

# တၢ်အိၣ်လီၤဖျိၣ်သး (ISOLATION) စံးတၢ်န့ၣ် မ့ၢ်တၢ် မနုၤလၢ် ?

## တၢ်ဆါ ဂ့ၤလၢ တၢ်အိၣ်လီၤဖျိၣ်အသး

တၢ်အိၣ်လီၤဖျိၣ်အသးန့ၣ် မ့ၢ်ဝဲပုၤလၢဆိးကုတုၢ်လံတဖၣ်  
တၢ်ကပၣ်စီၤစုၤအိၣ်ယံၤဒီး ပုၤလၢအိၣ်ဆူၣ်အိၣ်ချတဖၣ်, ဒ်သိး  
တၢ်ကပတုၣ် ဘဲရၢးစံ တၢ်ဆါဃာ် ရၢလီၤအသး

နကသံၣ်သရၣ် မ့တမ့ၢ်  
ဆူၣ်ချဝဲၤကျိၤ ပုၤမၤတၢ်ဖိ  
တဂၤဂၤ မ့ၢ်တဲနုၤ နဘၣ်  
အိၣ်လီၤဖျိၣ်သး, တၢ်တဖၣ်  
အံၤမ့ၢ်တၢ် လၢနကြၢးမၤအိၤ



## တဘၣ်သူဃုၣ်တၢ်ဘၣ်

တဘၣ်သူဃုၣ် တၢ်ထွါသူလီၤ,  
သဘၣ်လီၤခီ နီၣ်ဆဲး နီၣ်တၢၤ  
ထံခွး ဒီးပုၤဂၤ လၢနဟံၣ်တဂ့ၤ



## အိၣ်လၢဟံၣ်

ဒ်နကသံၣ်သရၣ် (မ့) ဆူၣ်ချဝဲၤကျိၤ  
စံးဘၣ်နုၤအသိး, မ့တမ့ၢ်တၢ်လၢ ဂ့ၢ်ဂီၤအူ  
တၢ်အိၣ်ဆူၣ်အိၣ်ချ - တချုး နလဲၤဆူ  
ကသံၣ်သရၣ် မ့တမ့ၢ် တၢ်ဆါ ဟံၣ်  
ကိးဆိ လီၤတဲစိ တက့ၢ်.



အိၣ်လၢ တၢ်လီၤလီၤဆိဆိ  
တတီၤ လၢနဟံၣ်ပုၤ မ့တမ့ၢ်  
အစ့ၤကတၢၢ် အိၣ်ယံၤဒီး  
ပုၤအဂၤလၢ နဟံၣ်ပုၤ ဖဲပုၣ်  
ကိးဆါကတီၢ်ဒဲး တက့ၢ်.

ဖဲနအိၣ်တဆူၣ်အခါ  
တသုဖဲအသု



## ပျဲပုၤဟဲဟးနအိၣ်တဂ့ၤ

ဖဲနအိၣ်လၢတၢ်အိၣ်  
လီၤဖျိၣ်အသး အဆၢ  
ကတီၢ်န့ၣ် တဘၣ်ပျဲ  
ပုၤဟဲဟးလၢ နအိၣ်  
နီၣ်တဂၤ တဂ့ၤ.



## သုနစုတလီၤလီၤ

ဃုၣ်ဒီး ဆးပုၣ် ဒီး ထံ,  
လၢ ၂၀ စဲးကိး အတီၢ်ပူၤ  
ကိးဘျီဒဲးတက့ၢ်.



## ပကသုၣ်ညါလၢ တၢ်ပၣ်လီၤဖျိၣ်သးအဆၢကတီၢ် ကတၢၢ်ဝဲ အခါဖဲလဲၣ်

- ၁) မ့မ့ၢ် စးထီၣ်လၢ တၢ်ဆါအပနီၣ် စးထီၣ်သး လံၤလံၤ  
အစ့ၤကတၢၢ် နွံသိပူၤကွံၣ်အလီၢ်ခံ ဒီး
- ၂) န တၢ်ဆါအပနီၣ် ဟဲဂ့ၤထီၣ်, လီၤဆိဒဲၣ်တၢ်  
တၢ်ကူး ဒီး
- ၃) အစ့ၤကတၢၢ် ၇၂န့ၣ်ရံၣ် တၢ်ကိၢ်တအိၣ်လၢၣ်ဘၣ်,  
တအိၣ်ဒီး တၢ်သူတၢ်ကိၢ်လီၤစ့ၣ် ကသံၣ်ကသိ  
စ့ၢ်ကိးဘၣ် န့ၣ်လီၤ.



တၢ်သံကွၢ်  
မ့အိၣ် ?



Visit the NALHD website to learn  
more and find your local health  
department:  
[www.nalhd.org](http://www.nalhd.org)



# 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:



## No sharing.

Don't share towels, silverware, cups, bowls, or plates with anyone else in your home.



## 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.**



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.



## No visitors.

Don't have anyone visit you at home while you are in isolation.



## When is it okay to end isolation?

- 1) If at least seven days have passed since the onset of symptoms, **and**
- 2) Your symptoms have improved, especially coughing, **and**
- 3) No fever for at least 72 hours, without using fever reducing medication.



## Wash your hands often.

With soap and water, for 20 seconds each time you wash them.



Still have questions?



Visit the **NALHD** website to learn more and find your local health department:  
[www.nalhd.org](http://www.nalhd.org)