



ကျန်းမာရေးအသိပညာဖြင့်တင်ရေးဌာနခွဲ
ကျန်းမာရေးနှင့်အားကစားဝန်ကြီးဌာန



CORONAVIRUS DISEASE 2019 (COVID-19) CORONAVIRUS NATNA (COVID-19)

Tu laitak aa apiang
Pumpi sung huihdiikna lampi zui aa om nat na

NANG MAHMAH KIDAL SAWM MASA PAH IN

Natna Kilawh nading lampi te

- Pumpi sung huihdiik na lampi zui in natna lungno thakhat in lut aa, kilawh in kizeel hi.
- Van leh nate' tung aa a belh lungno te khut tawh ih lawn'khak, ih sukkhak na pan kilawh thei hi.

Natna ngahding aa a muanmawh huai te' pianzia

- Natna a kilawh saan laitak gamte ah, abei sa ni (14) sung khualzin te (a hih kei leh) Coronavirus natna (COVID-19) nei hi ci aa, ciaptehna ngah sa te tawh a omkhawn te.
- Cisa nat nei mi (38°C/ 100.4°F leh atungsiah cisa te). Bukkhuh vei, nak-hak sa in, tha bei te.



Kidal nading lampi te

- Coronavirus natna (Pumpi sung huih-diik na lampi zui aa om natna) pianzia a nei te tawh ki sukkhak loh nading in peel in.
- Na khut a sian'tho nading in limtak in sil pahpah in.
- Hatchei ciangleh na khuh ciangin, na naak, na kam te bit takin hu in.
- Tissue na zat leh zong, ninbung sung ah limtak in paai in, na khut zong limpha takin sil kik pahpah in.
- Pumpi siangtho sak den in. Tha apiang sak an limci te ne in. Ihmut nuam tak-in tawlnga in.
- **Mihon omna ahi thei zah in peel in.**
- Kidalna khat peuh zanglo pi-in, ganhing te tawh na kisawh loh nading in peel in.

CORONVIRUS NATNA (COVID-19)
Pumpi sung huihdiikna lampi zui aa, apiang natna nei ding aa na upmawh a om leh a nai pen Zato ah a manlang in zasak inla, ZATUI TAWH KIBAWL SAK PAH IN.



A kicing zaw in natheih nop aa leh hih QR CODE pen Scan inlaa Ministry of Health and Sport Website ah siimtheih ngaihteih hi.



29 March 2020

