

# တၢ်ဒိတဒၢခံၤရံၤန့ၤတၢ်ဆါ.



သ့ဃၢၤန့ၤဒီးဆးပှဲၣ်ထံၣ်ခါၣ်ကိၢ်အယံၤအစဲၤကးခံဆံ.  
ဆးပှဲၣ်ဒီးထံၣ်တအိၣ်,သ့ဃၢၤန့ၤဒီး Hands sanitizer  
လၢအပၣ်ဒီး alcohol ဃုဆံဖၢၤစံၣ်.



ဖဲန့ၣ်ဒီးကဲၤခဲအခါန့ၣ်ကၢၤဘၢဒီးထံၣ်ဆူ,တၢၤ  
က့ၤဆူတၢၤကမ့ၢ်ဒၢပူၤဒီးသ့န့ၣ်တၢၤပူၤ.  
ထံၣ်ဆူမၢ်တအိၣ်ဘၣ်န့ၣ်,ကၢၤဘၢန့ၣ်ကိၢ်မ့တမ့ၢ်ဖဲန့ၣ်ခါကၢၤ  
အိၣ်ဒီးန့ၣ်န့ၣ်ခံမ့တမ့ၢ်န့ၣ်ဆူကၢၤ,တဘၣ်လိၣ်သ့န့ၣ်ညါသးဘၣ်.



န့ၣ်မ့ၢ်ဘၣ်အၢန့ၣ်တဘၣ်လိၣ်ဖိၣ်န့ၣ်မ့ၢ်ချံ,န့ၣ်ဒီးန့ၣ်ကိၢ်ပူၤဘၣ်.



တဘၣ်လိၣ်အိၣ်ဘူးဒီးပုၤကညီလၢအိၣ်တ  
ဆူၣ်မ့တမ့ၢ်ပုၤလၢအဘၣ် flu တဖၣ်.



မၤကဆိတၢ်လၢန့ၣ်ဖိၣ်အိၣ်တဖၣ်ကိၢ်ဘျီဒီး.  
တဘၣ်လိၣ်သ့ဒီးတဘၣ်ဃီဘၣ်,ခွဲးတဖျၢၣ်ဃီဘၣ်,နီၣ်တၢၤတခါဃီဘၣ်ဒီး  
တၢ်လၢအအိၣ်လၢဟံၣ်ပူၤတဖၣ်န့ၣ်အိၣ်မ့ၢ်ဝဲသ့ဃၢၤဒီးဆးပှဲၣ်ဒီးထံတၢၤပူၤ.



န့ၣ်မ့ၢ်လဲၤလၢတၢ်လီၤလၢအအိၣ်ဒီး COVID-19 မ့တမ့ၢ်န့ၣ်  
သ့ညါပုၤကညီလၢအအိၣ်ဒီးတၢ်ဆါတခါအံၤပလီၤန့ၣ်သး.  
န့ၣ်မ့ၢ်တၢ်ဘၣ်လၢတၢ်ကိၢ်ထီၣ်န့ၣ်,ကိၢ်မ့တမ့ၢ်န့ၣ်ကသါလီၤဆီ,လဲၤ  
လၢတၢ်ဆါဟံၣ်တၢၤပူၤ.တဘၣ်လိၣ်ကွဲၤထွဲၤလီၤန့ၣ်သးဘၢ.



န့ၣ်အိၣ်မ့ၢ်တဆူၣ်န့ၣ်အိၣ်လၢဟံၣ်,မ့တမ့ၢ်  
လဲၤဟံၣ်န့ၣ်တၢ်ဆါဟံၣ်ကွဲၤထွဲၤ.

တဘၣ်လိၣ်လဲၤလၢတၢ်မၤလီၤဘၣ်,တဘၣ်လိၣ်လဲၤလၢကိၢ်ဘၣ်,မ့တမ့ၢ်  
တဘၣ်လိၣ်လဲၤလၢပုၤကညီလၢအကျါဘၣ်.တဘၣ်လိၣ်သ့ကမ့ၢ်တၢ်ဖိၣ်  
ဆါတၢ်ဆူလီၤအဂၤ,တဘၣ်လိၣ်ဒီးထံၣ်ကစံၣ်တခါဃီဒီးပုၤကညီဘၣ်.



န့ၣ်တၢၤဘၣ်မ့ၢ်န့ၣ်လဲၤလၢတၢ်ဆါဟံၣ်တၢၤပူၤ.  
န့ၣ်မ့ၢ်တၢ်ဘၣ်လၢန့ၣ်အိၣ်ဒီး COVID-19, ကိၢ်န့ၣ်တၢ်ဆါဟံၣ်  
သရၣ်မ့ၢ်တဖၣ်တချုးလၢန့ၣ်လဲၤတၢ်ဆါဟံၣ်ဒီးဘၣ်ဒီးသး  
သရၣ်သ့မ့ၢ်တဖၣ်ကအိၣ်ကတဲၤတီၤသး.

# WASH YOUR HANDS

Washing your hands is one of the most effective ways to prevent the spread of germs. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.



**1.**

## WET HANDS WITH CLEAN, RUNNING WATER.

Warm water is preferred, but cold will also work, if needed.



**2.**

## LATHER BY RUBBING YOUR HANDS TOGETHER.

Be sure to rub the backs of your hands, between your fingers, and under your nails.



**3.**

## SCRUB FOR AT LEAST 20 SECONDS.

Don't have a timer? Hum "Happy Birthday" from beginning to end, twice.



**4.**

## RINSE HANDS THOROUGHLY UNDER CLEAN, RUNNING WATER.



**5.**

## DRY YOUR HANDS USING A CLEAN TOWEL.

In public restrooms, use a clean paper towel or air dry. Avoid hand drying blowers or shared cloth towels.