

မၤစၢၤတြီဆၢခိၣ်ရိၣ်နီၣ်တၢ်ဆါအတၢ်ဘၣ်ကူဘၣ်က

HELP STOP THE SPREAD OF COVID-19 (coronavirus)



ပဲကိးဂၤပမၤအဂ့ၤကတၢၢ်ဒ်သိးပုၤဘၣ်ခိၣ်ရိၣ်နီၣ်တၢ်ဆါကစၢၤအဂီၢ်န့ၣ်လီၤ. ဒ်သိးပနီၣ်ကစၢ်မ့ၢ်ဂ့ၤ, ပဟံၣ်ဖိယီဖိမ့ၢ်ဂ့ၤ ဒီးပပုၤတဝါဖိသ့ၣ်တဖၣ်ကအိၣ်ဒီးတၢ်ပူၤတၢ်ဖျးအဂီၢ်အရ့ၣ်ဒိၣ်ဝဲလၢပက-

We've all done a great job of keeping cases of COVID-19 low. To keep ourselves, our families and community safe it's important to:

- သုကဆီၣ်စု မ့တမ့ၢ်ထူးကဆီၣ်အီၤလၢကသံၣ်မၤသံတၢ်လၢဝီၣ်တိ, ကူးဒီးကဆဲန့ၣ်လီၤလၢထံၣ်ရူပူၤ မ့တမ့ၢ်လၢစုနၢၣ်ခံတက့ၢ်.
keep washing or sanitising your hands well and often, cough and sneeze into a tissue or your elbow.



- အိၣ်ယံၤသးဒီးပုၤဂၤ ၁.၅ မံထၢၣ်, နအိၣ်ယံၤသးမ့ၢ်တသ့ဘၣ်တခီသိးတၢ်ကးဘၢနီၣ်ဒုကိၣ်ပူၤတက့ၢ်.
Stay 1.5 metres apart from other people, wear a mask if you can't.
- အိၣ်လၢဟံၣ်ဖဲနအိၣ်ထီၣ်ဒီးတၢ်ဆါပနီၣ်လီၤကိးကွၢ်တၢ်ဆါသ့ၣ်တဖၣ် ဒီးလဲၤမၤကွၢ်နသးတက့ၢ်.
Stay home if you have flu like symptoms and get a COVID-19 test.



နမ့ၢ်အိၣ်ဒီးသ့ၣ်ညါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်လးတၢ်မၤကွၢ်သးလၢခိၣ်ရိၣ်နီၣ်တၢ်ဆါ, တၢ်ကဘၣ်အိၣ်လၢဟံၣ် မ့တမ့ၢ်လၢတၢ်ကဆဲးခိၣ်ရိၣ်နီၣ် တၢ်ဆါကသံၣ်ဒီးသးအဂီၢ်န့ၣ်, ကိးကညီလီၤတဲစိကျိၤလီၤဆီဖဲ- ၅၄၀၆ ၁၂၅၄ (မ့တမ့ၢ်) ၀၄၃၇ ၄၁၈ ၉၈၄ န့ၣ်တက့ၢ်. နစုလၢနလီၤတဲစိပူၤမ့ၢ်တအိၣ်ဘၣ်န့ၣ်နကိးပုၤတဘျးဖိ ဒီးပပုၤကညီပုၤမၤတၢ်ဖိက့ၤကိးကဒါက့ၤနၤသ့ၣ်န့ၣ်လီၤ.

If you need information about getting a COVID- 19 test, staying at home or getting your COVID-19 vaccination, call the Karen hotline: 5406 1254 or 0437 418 984. If you don't have credit, you can miscall us, our Karen staff will call you back.

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