



ကျန်းမာရေးအသိပညာဖြင့်တင်ရေးဌာန
ကျန်းမာရေးနှင့်အားကစားဝန်ကြီးဌာန

Ha^v cheu_v cheu_v-eu, u_v tsoe_v tsoe_v-eu yaw_v po[^] na lu_^
YA CHAW HTEH-EU ZAH^v
SAH^v QO_^
 (Cough Etiquette)



Naw^v ha^v cheu_v cheu_v ngeh,
 u_v tsoe_v tsoe_v ngeh ya chaw hteh-eu
ZAH^v SAH^v QO_^ A_v GEU
DEU_v-A

- Na^v meh^v haw^v-eu qha_v meh-ah^v gho_v ni, ti[^] shu^v neh yaw mui_v-eh^v deh_v kha_v yaw_v. Zm_v gha_v-eu ti[^] shu^v-ah^v a_v mai[^] bon^v la_^ qhoe^v yaw mui_v pha_v-eh^v yaw khaw^v-eh^v gho[^] ah^v yaw_v.
- Ha^v cheu_v cheu_v-eu, u_v tsoe_v tsoe_v-eu, na_v beh^v chu-eu gheh gha_v ngeh, a_^ la_^-ah^v yaw mui_v pha_v-eh^v dzui_^ shaw^v yaw_v. Sa^v bya_v haw^v-eu i^v cu_^ ma_v ja[^] na^v, a_v yeh^v pyan_v kheu_v hta_v-eu a_^ la_^ saw[^] shaw^v-eu ja[^] gha_v dza^v ui^v zm_v yaw_v.
- Ti[^] shu^v ma_v ja[^] na^v la_^ du haw^v-eu la_^ tui_^-ah^v qha_v meh aw[^] tsah_v-aw^v ha^v cheu_v cheu_v, u_v tsoe_v tsoe_v yaw_v. La_^ za_^ neh qha_v meh-ah^v hta_v qaw[^] kha_v.
- Pha^v jeh haw^v-eu meh_v tsoe_v pha^v cheh^v hta_v zm_v.
- Tsaw^v ha_v ui_v ga^v ma_v i^v ni yah^v yaw_v.

Ha^v cheu_v qha^v cheu_v, u_v tsoe_v qha^v tsoe_v-eu yaw_v po[^] la lu_^,
 na^v meh^v haw^v-eu meh_v boe_v yaw mui^v deh_v kha_v-eu la_^ qhoe^v,
 yaw_v ha daw_v pheh sa_^ ghaw^v khah_v-ah^v ta_^-eu na^v gaw^v
 ma_v bi nyaw_v-i^v ni haw lah^v kha^v-eu^v.



Si, du, maw_^ na^v
 QR CODE heu-ah^v
 SCAN gui haw-aw_^.



28th March 2020



ကျန်းမာရေးအထိပညာဖြင့်တစ်ဓါတ်တစ်ရပ်
ကျန်းမာရေးနှင့်အားကစားဝန်ကြီးဌာန

CORONAVIRUS DISEASE 2019 (COVID-19)

KO,RO,NA, VAI^ RA^S NA^ GAW^ (COVID-19)

Ja phyu, ni na^ la^ -eu Sa, ghaw^ khah, -ah^ ta, le^ -eu Na^ gaw^

Yaw, ha-ah^ neh a^ dah, beh-aw^ haw qhm, yaw,

Na^ gaw^ nyaw, -i^ nya-eu ga^ khah^ deu,

- Sa, ghaw^ khah, -ah^ neh daw^ choe ni u^ -i^ -aw^ nyaw, -i^ -eu
- Myaw, hti, je, na-ah^ daw, -eu a^ boe, a^ maw^ -ah^ a, la, neh la^ zaw-eu, ga^ neh nyaw, -i^ -eu

Ngeu^ ga^ du^ -eu na^ gaw^ a^ gheh^

- Dzeu^ ya, -eu, 14 nah la, qhoe^ na^ gaw^ pyeu, lu, -eu jaw^ qhah, -ah^ ga^ ma do^ -i^ -eu, ma, ngeu^ na^ ko,ro,na, vai^ ra^s na^ gaw^ (COVID-19), ja phyu, ni pyeu, la^ -eu sa, ghaw^ khah, -ah^ ta, -eu na^ gaw^ da, lu, -eu tsaw^ ha, meh leh^ si, nya hta, -eu, gha, neh, -eh^ hti, kaw^ lo, -eh^ jaw^ ya, -eu, ja^ -aw^
- Phya, -eu (ghaw^ maw^ lah^ -eu 38°C/ 100.4°F dzeh, -eu), u, tsoe, tsoe, -eu, sa, ma, ghaw^ mui, -eu, gha, ju, -eu



Haw qhm, nya-eu ga^ khah^ deu,

- Ko,ro,na, vai^ ra^s na^ gaw^ (ja phyu, ni pyeu, la^ -eu sa, ghaw^ khah, -ah^ ta, -eu na^ gaw^) a^ gheh^ ah^ -eu tsaw^ ha, -eu, daw, hpeh tu^ ni hta, i^ .
- Hti, qheh, ma, hta, ni a, la, yaw mui, -eh^ dzui, shaw^ yaw, .
- Ha^ cheu, cheu, ngeh, u, tsoe, tsoe, ngeh, na^ meh^ haw^ -eu qha, meh-ah^ yaw ghoe, ghoe, -eh^ deh, kha, yaw, .
- Hti^ shu^ zm, na^, a, mai^ bon^ la, qhoe^ yaw mui, pha, -eh^ daw^ ah^ -aw^, a, la, yaw mui, pha, -eh^ dzui, shaw^ yaw, .
- Yaw, ha-eu, ghaw^ maw^ yaw shaw^ shaw^ -eh^ bo sa^ geu, yaw, . Gha, ah^ la^ -eu dza^ dza, yaw, . Yaw deh^ deh^ -eh^ yu, yaw, .
- **Tsaw^ ha, ui, ga^ bym^ ga^ ma, i^ ni qha^ gheh nya-eu yah^ yaw, .**
- Deh, da, -eu hti, je, -i, ma, ah^ ni je, za, -ah^ htoe, -eu saw^ -eu yah^ yaw, .

Ko,ro,na, vai^ ra^s na^ gaw^ (COVID-19) ja phyu, ni keu^ le-eu sa, ghaw^ khah, na^ gaw^ ngeu^ -eu je, nga leh^ noe, na^, qha^ pheh-eu na^ gaw^ la^ sa^ du, -ah^ yaw khaw^ -eh^ bya, neh, -i^ -aw^ na^ gaw^ la^ sa^ yaw, .

26th March 2020



Si, du, maw, na^ QR CODE heu-ah^ SCAN gui haw-aw, .





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CORONAVIRUS DISEASE 2019 (COVID-19)

KO,RO,NA, VAI, RA^S NA, GAW, (COVID-19)

Ja phyu, ni na, la, -eu Sa, ghaw, khah, -ah, ta, le, -eu Na, gaw,

Yaw, ha-ah, neh a, dah, beh-aw, haw qhm, yaw,

Na, gaw, nyaw, -i, nya-eu ga, khah, deu,

- Sa, ghaw, khah, -ah, neh daw, choe ni u, -i, -aw, nyaw, -i, -eu
- Myaw, hti, je, na-ah, daw, -eu a, boe, a, maw, -ah, a, la, neh la, zaw-eu, ga, neh nyaw, -i, -eu

Ngeu, ga, du, -eu na, gaw, a, gheh,

- Dzeu, ya, -eu, 14 nah la, qhoe, na, gaw, pyeu, lu, -eu jaw, qhah, -ah, ga, ma do, -i, -eu, ma, ngeu, na, ko, ro, na, vai, ra, s na, gaw, (COVID-19), ja phyu, ni pyeu, la, -eu sa, ghaw, khah, -ah, ta, -eu na, gaw, da, lu, -eu tsaw, ha, meh leh, si, nya hta, -eu, gha, neh, -eh, hti, kaw, lo, -eh, jaw, ya, -eu, ja, -aw,
- Phya, -eu (ghaw, maw, lah, -eu 38°C/ 100.4°F dzeh, -eu), u, tsoe, tsoe, -eu, sa, ma, ghaw, mui, -eu, gha, ju, -eu



Haw qhm, nya-eu ga, khah, deu,

- Ko, ro, na, vai, ra, s na, gaw, (ja phyu, ni pyeu, la, -eu sa, ghaw, khah, -ah, ta, -eu na, gaw,) a, gheh, ah, -eu tsaw, ha, -eu, daw, hpeh tu, ni hta, i,
- Hti, qheh, ma, hta, ni a, la, yaw mui, -eh, dzui, shaw, yaw,
- Ha, cheu, cheu, ngeh, u, tsoe, tsoe, ngeh, na, meh, haw, -eu qha, meh-ah, yaw ghoe, ghoe, -eh, deh, kha, yaw,
- Hti, shu, zm, na, a, mai, bon, la, qhoe, yaw mui, pha, -eh, daw, ah, -aw, a, la, yaw mui, pha, -eh, dzui, shaw, yaw,
- Yaw, ha-eu, ghaw, maw, yaw shaw, shaw, -eh, bo sa, geu, yaw, Gha, ah, la, -eu dza, dza, yaw, Yaw deh, deh, -eh, yu, yaw,
- **Tsaw, ha, ni, ga, bym, ga, ma, i, ni qha, gheh nya-eu yah, yaw,**
- Deh, da, -eu hti, je, -i, ma, ah, ni je, za, -ah, htoe, -eu saw, -eu yah, yaw,

Ko, ro, na, vai, ra, s na, gaw, (COVID-19) ja phyu, ni keu, le-eu sa, ghaw, khah, na, gaw, ngeu, -eu je, nga leh, noe, na,

qha, pheh-eu na, gaw, la, sa, du, -ah, yaw khaw, -eh, bya, neh, -i, -aw, na, gaw, la, sa, yaw,

- Haw, deh, haw, -eu mi, qhah, chah gha-eu ga, yaw sah, deu, ko, ro, na, vai, ra, s na, gaw, (COVID-19), ja phyu, ni pyeu, la, -eu sa, ghaw, khah, -ah, ta, -eu na, gaw, na, ga, du, -eu tsaw, ha, ya maw, na, daw, pheh ja, -eu na, gaw, la, sa, -eu jaw, du, -ah, yaw hkaw, -eh, sheu, ha neh, -aw, na, gaw, la, sa, nya ni chaw ba neh, yaw,
- Mi, qhah, ghaw, mya qhah, -ah, chah gha-eu tsaw, ha, deu, Yaw mui, jaw, sa, do, -eu phaw haw, -eu Ni, gha-eu phaw Ghon, ji, hta, na, neh jaw, sa, do, ga, ta, le, -aw, nui noe, nui du, bi, -eu, meh, nah ya chaw hteh meh,

! Si, du, maw, na, QR CODE heu-ah, SCAN gni haw-aw,

26th March 2020