

တၢ်ပၣ်လီၤဆီပှၤ(Quarantine) မ့ၢ်တၢ်မနုၤလဲၣ် ?

တၢ်ပၣ်လီၤဆီပှၤမ့ၢ်ဝဲ ပှၤလၢတဆိးက့ၢ်ဘၣ်တဖၣ်, မ့ၢ်လၢ အအိၣ်ဘူးအိၣ်တံၢ်ဒီး ပှၤလၢအအိၣ်ဒီး ခိၣ်ရိၣ်န့ၣ်ဘၢရၢးတၢ်ဆါ အယံ ဆိးက့ၢ်သ့ န့ၣ်လီၤ.

မ့ၢ်လၢ ခိၣ်ရိၣ်န့ၣ်ဘၢရၢး ရၤလီၤအသးညီဒိၣ်မးဆူ ပှၤတၢ်ဆူအၤတၢ်ဆူအိၣ် အယံ, ဒိသိး ပှၤဂၤသုတဒိးန့ၢ်ဘၣ်တၢ်ဆါအဂီၢ် တၢ်ပၣ်လီၤဆီပှၤ မ့ၢ်တၢ်လၢအရူဒိၣ် န့ၣ်လီၤ.

ခိၣ်ရိၣ်န့ၣ်ဘၢရၢး, ပှၤလၢအဘၣ်ဒီး ခိၣ်ရိၣ်န့ၣ်ဘၢရၢးတၢ်ကၤ ကစးထီၣ်တူၢ်ဘၣ်ဝဲ လၢဆိးက့ၢ်န့ၣ် သုတၢ်ဆၢကတီၢ်တုၤ ၁၄သီ န့ၣ်လီၤ.



နကသံၣ်သရၣ် မ့တမ့ၢ် ပှၤမၤတၢ်လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲၤကျိၤတၢ်ဂၤမ့ၢ်တဲန့ၤ နဘၣ် တၢ်ပၣ်လီၤဆီန့ၤ, တၢ်တဖၣ်အံၤမ့ၢ်တၢ်လၢနကြၢးမၤ

၁. အိၣ်လၢဟံၣ် ဒိနကသံၣ်သရၣ် (မ့)တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲၤကျိၤ တဲန့ၤအသိး, မ့တမ့ၢ် ဘၣ်လၢ ဂ့ၢ်ဂီၤအူတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ - ကိးဆိလီတဲစိ တချုးနလဲၤဆူ ကသံၣ်သရၣ် (မ့) တၢ်ဆါဟံၣ်
၂. သုနစု တလီၢ်လီၢ်, ဃုၣ်ဒီး ဆးပုၣ် ဒီး ထံ, လၢ ၂၀ စဲးကိး အတီၢ်ပှၤ ကိးဘျီဒဲးတက့ၢ်.
၃. တဘၣ်ပျဲ ပှၤဟဲဟးလၢ နအိၣ် နီတၢ် တဂ့ၤ.
၄. တဘၣ်သုသကိး တၢ်ထွါသုလီၤ, သဘံၣ်လီၤခိ နီၣ်ဆဲး နီၣ်တၢ် ထံခွး ဒီးပှၤဂၤ လၢနဟံၣ်တဂ့ၤ.
၅. ဖဲနစးထီၣ်ဆိးက့ - အိၣ်လၢတၢ်လီၢ်လီၤဆိတတီၤ လၢနဟံၣ်ပှၤ မ့တမ့ၢ် အစ့ၤကတၢ် အိၣ်ယံဒီး ပှၤအၤလၢနဟံၣ် ၆ပုၣ်, ဒိနမၤသုအသိး ဒီး ကိးဘၣ် နကသံၣ်သရၣ် မ့တမ့ၢ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲၤကျိၤ ဒီးဒုးသ့ၣ်ညါအီၤ တၢ်ဆါပနီၣ် တက့ၢ်.



နမ့ၢ်အိၣ်လၢ တၢ်ပၣ်လီၤဆီကတီၢ် နတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ဝဲၤကျိၤ ကကိးန့ၤ ကိးမုၢ်န့ၤ ဒိသိးကသ့ၣ်ညါ တၢ်မၤ အသး ဒီးနၤဒဲလဲၣ် ဒီး မ့ၢ်နအိၣ်ဒီး တၢ်ဆါပနီၣ် မနုၤတဖၣ်

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What is Quarantine?

Quarantine is for people that are not sick, but might get sick because they have been around someone who has coronavirus.

Because coronavirus can spread so easily from one person to another person, quarantine is important so that other people don't get sick.

For coronavirus, it can take up to 14 days for a person who was exposed to coronavirus to start to feel sick.



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

- 1. 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.**
- 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. If you become sick: Stay in a separate part of your home or at least 6 feet away from other people in your home, as much as you can, and call your doctor or health department to report your symptoms.**



If you are in quarantine, your health department might call you each day to see how you are doing and if you have any symptoms.