣ်ဒီးအမူအဒါအရူၤဒိၣ်လၢကမၤကယီၤလီၤဝဲ COVID-19 တၢ်ဆါအတၢ်ရၢလီၤအသး, လီၤဆိဒၣ်တၢ်လၢကမၤလၢအအိၣ်လၢတၢ်လီၤဘၣ်ယိၣ်အပူၤတဖၣ်အကျိၤန့ၣ်လီၤ.

သံကွၢ်-ယၢ်ကဘၣ်မၤဝဲတၢ်ဘျီတၢ်ဘါအမူးဒီးတကတီၢ်ပီၤလူၤပိာ်မၤထွဲဝဲတၢ်အိၣ်စီၤစုၤယံၤလိာ်သးအတၢ်ဘျီဒီးပူၤနီၣ်ဂံၢ်တဖၣ်ဒ်လဲၣ်.

- ဆိကမိၣ်ထီၣ်တၢ်ဘျီတၢ်ဘါလၢ “ပူၤလဲၤန့ၣ်နီၣ်ဒီးသိလ့ၣ်” တက့ၢ်. ကတၢ်ကတီၢ်တၢ်လီၤလၢတၢ်ပျီပူၤတတီၢ်လၢပူၤလၢအယဲၤဘျီတၢ်ဘါတၢ်တဖၣ်ကယဲၤန့ၣ်လီၤဒီးအသိလ့ၣ်, အိၣ်လၢအသိလ့ၣ်ဒီးပၣ်ယုာ်လၢတၢ်ဘျီတၢ်ဘါတကတီၢ်လၢအသိလ့ၣ်န့ၣ်လီၤ.
 - တၢ်သးဝံၣ်အဖျါဒီးတၢ်ရဲၣ်လီၤကျဲၤလီၤတဖၣ်ဆုၢ်ဆိပာ်စၢအိၣ်လၢလီၤပရၢတက့ၢ်.
 - တဘၣ်ဆုၢ်ပၤတၢ်ထၢတီၢ်မၤဘျီအလီၤခိ, တၢ်အိၣ်သကိးဘျီစီဆံ့, မ့တမ့ၢ်တၢ်တမံၤလၢလၢသိလ့ၣ်တခိၣ်ဆူၣ်အဂၤတခိၣ်ဘၣ်.
- ကရူၢ်အဆံးဒီးပူၤလီၤကဝီၤအတၢ်ထံၣ်လိာ်တဖၣ်ရၢလီၤအိၣ်တဘျီပီၤလၢအထၢၣ်နဲးတက့ၢ်. ကမ့ၢ်ဝဲလံာ်လဲၤချး(ပ)တၢ်အိၣ်ဖျိၣ်, တၢ်မၤလိလံာ်စီဆံ့, တၢ်ဘါထုကဖၣ်အကရူၢ်မ့တမ့ၢ်ကရူၢ်ဆံးတဖၣ်, ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါပူၤလၢအကထီၣ်ဒိကန့ၣ်တၢ်တဖၣ်လၢကဆဲးကျိးလိာ်အသးဒီးပူၤအဂၤတဖၣ်လၢအပၣ်ယုာ်လၢတၢ်သးခုကစီၣ်အကရူၢ်တဖၣ်အပူၤမ့တမ့ၢ်ဟ့ၣ်ခိဟ့ၣ်နီၤလိာ်သးတၢ်သးစဲသ့ၣ်တဖၣ်လၢကထံၣ်လိာ်သးတန့ၣ်တဘျီခိဖျိကိးထံၣ်လိာ်သးမဲာ်သကိးမဲာ်လၢခိၣ်ဖျါထၢၣ်န့ၣ်လီၤ.
- မၤကရူၢ်တၢ်ထံၣ်လိာ်ခိဖျိတၢ်ကိးထံၣ်လိာ်သးလၢအထၢၣ်နဲးမ့တမ့ၢ်ကိးလၢခိၣ်ဖျါထၢၣ်(အဒိ, Google Hangouts, GoTo Meeting, Zoom)တက့ၢ်. မူးတဖၣ်တၢ်မ့ၢ်ဘၣ်ပတုာ်ကွၢ်နာ်သက့, ပူၤနီၣ်တကဒီးသးဂ့ၢ်ပီၤညါအတၢ်ထံၣ်လိာ်မၤဒီးအသးသ့ဝဲလီၤ.
- ဖဲတၢ်မၤဝဲတၢ်ဘျီတၢ်ဘါအမူး လၢပူၤယဲၤထီၣ်လၢနီၤကစၢ်အခါ, တၢ်ဖိတၢ်လံာ်တဖၣ် တၢ်တကြးဟ့ၣ်ခိလိာ်သး မ့တမ့ၢ် ဟ့ၣ်နီၤလီၤအိၣ်လၢကရူၢ်တဖၣ်အဘၣ်စၢဘၣ် ဒီးဖဲအသ့ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါလၢ ကရူၢ်တဖၣ်ဒီးတဖုကအိၣ်စီၤစုၤယံၤလိာ်အသး ယု(၆)ခိၣ်ယီၤ, ဒီးဟံပနီၣ်တၢ်စ့ၢ်ဖျိၣ်ရိဖျိၣ်ထီၣ်သးတဖၣ်တက့ၢ်.

သံကွၢ်-ယၢ်အိၣ်ဒီးတၢ်ရဲၣ်တၢ်ကျဲၤလၢတၢ်ကဟံၣ်လီၤပူၤသံအမူးလီၤဒ်သိးပူၤယဲၤထီၣ်အါအါကသ့ဝဲ, ဒီးတကတီၢ်ပီၤလူၤပိာ်မၤထွဲဝဲတၢ်အိၣ်စီၤစုၤယံၤလိာ်သးဒီးကမ့ၢ်နီၣ်ဂံၢ်အတၢ်ဘျီတဖၣ်အဂီၢ်ယၢ်ကဘၣ်မၤအိၣ်ဒ်လဲၣ်.

ဖဲတၢ်မၤတၢ်ဟံၣ်လီၤပူၤသံအမူးအခါ, ရၢလီၤအိၣ်လၢအထၢၣ်နဲးအပူၤအယိကမ့ၢ်တဖၣ်အိၣ်လၢတၢ်လီၤယံၤပၣ်ယုာ်လၢမူးအံၤအပူၤသ့ဝဲဒၣ်န့ၣ်လီၤ. တၢ်အံၤမ့ၢ်ကျဲတဘျီလၢအဟ့ၣ်န့ၣ်တၢ်န့ၣ်တၢ်ယာ်လၢဟံၣ်ဖိယိဖိလၢအဘူးဘူးတၢ်တၢ်တဖၣ်ကလဲၤထီၣ်ဝဲတၢ်ဟံၣ်လီၤပူၤသံအမူးအံၤလၢအနီၤကစၢ်, ဒီးမ့ၢ်ကမ့ၢ်လၢအဂၤတဖၣ်ပၣ်ယုာ်ဝဲလၢအဟံၣ်ဒၣ်သ့ဝဲန့ၣ်လီၤ. တၢ်တဲသကိးတၢ်ခိဖျိအထၢၣ်နဲးတဖၣ်တၢ်ဒုးပၣ်ယုာ်အိၣ်သ့ဝဲလၢပူၤတဂၤလၢလၢလၢအဟံၣ်ပူၤအပူၤယဲၤမဲာ်ရၢတအိၣ်ဘၣ်ဆၣ်အဲၣ်ဒီးထီၣ်ဝဲတၢ်ဟံၣ်လီၤပူၤသံအမူးအံၤတဖၣ်န့ၣ်လီၤ. တၢ်ရၢလီၤလၢအထၢၣ်နဲးတဖၣ်တၢ်ဟ့ၣ်လီၤအိၣ်ဆူၣ်ပူၤလၢအထီၣ်တၢ်ဟံၣ်လီၤပူၤသံအမူးလၢတၢ်လီၤယံၤသ့ဝဲ, ဒ်အမ့ၢ်တၢ်ဟံၣ်လီၤပူၤသံအတၢ်ရဲၣ်တၢ်ကျဲၤ, တၢ်ကွဲးဖျါထီၣ်ပူၤလၢအသံတၢ်တဂၤအသးသမ့, ဟံၣ်ဖိယိဖိတၢ်ဂီၤဒီးတၢ်ဂီၤမုသ့ၣ်တဖၣ်န့ၣ်လီၤ.

ဖဲတၢ်မၤဝဲမူးလၢပူၤယဲၤထီၣ်လၢနီၤကစၢ်အခါ, တၢ်ဖိတၢ်လံာ်တဖၣ်တၢ်တကြးဟ့ၣ်ခိလိာ်သးမ့တမ့ၢ်ဟ့ၣ်နီၤလီၤအိၣ်လၢကရူၢ်တဖၣ်အဘၣ်စၢဘၣ်ဒီးဖဲအသ့ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါလၢကရူၢ်တဖၣ်ဒီးတဖုကအိၣ်စီၤစုၤယံၤလိာ်အသးယု(၆)ခိၣ်ယီၤ, ဒီးဟံပနီၣ်တၢ်စ့ၢ်ဖျိၣ်ရိဖျိၣ်ထီၣ်သးတဖၣ်တက့ၢ်.

သံကွၢ်-လၢပသရိၣ်အပူၤအထၢၣ်နဲးတအိၣ်ဘၣ်, အယိပရၢလီၤအိၣ်တကတီၢ်ပီၤတသ့ဘၣ်, ပကြးမၤတၢ်မနုၤလဲၣ်.

Facebook ဒီး YouTube ခံခါလၢကအိၣ်ဒီးတၢ်ယုထၢလၢအကိးဝဲလၢလၢအဟ့ၣ်န့ၣ်တၢ်ပျီလၢနကဖိၣ်ယာ်တၢ်ဂီၤမူ, တီၣ်ထီၣ်အိၣ်, ဒီးဟံပနီၣ်တၢ်ဆၢကတီၢ်လၢတၢ်ဘျီတၢ်ဘါအတၢ်ရဲၣ်တၢ်ကျဲၤကစးထီၣ်လၢအဆၢကတီၢ်ဖဲလဲၣ်သ့ဝဲန့ၣ်လီၤ. တၢ်အံၤဟ့ၣ်ပူၤတၢ်န့ၣ်ဒုးယာ်ဘၣ်လၢပကကလၢဘၣ်တၢ်ဘျီတၢ်ဘါအမူးဒီးအိၣ်ဒီးတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ခးအသန့ၣ်လၢတၢ်ဟ့ၣ်ခိဟ့ၣ်နီၤလိာ်သး, ဘၣ်ဆၣ်တၢ်အံၤတလိာ်လၢနကဘၣ်ရၢလီၤအိၣ်လၢနတၢ်သ့ၣ်ထီၣ်လၢအလိာ်ဘၣ်အထၢၣ်နဲးဘၣ်န့ၣ်လီၤ. လံာ်တၢ်ဂ့ၢ်တၢ်ကျိၤအံၤအိၣ်ဒီးတၢ်ဟ့ၣ်ကူၣ်ဘၣ်ယးဒီးတၢ်ကဘၣ်ကတီၢ်ထီၣ်တၢ်ဂီၤမူ premiere ဒ်လဲၣ်န့ၣ်လီၤ.

သံကွာ-ယတၢ်စုၢ်တၢ်နီၤအပူၤတၢ်အတၢ်အိၣ်ဖျိၣ်ဖိတၢ်မၤကွၢ်အသးဒီးဘၣ်ဝဲ COVID-19 တၢ်ဆါလီၤခဲအံၤပကြးမၤတၢ်မနုၤလၢန့ၣ်.

- **မၤသကိးတၢ်ဒီးလီၤကဝီၤပူၤတၢ်အိၣ်ဆူၣ်အိၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါတဖၣ်တက့ၢ်.** ဝဲန့ၣ်သ့ၣ်ညါဘၣ်လၢပူၤတၢ်မၤအိၣ်ဘၣ်လၢန့ၣ်တၢ် သူထီၣ်အပူၤမ့ၢ်အိၣ်ဒီး COVID-19 တၢ်ဆါလံန့ၣ်, ငးသ့ၣ်ညါလီၤကဝီၤတၢ်အိၣ်ဆူၣ်အိၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါတဖၣ်တက့ၢ်. ပူၤဘၣ်မူ ဘၣ်ဒါတဖၣ်ကအိၣ်ဒီးတၢ်နဲၣ်ကျဲလၢပူၤတၢ်အိၣ်ဆူၣ်အိၣ်ချူအိၣ်တၢ်ဘၣ်ဒီးပူၤမတၢ်တဖၣ်လဲၣ်န့ၣ်လီၤ.
- လီၤကဝီၤပူၤတၢ်အိၣ်ဆူၣ်အိၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါဟ့ၣ်လီၤဝဲတၢ်နဲၣ်ကျဲသ့ၣ်ဘၣ်ယးဒီးတၢ်ကကးတံၢ်ကွံၣ်တၢ်သူၣ်ထီၣ်မ့တမ့ၢ်မၤယံး ထီၣ်ပူၤလဲၤန့ၣ်သ့ၣ်ပွဲၤဂၤ(မတၢ်လၢကလဲၤန့ၣ်မ့တမ့ၢ်လၢတၢ်သူၣ်ထီၣ်အပူၤတၢ်လီၤလၢတၢ်လဲၤန့ၣ်လီၤသ့) န့ၣ်လီၤ. ဘၣ်သ့ၣ်သ့ၣ်တၢ်က ဟ့ၣ်ကျဲဝဲဒၣ်လၢတၢ်ကကးတံၢ်တၢ်သူၣ်ထီၣ်တစီၢ်တလီၤ, ဒ်သိးဒီးလီၤကဝီၤတၢ်အိၣ်ဆူၣ်အိၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါတဖၣ်ကယုသ့ၣ်ညါ အါထီၣ်ဝဲ COVID-19 အတၢ်အိၣ်သးဂ့ၤထီၣ်ဝဲအဂီၢ်န့ၣ်လီၤ.
- ဝဲတၢ်ဆၢကတီၢ်အံၤ, မတၢ်ဆၢတံၢ်ခိဖျိတဲသကိးတၢ်ဒီးလီၤကဝီၤတၢ်အိၣ်ဆူၣ်အိၣ်ချူ အပူၤဘၣ်မူဘၣ်ဒါတဖၣ်အမ့ၢ်ကရူၢ်အတၢ်ဟူးတၢ်ဂဲၤ လၢတၢ်ကမၤအိၣ်လၢတၢ်သူၣ်ထီၣ်န့ၣ်အပူၤမ့ၢ်တၢ်ကြးသးကွံၣ်အိၣ်ဆူၣ်အိၣ်ချူအိၣ်တၢ်လီၤအဂၤတတီၢ်အါအဂီၢ်န့ၣ်လီၤ.
- **မၤကဆိဒီးမၤသံတၢ်ဆါအယၢ်မုၢ်နီၤနီၤတက့ၢ်.** တၢ်လီၤလၢပူၤဆိးက့တက့ၢ်အိၣ်တၢ်ဝဲန့ၣ်ကးတံၢ်ယၢ်အိၣ်ဒီးအိၣ်ခိးအိၣ်လၢတၢ်ဆၢကတီၢ် ဖးယံၣ်တချူးလၢတၢ်စးထီၣ်မၤကဆိတၢ်လီၤအဝဲန့ၣ်ဒီးမၤသံတၢ်ဆါအယၢ်, ဒ်သိးဒီးတၢ်အထံတနီၤကမ့ၢ်ဖိလၢအဟးထီၣ်လၢပူၤဆါအပူၤ အတၢ်ဘၣ်ကူဘၣ်ဂၢ်ကစၢ်လီၤဝဲအဂီၢ်န့ၣ်လီၤ. အိၣ်ထီၣ်တၢ်ချူအကြးဒီးဝဲတြိဖိတဖၣ်ဒ်သိးကလဲၤန့ၣ်လီၤဟးထီၣ်ဝဲလၢတၢ်လီၤန့ၣ်ကအါ ဝဲအဂီၢ်တက့ၢ်. မ့ၢ်သ့, အိၣ်ခိးအိၣ်လၢ ၂၄ န့ၣ်ရံၣ်အတီၢ်ပူၤတချူးလၢတၢ်စးထီၣ်မၤကဆိဒီးမၤသံတၢ်ယုးတၢ်ယၢ်ဒ်ဘၣ်န့ၣ်တက့ၢ်.
- တၢ်ကဆိကဆိအပူၤမၤတၢ်ဖိကြးမၤကဆိဒီးမၤသံတၢ်ယုးတၢ်ယၢ်လၢတၢ်လီၤကိးတီၤဒီးအပူၤ (အဒိ, ဝဲအေး, တၢ်ဟးလီၤ, ဒီးကမ့ၢ်အိၣ်အါအလီၢ်) လၢပူၤဆိးက့တက့ၢ်, မၤကဆိလီၤဆိဒ်တၢ်အမဲၣ်ဖံးခိၣ်လၢတၢ်ဖိၣ်ဘၣ်အိၣ်အါန့ၣ်လီၤ. တၢ်လီၤလၢပူၤဆိးက့တဖၣ်လဲၤဝဲမ့တမ့ၢ် သ့ဝဲန့ၣ်, မၤကဆိအိၣ်တလီၤလီၤဒီးမၤသံတၢ်ယုးတၢ်ယၢ်တလီၤလီၤဒ်တၢ်နဲၣ်ကျဲအံၤအိၣ်ဝဲအသိးန့ၣ်တက့ၢ်.

သံကွာ-ပတၢ်ရုလိၣ်ဘၣ်ထွဲဒီးပတၢ်အိၣ်ဖျိၣ်ဖိတဖၣ်ကအိၣ်ဝဲထီၣ်ဝဲဆၢကတီၢ်ဒ်သိးအံၤအဂီၢ်, ဒီးပကအိၣ်ဒီးတၢ်အိၣ်ဖျိၣ်ဖိအတၢ်တိစၢမၤစၢ ဒီးအတၢ်မၤတၢ်သးခုအကစီၣ်အဂီၢ်ပကဘၣ်မၤအိၣ်လဲၣ်.

ငးအိၣ်ထီၣ်ဒီးမၤထွဲတၢ်မၤအကျိအကျဲဒ်သိးနကဟ့ၣ်လီၤမၤစၢဘၣ်တၢ်အရူဒိၣ်တဖၣ်လၢပူၤလၢနမၤစၢအိၣ်တဖၣ်အဂီၢ်တက့ၢ်.

- **ဆိကမိၣ်န့ၢ်တၢ်လၢပူၤလၢအလီၤဘၣ်ယိၣ်ဒိၣ်လၢကဘၣ်တၢ်ဆါနးနးကလိၣ်တဖၣ်ဒီးပူၤလၢတၢ်အိၣ်သးအံၤမၤဘၣ်ဒိအဝဲသ့ၣ်လၢပူၤဂ့ၢ်ဝီမ့ၢ်ဂ့ၢ်, ဒီးမ့ၢ်ကျိဝဲကွံၣ်မ့ၢ်ဂ့ၢ်တဖၣ်န့ၣ်လီၤ.** ယုထံၣ်န့ၣ်ကျဲလၢနကမၤလီၤတၢ်လၢကရူၢ်လၢတၢ်ဒိဘၣ်မၤဟူးအိၣ်အါတဖၣ်အတၢ်ပူၤထွဲ အဂီၢ်ဒီးအပူၤဂ့ၢ်ဝီတၢ်အိၣ်မ့ၢ်ဆိးပၤအဂီၢ်န့ၣ်တက့ၢ်.
 - မၤလီၤတၢ်လၢတၢ်ဟ့ၣ်တၢ်အိၣ်တၢ်အိၣ်အတၢ်ရဲၣ်တၢ်ကျဲတဖၣ်ဒီးတၢ်မၤစၢအဂၤတဖၣ်ကအိၣ်ဝဲလၢပူၤလၢနမၤစၢအိၣ်အဂီၢ်, ပၣ်ယုၣ်ဒီး ဝဲစိၣ်တီဆူအတၢ်တိစၢမၤစၢန့ၣ်လီၤ. ဆိကမိၣ်ထီၣ်တၢ်ယုထာတဖၣ်ဒ်အမ့ၢ် “ဟံးန့ၢ်-ဒီး-က့ၤစိၣ်” အထၢ်တဖၣ်မ့တမ့ၢ် တၢ်လဲၤနီၤလီၤတၢ်အိၣ်, ဟးဆဲးတၢ်နီၤလီၤတၢ်အိၣ်တၢ်အိၣ်မ့တမ့ၢ်ဟံၣ်ယိတၢ်လိၣ်ဘၣ်အရူဒိၣ်အဂၤတဖၣ်ဖဲတၢ်လီၤလၢ ပူၤဟံၣ်ဖျိၣ်ထီၣ်သးလၢအကရူၢ်သ့ဝဲဒီးကတံၢ်ကတုၣ်တဖၣ်တက့ၢ်.
- **မၤထွဲတၢ်ဟ့ၣ်ပလီၢ်လၢတၢ်ဟ့ၣ်ကျဲပၤစၢအိၣ်လၢပူၤကွၢ်ထွဲတၢ်တဖၣ်အဂီၢ်(အဒိ, ပူၤလီၤမၤတၢ်သးခုကစီၣ်ဒီးပူၤအဂၤတဖၣ်လၢအလဲၤ ဟးအိၣ်သကိးဝဲပူၤလၢအအိၣ်ဒီး COVID-19 တၢ်ဆါအပူၤနီၣ်တဖၣ်) လၢတၢ်လီၤလၢအတမ့ၢ်တၢ်ဆါဟံၣ်ဘၣ်န့ၣ်လီၤ-** <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions>
 - မၤသကိးတၢ်ဒီးလီၤကဝီၤတၢ်အိၣ်ဆူၣ်အိၣ်ချူ ဝဲကျိ, လီၤကဝီၤတၢ်ဆါဟံၣ်, ဆူၣ်ချူ တၢ်ကွၢ်ထွဲခၢၣ်စးကရၢ, မ့တမ့ၢ်တၢ်ကရၢ ကရိလၢအမၤစၢတၢ်, ဒ်အမ့ၢ် American Red Cross လၢကဟ့ၣ်တၢ်ပၤဆူတၢ်ဆါဘၣ်ဂၢ်အတၢ်မၤလိဆူပူၤကွၢ်ထွဲတၢ်တ ဖၣ်လၢအကမၤစၢန့ၣ်တၢ်အိၣ်ဖျိၣ်ဖိတဖၣ်န့ၣ်လီၤ.
- **ယုထာမၤတၢ်အိၣ်ဖျိၣ်ဒီးတၢ်တိစၢမၤစၢအတၢ်မၤလၢကျဲလၢအဂၤတဖၣ်တက့ၢ်.**
 - မ့ၢ်သ့, ငးအိၣ်ထီၣ်တၢ်အိၣ်ဖျိၣ်ဒီးတၢ်မၤတဖၣ်လၢလိတဲစိးဒီးအုထၢ်နဲး(ထံၣ်သ့ တဘျီယိမ့တမ့ၢ်တၢ်ဖိၣ်ပၤစၢတၢ်ဂီၤမူ) တက့ၢ်. ဆိကမိၣ်ထီၣ်ကျဲလၢ-
 - ◆ တၢ်ကသိၣ်လိကရၢဖိဒီးပူၤမၤစၢတၢ်လၢကစူးကါချူးစိးစိးအပိးအလိဒ်လဲၣ်
 - ◆ ဝဲမ့ၢ်ကွၢ်ဆၢၣ်မဲၣ်ဒီး IT ပူၤမၤတၢ်ဖိစုၤအခါ, ယုၣ်လီၤဆိချူးစိးပိးလိအတၢ်ဂ့ၢ်ကီ
 - ◆ တၢ်အိၣ်ဖျိၣ်ဖိဒီးကမ့ၢ်လၢနမၤစၢအိၣ်အကျိ, ဒိၣ်ဗျူထၢ်ဒီးအုထၢ်နဲးမ့ၢ်တ အိၣ်ယုၣ်လီၤဆိတၢ်ဂ့ၢ်ကီအံၤတက့ၢ်.
 - ဆူၣ်လီၤလံၣ်တၢ်ကစီၣ်, တၢ်ပရၢလၢတၢ်သ့ၣ်ပၤစၢကလုာ်လၢခိၣ်န့ၣ်လၢတၢ်န့ၣ်န့ၣ်အိၣ် တဖၣ်ဆူလိတဲစိနီၣ်ဂံၢ်လၢတၢ်ဟံၣ်ပနီၣ်ပၤစၢအိၣ်, ဒီးကိးနံၤဒီးတၢ်သိၣ်လိအတၢ်န့ၣ် ကျဲတဖၣ်စကံးအိၣ်, ကမ့ၢ်ဝဲတၢ်ယုထာလီၤဆိဒ်တၢ်လၢပူၤလၢအအုထၢ်နဲးတအိၣ် လၢအဟံၣ်ဘၣ်တဖၣ်အဂီၢ်န့ၣ်လီၤ.



- လာတာဘူဉ်သကိးဘါသကိးတာအဂီၢ်, မ့ၢ်သ့ဟ့ၣ်ကမုၢ်တၢ်ယုထာလၢကကွၢ်ဝဲလၢအ့ထၢန့း (ထံၣ်သ့တဘျီယီမ့တမ့ၢ်တၢ်သ့ၣ်ဟံးအါ) တက့ၢ်. တလၢကွၢ်ချးစိးဖိကဟ့ၣ်ပိးလီၤ, တၢ်အံၤကပၣ်ယုဝဲဒီးတၢ်ယုတၢ်ပျဲလၢတၢ်ဘူဉ်တၢ်ဘါခိၣ်န့ၢ်အအိၣ်လၢပုၤ မ့ၢ်တလဲထီၣ်တၢ်ဘူဉ်တၢ်ဘါလၢနီၢ်ကစၢ်ဘၣ်ကသ့ဝဲအဂီၢ်န့ၣ်လီၤ. ပုၤကွၢ်တၢ်ဖိတဖၣ်ဆူၤယီဝဲအတၢ်ပရၢခိဖျိအ့ထၢန့း တၢ်ရၤ လီၤလၢထံၣ်သ့တဘျီယီမ့တမ့ၢ်ခိဖျိလီပရၢမ့ၢ်ဂ့ၤ, လီၤတဲစိမ့ၢ်ဂ့ၤလၢကကုၤသ့ညါန့ၣ်လီၤ. **တၢ်အံၤ ကပၣ်ယုဝဲဒီးတၢ်ယုတၢ်ပျဲမ့တမ့ၢ်တၢ်ဟံးစုန့ၣ်ကျဲဘၣ်ဃးဒီးတၢ်စူးကါချးစိးပိးလီၤတဘျီလၢလၢအိၣ်ညါန့ၢ်တၢ်တဟ့ၣ်အခွဲးဘၣ်, ဖိအမ့ၢ်ပုၤယုအဖိအဘူဉ်လဲၤကဟံးအမုးန့ၣ်လီၤ.**

- **မၤဆူဉ်ထီၣ်တၢ်သးခုကစီၣ်အတၢ်ဖံးတၢ်မၤဒီးအတၢ်ဟူးတၢ်ဂဲၤလၢအအိၣ်ဟံးတဖၣ်တက့ၢ်.** တၢ်အိၣ်ဖျိၣ်အတၢ်မၤတၢ်သးခုကစီၣ်, အတၢ်ဂဲၤလီၢ်တဖၣ်ယုထံၣ်န့ၢ်ကျဲအသီလၢကမၤလၢပုၤထီၣ်ဝဲတၢ်လိၣ်ဘၣ်လၢ COVID-19 တၢ်ဆါဒုးအိၣ်ထီၣ်ဝဲတဖၣ်တက့ၢ်. လၢနကစးထီၣ်မၤတၢ်လၢအအိၣ်ထံးခဲလၢအခါစး, စးထီၣ်မၤတၢ်လၢနတၢ်အိၣ်ဖျိၣ်မၤတၢ်လံဝဲလၢတၢ်တိစၢမၤပုၤဂ့ၢ်န့ၣ်တက့ၢ်.
 - ယုထံၣ်သ့ညါကတီၢ်အံၤနတၢ်အိၣ်ဖျိၣ်အတၢ်သးခုကစီၣ်တၢ်မၤဒီးအတၢ်ဟူးတၢ်ဂဲၤလၢအမၤတၢ်လံဝဲတဖၣ်, လၢတၢ်စူးကါအံၤသ့လၢကယုဉ်လီၤဝဲတၢ်ဘၣ်ဒိဘၣ်ထံးလၢ COVID-19 ဒုးအိၣ်ထီၣ်ဝဲတဖၣ်အဂီၢ်တက့ၢ်.
 - စူးကါတၢ်ဆဲးကျိးဆဲးကျးဒီးတၢ်ရဲၣ်တၢ်ကျဲလၢအအိၣ်ဟံးတဖၣ်လၢတၢ်သ့ညါလီၤဂၢၢ်ကျဲတၢ်မ့ၢ်လၢဒ်သိးတၢ်ကခိဆဲးဝဲတၢ်ဘၣ်ယိၣ်ဘၣ်ဘျီဘၣ်ဃးဒီး COVID-19 န့ၣ်တက့ၢ်.
 - ကဟ့ၣ်ကယၢ်ကမုၢ်လၢသ့ညါလၢသးဂ့ၢ်ဝိ, တၢ်တူၢ်ဘၣ်, နီၢ်ခိ, ပုၤဂ့ၢ်ဝိ, ဒီးတၢ်ပုၤဖျးအတၢ်လိၣ်ဘၣ်တဖၣ်တက့ၢ်.
 - ယုထံၣ်န့ၢ်ကျဲလၢနတၢ်အိၣ်ဖျိၣ်မၤစၢဝဲသ့ဖိအမ့ၢ်သ့ညါလီၤတၢ်သ့ညါဂၢၢ်သးကျဲဒီးတၢ်ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘါဖဲတၢ်အိၣ်သးလၢအဆိၣ်သန့းပုၤအိၣ်ဝဲအကတီၢ်-မၤမ့ၢ်ထီၣ်က့ၤပုၤလၢအဘၣ်ကီၢ်ဘၣ်ဂီၢ်တၢ်လၢ COVID-19 အယီၤန့ၣ်တက့ၢ်.
 - မၤဆူဉ်ထီၣ်ကျဲတဖၣ်လၢနတၢ်အိၣ်ဖျိၣ်စံးကတီၢ်တၢ်လံဝဲလၢပုၤလၢအဆဲးဒီးဘၣ်ဒိသ့တဖၣ်အဂီၢ်, မၤလီၤတၢ်လၢကမုၢ်သ့ညါတဖၣ်အံၤကဒီးန့ၢ်ဘၣ်ဝဲတၢ်မၤစၢထဲသိးတုၤသိး, ဖိသိးအဝဲသ့ညါအသုတလီၤတဲၣ်ကွၢ်ဝဲလၢကမုၢ်တၢ်အိၣ်ဆူဉ်အိၣ်ချ့ အတၢ်ဟးဂုၢ်ဟးဂီၤအပူၤတဂ့ၢ်အဂီၢ်န့ၣ်လီၤ.
- နပုၤတၢ်အပူၤမ့ၢ်အိၣ်ဒီးတၢ်န့ၢ်ကျဲလၢတၢ်တဘၣ်အိၣ်ဘူးအိၣ်တၢ်လိၣ်သးဒီးပုၤလၢအတအိၣ်ဟံၣ်တဖျၢၣ်ယီၤဒီးန့ၢ်အခါ, နလဲလိၣ်ကွၢ်လၢနကလဲၤဟးလၢနနီၢ်ကစၢ်အလီၢ်ဆူတၢ်ကိးလီၤတဲစိလၢနကသ့ညါဘၣ်ဝဲပုၤလၢနမၤစၢအိၣ်တဖၣ်အတၢ်အိၣ်သးအဂီၢ်န့ၣ်လီၤ.
 - လၢနကကွၢ်တၢ်ဘူဉ်သကိးဘါသကိးခိဖျိအ့ထၢန့းအဂီၢ်, သံကွၢ်န့ၣ်သရိၣ်လၢနလီၤကဝီၤပုၤမ့တမ့ၢ်ယုကွၢ်တၢ်န့ၢ်ကျဲလၢလံၣ်တၢ်ကစီၣ်အပူၤတက့ၢ်.

သံကွၢ်-တၢ်ကွၢ်ထွဲဖိသၣ်ဆဲးဒီးအိၣ်ဘျးန့ၢ်အတၢ်မၤလိတဖၣ်တၢ်ဟ့ၣ်အခွဲးကစီၣ်ခါ..

သ့လီၤ, ဖိသၣ်တဖၣ်လၢအဟဲဘူဉ်သကိးဘၣ်သကိးတၢ်ကြးအိၣ်ဒီးအမိၢ်အပၢ်မ့တမ့ၢ်ပုၤကွၢ်ထွဲအဝဲသ့ညါ, ဒီးဟံးပနီၣ်တၢ်ဟံးဖျိၣ်ထီၣ်သးမ့တမ့ၢ်ကရၢအကတဖုအတၢ်ရၤလိၣ်အိၣ်ဘျးအိၣ်တၢ်ဒီးဖိသၣ်ဖဲတၢ်သ့ညါထီၣ်အပူၤန့ၣ်တက့ၢ်. တၢ်ကွၢ်ထွဲဖိသၣ်ဆဲးဒီးအိၣ်ဘျးန့ၢ်အတၢ်မၤလိတဖၣ်တၢ်ဟ့ၣ်အခွဲးကစီၣ်, ဒီးကဘၣ်လုၤပိၣ်မၤထွဲဝဲ “မ့ၢ်ဆါခိတၢ်ကွၢ်ထွဲ တၢ်ကွၢ်ထွဲဖိသၣ်အတၢ်မၤ” အတၢ်န့ၢ်ကျဲလၢအအိၣ်လၢတၢ်အိၣ်ဆူဉ်အိၣ်ချ့ အတၢ်န့ၢ်လီၤ Directed Health Measures အပူၤန့ၣ်လီၤ.

Translated by Karen Society of Nebraska



Coronavirus – COVID-19 Frequently Asked Questions For Faith-Based Communities

Updated June 19, 2020

Community- and faith-based organizations, working together with schools, businesses, healthcare systems, and state, local, tribal, and territorial health departments, have an important role in slowing the spread of COVID-19, especially among high-risk populations.

Q: How can I hold a religious ceremony and still adhere to social distancing and crowd sizes?

- **Consider a “drive-in” service.** Set up an outdoor space for attendees to drive up in their cars and participate in the service from their cars.
 - Email out the bulletin and song lyrics ahead of time.
 - Do not pass the offering plate, communion, or anything else from car to car.
- **Livestream small group and parish meetings.** Whether it’s a virtual book club, Bible study, prayer group or small group, empower attendees to coordinate with others who are involved in ministry groups or share various interests to meet weekly for a video call.
- **Continue recurring parish meetings through a conference call or video calls (e.g. Google Hangouts, GoTo Meeting, Zoom).** Even if events are canceled, personal and spiritual check-ins can continue.
- **When holding in-person services, items should not be shared or distributed between different parties and when possible promote maintaining a six (6) foot distance between parties and limit the ability to congregate.**

Q: I am planning a funeral. How can I include as many people as possible while still adhering to social distancing and crowd size requirements?

Livestream funerals so people can attend remotely. This is a solution that allows you to have the closest immediate family members at the funeral service in person while other people participate from home. Live chat can be included for anyone who may not have a webcam at home but still wants to be actively involved in the funeral service. Multimedia offerings can be provided to remote attendees, including the funeral program, written eulogy, and family photos and videos.

When holding in-person services, items should not be shared or distributed between different parties and when possible promote maintaining a six (6) foot distance between parties and limit the ability to congregate.

Q: We don’t have Internet access in our church, so we can’t livestream. What should we do?

Both Facebook and YouTube have options called “Premiere” that will allow you to pre-record, load, and schedule a video of your service to start at a certain time. This provides a similar feel and comments section interaction of a livestream, but does not require you to broadcast live with WiFi from your building. [This article has tips on setting up your video premiere.](#)

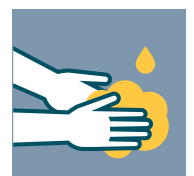
Q: A member of our faith-based community has tested positive for COVID-19. What should we do now?

- **Coordinate with local health officials.** Once learning of a person with confirmed COVID-19 who has been in the facility, immediately notify local health officials. These officials will have guidance for administrators and leaders to determine a course of action, which may include tracing the contacts of that person.
- Local health officials can offer guidance for closing the facility or restricting access (who can enter or what areas of the facility can be accessed). An initial short-term closure may be recommended to allow time for the local health officials to gain a better understanding of the COVID-19 situation.
- During this time, make decisions in consultation with local health officials as to whether group activities that would have been held in the facility should be moved to alternate locations.
- **Clean and disinfect thoroughly.** Close off areas used by the ill persons and wait as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets. Open outside doors and windows to increase air circulation in the area. If possible, wait up to 24 hours before beginning cleaning and disinfection.
- Cleaning staff should clean and disinfect all areas (e.g., offices, bathrooms, and common areas) used by the ill persons, focusing especially on frequently touched surfaces. In areas where ill persons have visited or used, continue routine cleaning and disinfection as in this guidance.

Q: How can we stay engaged with our church members during this time, and continue to offer our church's services and outreach ministries?

Implement strategies to continue essential services for the people you serve.

- **Consider the needs of persons at higher risk of severe illness and those who may be more impacted socially or economically.** Identify ways to ensure the safety and social well-being of groups that may be especially impacted.
 - Ensure availability of meal programs and other assistance for the people you serve, including transportation services. Consider options such as “grab-and-go” bags or delivery; avoid distribution of food or other household essentials in settings where people might gather in a group or crowd.
- **Follow recommended precautions for caregivers (i.e., outreach workers and others who visit persons with COVID-19 symptoms) in a nonhealthcare setting:**
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions>
 - Consider working with the local health department, a local hospital, healthcare agency, or service organization, such as the American Red Cross, to provide infection control training to caregivers who will serve your members or clients.
- **Implement alternative meeting and service options.**
 - Provide phone and online (live or recorded) meeting and service options, if possible. Determine how to:
 - ◆ Train staff and volunteers to use the necessary technology
 - ◆ Triage technical issues if faced with limited IT support and staff
 - ◆ Address the potential lack of access to computers and the Internet among members and people you serve.
 - Mailed newsletters, prerecorded messages from trusted leaders on a designated call-in telephone number, and printed copies of daily teaching guides may be options, especially to reach those without internet access.



- For religious services, give people the option to watch online (live or recorded), if possible. In addition to technology, this involves permission from religious leaders that it is acceptable to not attend religious services in person. Viewers can send a comment via the online/livestream platform or an email or text to let you know they were watching. This also may involve permission or guidance about the use of electronic devices at times when that practice is usually not permitted, such as Jewish Sabbath.
- **Leverage existing ministries and activities.** Pivot your church’s ongoing ministry efforts in new ways that address the needs created by COVID-19. Rather than starting from scratch, begin with what your church is already doing to serve others.
 - Identify the current ministries and activities your church is engaged in that could be used to help address the impact of the COVID-19.
 - Use existing communications methods and programs to instill hope in response to concerns about COVID-19.
 - Care for people’s spiritual, emotional, physical, social, and safety needs.
 - Consider ways your church helps bring calm and encouragement to stressful situations; comfort worries over COVID-19.
 - Leverage ways your church is already speaking out on behalf of the marginalized and vulnerable; ensure the fair distribution of resources so that these groups don’t fall through the cracks amidst the public health crisis at hand.
- If your community is eventually advised to avoid contact with others outside the home, you can exchange in-person visits with regular calls to check in on those you have been serving.
 - To watch religious services online, check with your local church or check the media for directories.

Q: Are Nurseries and Sunday school services allowed?

Yes, children present at services should remain with their parents or guardians and limit congregating or interacting with children of other parties on the premises, when possible. Nurseries and Sunday School is permitted and must follow “daycare/childcare services” section requirements in the Directed Health Measures.

