



## ကြားမေးလဲ

ဒီသီးတံဆိပ်ဖွင့်ဖို့လိာ်သးကအိဉ်ပူဖျးဒီးခိရီနဉ်တံဆိကသ့အဂီၢ်



မၤအိၤလၢတံဆိချၢ

တံဆိတံဆိဟူးတံဆိဂဲၤလၢတံဆိချၢနဉ်တံဆိလီၤဘဉ်  
ယိဉ်စ့ၤန့ၢ်ဒီးတံဆိမၤတံဆိဟူးတံဆိဂဲၤလၢတံဆိကိပူ  
တက့ၢ်နဉ်လီၤ. နထံဉ်ဖွင့်ဖို့ဟံဉ်ဖိဉ်ထီဉ်လိာ်သးသ့  
တုၤဝဲလၢ (၁၀)ဂၤ လၢကမျါတံဆိလီၤသ့တဖဉ်  
ဒီးအမ့ၢ်ဖိကရၢဒီးပိဉ်လဲဉ်နံၤသ့တဖဉ်နဉ်လီၤ.



ဟံဉ်အိၤကဆဲးကဆိ

သ့ကဆိနစုလၢချါသိ(ဆးပုဉ်) မ့တမ့ၢ်မၤကဆိနစု  
လၢ ကသံဉ်မၤသံတံဆိဟံဉ်ခဲအံၤခဲအံၤ, ဒီးအိဉ်စီၤ  
စုၤယံၤလိာ်သးဒီးပုၤဂၤလၢတအိဉ်ဟံဉ်ဒီးနၤတပူၤယီ  
သ့တဖဉ်(၁.၅)မံးထၢဉ်နဉ်တက့ၢ်.



ခိဟ့ဉ်နီၤလီၤသကိးတဂ့ၤ

တံဆိဟ့ဉ်နီၤလီၤဝဲအံၤနဉ်တမ့ၢ်တံဆိသးအိဉ်ကွၢ်ထွဲက  
ဟုကယံၤလိာ်သးဘဉ် - ဟဲစိဉ်နကစၢ်တံဆိအိဉ်,  
တံဆိထံတံဆိဒီးတံဆိပိတံဆိလီၤလၢကအိဉ်တံဆိအဂီၢ်  
နဉ်တက့ၢ်. ဟးဆဲးသူတံဆိလၢတမ့ၢ်နတံဆိဘဉ်  
သ့တဖဉ်နဉ်တက့ၢ်.



ကွဲးနီဉ်လီၤ

ဟံဉ်ယံၤတံဆိမၤနီဉ်မၤယါတံဆိလီၤလၢနလဲၤဘူဘဉ်  
ဒီးပုၤလၢနထံဉ်လိာ်သးဒီးအိၤသ့တဖဉ်  
နဉ်တက့ၢ် - လၢလီၢ်ခံနဉ်တံဆိအံၤကဲထီဉ်တံဆိမၤ  
စၢၤသ့ဝဲနဉ်လီၤ.

ဒီးတဘဉ်သးပုၤနီဉ်သူတံဆိကးဘၢနါဒုကိာ်ပူၤနဉ်တဂ့ၤ.



## HOW TO HAVE A COVIDSAFE GATHERING



### Do it outside

Outdoor activities carry much less risk than indoor activities. You can meet in groups of up to 10 in public spaces such as parks and beaches.



### Keep it clean

Make sure you are washing your hands with soap or hand sanitiser frequently, and keep 1.5m from anyone you don't live with.



### Don't share

Sharing isn't caring - bring your own food, drink and cutlery. Avoid using anything that doesn't belong to you.



### Write it down

Keep a record of where you've been and who you've seen - it could be helpful later.

## AND DON'T FORGET TO WEAR YOUR MASK