



တၢ်အိၣ်လီၤဖျိၣ်သး(Isolation) စံးတၢ်န့ၣ် မ့ၢ်တၢ် မနုၤလဲၣ် ?

တၢ်ဆါ COVID - 19 ဂ့ၤလၢ တၢ်အိၣ်လီၤဖျိၣ်အသး

တၢ်အိၣ်လီၤဖျိၣ်အသးန့ၣ် မ့ၢ်ဝဲပုၤလၢဆိးက့ၢ်တၢ်လံတဖၣ်
တၢ်ကပၣ်စီၤစုၤအိၣ်ယံၤဒီး ပုၤလၢအိၣ်ဆူၣ်အိၣ်ချ့တဖၣ်, ဒိၣ်သိး
တၢ်ကပတုၣ် ဘဲၤရးစံး တၢ်ဆါဃာ် ရၤလီၤအသး

နကသံၣ်သရၣ် မ့တမ့ၢ် ဆူၣ်ချ့ဝဲၤကျိၤ ပုၤမၤတၢ်ဖိတဂၤၤ မ့ၢ်တဲနုၤ
နဘၣ်အိၣ်လီၤဖျိၣ်သး, တၢ်တဖၣ်အံၤမ့ၢ်တၢ်လၢနကြးမၤအိၤ

- ၁. ဖဲနအိၣ်တဆူၣ်အခါ တသ့ဖဲအသ့ အိၣ်လၢတၢ်လီၤလီၤလီၤဆိဆိတတီၤ လၢနဟံၣ်ပုၤ မ့တမ့ၢ်
အစ့ၤကတၢ်အိၣ်ယံၤဒီး ပုၤအဂၤလၢနဟံၣ်ပုၤ ဖဲပုၣ် ကိးဆၢကတီၢ်ဒဲး တက့ၢ်.
- ၂. သ့နစု တလီၤလီၤ, ဃုၣ်ဒီး ဆးပုၣ် ဒီး ထံ, လၢ ၂၀ စဲးကိး အတီၢ်ပုၤ ကိးဘျိဒဲးတက့ၢ်.
- ၃. တဘၣ်ပျဲ ပုၤဟဲဟးလၢ နအိၣ် နီတဂၤ တဂ့ၤ.
- ၄. တဘၣ်သူဃုၣ် တၢ်ထွါသူလီၤ, သဘံၣ်လီၤစီ နီၣ်ဆဲး နီၣ်တၢၤ ထံခွး ဒီးပုၤဂၤ လၢနဟံၣ်တဂ့ၤ.
- ၅. အိၣ်လၢဟံၣ် ဒိနကသံၣ်သရၣ် (မ့) ဆူၣ်ချ့ဝဲၤကျိၤ စံးဘၣ်နုၤအသိး, မ့တမ့ၢ်ဘၣ်လၢ ဂ့ၢ်ဂီၤအူ
တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ - တဃူးနလဲၤအူ ကသံၣ်သရၣ် မ့တမ့ၢ် တၢ်ဆါဟံၣ် ကိးဆိ လီၤတဲစံး တက့ၢ်.

တၢ်သံကွၢ်
မ့အိၣ် ?



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WHAT DOES ISOLATION MEAN?

A diagnosis of COVID-19 triggers isolation.

Isolation is for those who are already sick and keeps the infected away from healthy people in order to stop the spread of the virus.

If your doctor or someone from your health department tells you that you need to ISOLATE, this is what you should do:

- 1. Stay in a separate part of your home or at least 6 feet away from other people in your home, at all times while you are sick if possible.**
- 2. Wash your hands often, with soap and water, for 20 seconds each time you wash them.**
- 3. Don't have any people visit you.**
- 4. Don't share towels, silverware, cups, bowls, or plates with anyone else in your home.**
- 5. Stay home for as long as your doctor or health department tells you to, unless you have a health emergency - then call ahead before you go to the doctor or hospital.**

Still have questions?



NALHD 
Nebraska Association of
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