

လါအုဖြ် ၃, ၂၀၂၀

April 3, 2020

အရံနိနိကညီဘျာထံတံအိန်ဖိုင်ဖိဒီးတံသကိးသးဘိသုဉ်,

Dear Members and Friends of AKBC:

ပဘာ်ပသးခဲလက်လာတံဆာကတီၢ်အံၤအကီခဲဒီးအတၢ်ပုၤဖးဒိဉ်လီၤ.
တံဆါခိဘံး၁၉ အံၤဒုးအိန်ထီဉ်တံကီၢ်တံဂီၤတဖၣ်လၢပုၤကိးဂၤအဂီၢ် လီၤ.
သနံကုသုဉ်နီဉ်လၢပဘါယွၤတဂၤလၢအအံၤထွဲကွၢ်ထွဲတုၢ်ပုၤ လၢတံသံကဒု
ကစၢ်ကဆုးအပူၤ ဒီးမၤမုၢ်ကုၤပသးန့ဉ်လီၤ. ပသုဉ်ညါလၢ နံၤသီအမုၢ်တဖၣ်
ကဟဲတုၤအိန်ပုၤလီၤ. လၢအဘၢၣ်စၢၤအံၤ, ပကဘၣ်မၤပဝဲ တံဆါတံလၢ
အဘၣ် လၢပတံလဲၤတံက့ၤဒီးပတံရဲဒီးပုၤအဂၤလီၤ.

All of us can agree we are facing difficult and disturbing times. The arrival of the corona virus in America has put us on edge and taken us out of our comfort zones. But, we worship the God who has cared for and comforted us through the valley of the shadow of death. Better days are ahead, but until they arrive, we need to make wise decisions about how we go about our daily lives and how we interact with others.

(၁) ဝံသးစူၤလူၤဟီၣ်ထွဲ တံနီဉ်လီၤလၢ ပဒိဉ်ပၤဆုၢ်တြီဆါတံဆူးတံဆါ
လီၢ်ခၢဉ်သး, Center for Disease Control (CDC), လၢပကဒိတဒၢလိာ်သး
အဂီၢ်လီၤ. **ဖးဘၣ်တံနီဉ်လီၤလၢအဟီၣ်ထွဲလၢလံာ်န့ဉ်တက့ၢ်.**

- (1) Please follow the attached instructions provided by the Center for Disease Control (CDC) to protect everyone.
- (2) Regrettably, if you or your loved ones were to become ill with the virus, please know that it is not your fault. Anybody can contract this virus. You do not need to feel ashamed. We love you and we are here to support you. Please let us know. Please also follow CDC instructions. Our church family will provide support such as praying, providing financial support, making phone calls, cooking meals, running errands, to name some.
- (3) Let us continue to worship together in one spirit online. Let us continue to study the word of God on Zoom. Let us continue to hold our Sunday School remotely!

(၂) နၤဒီးပုၤလၢနအဲဉ် မ့ၢ်န့ဉ်ဘၣ်တံဆါအဃိ, သုဉ်ညါလၢတမ့ၢ် နတံကမၣ်
ဘၣ်န့ဉ်တက့ၢ်. ပုၤတဂၤဂ့ၤတဂၤဂ့ၤန့ဉ်ဘၣ်တံဆါအံၤညီကဒုဉ် သုဝဲလီၤ.
တလိာ်နမဲာ်ဆုးဘၣ်. ပအဲဉ်ဘၣ်နၤဒီးပသးအိန်မၤစၢၤနၤလီၤ. ဝံသးစူၤ
ဒုးသုဉ်ညါဘၣ်ပုၤလၢအဆိအချ့တက့ၢ်. အရဲဒိဉ်စ့ၢ်ကိး လၢပလူၤဟီၣ်ထွဲ CDC
အတံသိဉ်တံသီခဲလက်လီၤ. ကျဲအိန်အါဘိလၢ ပမၤစၢၤလိာ်သးသ့လီၤ.
ကျဲအါဘိအကျါ, တနီၤကမ့ၢ်ဝဲတံဃုထုကဖၣ်, တံမၤဘျုး, တံအိဉ်သကိး
လၢလီတဲစိ, တံဖိအိဉ်လၢနဂီၢ်, တံလဲၤဆူန့ဉ်ဆူအံၤလၢနဂီၢ်, တဖၣ်န့ဉ်လီၤ.
(၃) တဘၣ်ဟံတုၢ်ကွံာ်တံသုးဘူးပသးဒ်သိးသိး ဆူယွၤအအိဉ်တဂ့ၤ.
ပကဘါ သကိးယွၤဒ်သိးသိး, ပကမၤလိလံာ်စိဆံသကိးဒ်သိးသိး, ဒီး
ပကမၤဆူညါ အိဉ်ဘျးနံၤတံမၤလိတဖၣ်လၢ အ့ထၢၣ်နဲးအလီၤတက့ၢ်.
သုဉ်နီဉ်လၢပမ့ၢ် ပုၤစူၤန့ဉ်ယွၤအတဝါဒီး ပအိဉ်ဒီးမူဒါလၢ ပကဘၣ်
ကဟုကယာ်လိာ်သး ဒီးပနီၢ်ကစၢ်လီၤ. ပမ့ၢ်မၤသကိးတံဃုဃုဒ်သိးသိး ဒီး
ပမ့ၢ်ဟီၣ်ထွဲတံနီဉ်ပုၤ တဖၣ်အဃိ, ပကအိဉ်ဆူဉ်အိဉ်ချ့ဒီး နံၤသီအမုၢ်
ကဟဲတုၤအိန်ပုၤအဆိအချ့ န့ဉ်လီၤ.

Remember this. We are a faith community of believers with a shared responsibility to care for one another. And for ourselves. Working together, and following guidelines designed to keep us healthy, we can look forward to brighter days ahead.

ပမ့ၢ်မၤစၢၤနၤမ့ၢ်သ့လၢကျဲတဘိဂ့ၤတဘိဂ့ၤအဃိ, ဒုးသုဉ်ညါဘၣ်ပုၤ
န့ဉ်တက့ၢ်.

If I can be of service to you, please call.

Love and blessings to all,

လၢတံအဲဉ်ဒီးတံဆိဉ်ဂ့ၤဆိဉ်ဝါဘၣ်သု,
သရံဒိဉ်သးဆါထီ (၆၀၂) ၄၅၁-၄၂၀၄
သရံမုၢ်အံၤမံၤ (၆၀၂) ၆၇၀-၂၃၀၁
သရံကီၢ်ဖိလါဘဲနီၢ် (၄၈၀) ၆၅၂-၃၇၅၃
သရံအဲဉ်ထူဝါဆိ (၄၈၀) ၂၇၈-၀၆၅၁

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နမ့်ဆါဒီးကျဲတဖန်လာကမၤစၤ ဒီသဒၢနၤလၢ ခိဘံးၵဉ်အတၢ်ရၢလီၤသး

ပိပ်ထွဲကျဲလှလင်တဖန်အံး၊ နမ့်ဆါလှခိဘဲး၁၉တၢ်ဆါမ့တမ့ၢ်နဆိကမိၣ်လၢနအိၣ်ဒီးခိဘဲး၁၉တၢ်ဆါအယံ ဒီး၊ ပိပ်ထွဲကျဲလှလင်တဖန်အံးဒီးနကမၤစၢဒီသဒ္ဒါပုၤအဂၤလၢအအိၣ်လၢနဟံၣ်ဒီးနပုၤတၢ်ပုၤအဂီၢ်တ က့ၢ်၊

အိပ်လဟံဉ်မ့တမ့ဒ်ဒီးပူးသးလာဆူဉ်ချအတၢ်အံးထွဲကွၢ်ထွဲ

- **အိပ်လာဟံဉ်** - ပှၤအါဂၤလၢအိဉ်ဒီးခိဘဲးၤၤအိဉ်ဒီးတၢ်ဆူးတၢ်ဆါတဆဲးတက့ၢ်ဒီးဘျါက့ၤဒဉ်လာဟံဉ်တလိဉ်ဆူဉ်ချတၢ်အံးထွဲကွၢ်ထွဲဘဉ်. တဘဉ်ဟးထီဉ်လၢနဟံဉ်တဂ့ၤ, ထဲဒဉ်မၤကွၢ်နသးလၢဆူဉ်ချအတၢ်အံးထွဲကွၢ်ထွဲတက့ၢ်. တဘဉ်လဲၤဟးတၢ်လီၤလၢပှၤအါဂၤအိဉ်အလီၤတဂ့ၤ.
- **ဆဲးကျိးဒီးနကသံဉ်သရဉ်တက့ၢ်.** တချူးလၢနလဲၤမၤကွၢ်နသးအခါကိးအိၤတက့ၢ်. နမ့ၢ်အိဉ်ဒီးတၢ်ကိတၢ်ခဲလၢကကသါန့ဉ်မၤလီၤတံၢ်လၢနကမၤကွၢ်သး, မ့တမ့ၢ်အိဉ်ဒီးဂ့ၢ်ဂီၢ်အူအတၢ်ပနီဉ်တဖဉ်, မ့တမ့ၢ်နမ့ၢ်ဆိတမိဉ်လၢနဂီၢ်မ့ၢ်ဝဲဂ့ၢ်ဂီၢ်အူတၢ်ဂ့ၢ်အခါန့ဉ်တက့ၢ်.
- **ဟးဆွဲးတၢ်လဲၤတၢ်က့ၤလၢပှၤအါဂၤလဲၤတၢ်အကျါ** - ဟးဆွဲးတၢ်လဲၤထီဉ်က့ၤလီၤလၢပှၤအါဂၤလဲၤတၢ်က့ၤတၢ်လၢတၢ်ဒီးသကိးကဟဉ်, မ့တမ့ၢ်တၢ်ဒီးသိလ့ဉ်တက့ၢ်.

အိတ်ဖးနသးလာပု၊အဂ၊လနဟံပု၊ တဂ်ဝဲအံ၊တဂ်သုဉ်ညါအီ၊လတဂ်အိတ်ဖးသးလာဟံဉ်

- **အိတ်ယံးဒီးပျာဂ** - ဖဲနသုဒီး, အိတ်ယံးလၢပျာအဂၢၤတဖၣ်တက့ၢ်. မ့ၢ်သ့နကြးအိတ်ဒးလၢပျာပၣ်လီၤ ဆီပျာဆါ, ဒီးအိတ်ယံး ဒီးပျာအဂၢၤလၢဟံၣ်ပူၤန့ၣ်လီၤ. မ့ၢ်သ့, သူလီၤဆီတၢ်လုၢ်ထံအလီၢ်တက့ၢ်.
 - နမ့ၢ်အိတ်ဒီးတၢ်သံကွၢ်လၢဆၣ်ဖိကီၢ်ဖိတဖၣ်န့ၣ်လဲၤဆူခိဘံး၁၉ဒီးဆၣ်ဖိကီၢ်ဖိအကွဲၤကဘျံး
<http://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>

တချိုးနဲ့လဲအိပ်သကဲ့သို့ကတည်းအခါကိန်းဆီအီ

- **ကိုးဆီ** - ပုၤအါဂၤလၢအညီန့ၢ်လဲၤမၤကွၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချတဖၣ်ဘၣ်တၢ်သးယံၤထီၣ်န့ၢ်အိၣ်တၢ် ဆၢကတီၢ်, မ့တမ့ၢ်တၢ်မၤဝံၤန့ၢ်အိၣ်ခီဖျိလီၤတဲစိမ့တမ့ၢ်တၢ်ဆဲးကျိးဆဲးကျၢန့ၣ်လီၤ.
- နမ့ၢ်ပၣ်လီၤတၢ်ဆၢကတီၢ်လၢကလဲၤ ဇးန့ၣ်သးလၢတၢ်သးယံၤထီၣ်က့ၤတၢ်ဆၢကတီၢ်တသ့ဘၣ်န့ၣ်, ကိးနဒီးကထၢၣ်အဝဲၤဒး, ဒီးတဲဘၣ်အဝဲသ့ၣ်လၢနအိၣ်မ့တမ့ၢ်ဘၣ်သ့ၣ်သ့ၣ်နအိၣ်ဒီးခိဘံး၁၉န့ၣ်တ က့ၢ်. တၢ်အဝဲအံၤကမၤစၢၤပုၤမၤတၢ်လၢတၢ်ဆါဟံၣ်ဝဲၤဒးလၢကဒိသဒၢလီၤအနီၣ်ကစၢ်အသး ဒီးပုၤဆါအဂ့ၢ်အဂၤတဖၣ်န့ၣ်လီၤ.

ဖဲနအိၣ်မ့ၣ်တဆူၣ်ဘၣ်အခါမ့ၣ်သ့, သူတၢ်ကးဘၢမဲၣ်ဒ်တၢ်အိၣ်သးပိၣ်ထွဲထီၣ်အခံလၢလၢတဖၣ်အံၤတက့ၢ်.

- **ဖဲနအိတ်တဆူင်အခါ** - မ့သ့, နကြးသူတၢ်ကးဘာမဲင်, ဖဲနဟးဝုၤဝီၤလၢပှၤအဂၤတဖၣ်ကပိၣ်ကပၤအ ခါ, (ပၣ်ယုၣ်တချးနန့ၣ်လီၤပှၤမၤကွၢ်တၢ်ဆါအဝဲဒးဒီးအခါ).
- **နမ့ၢ်အံးထွဲကွၢ်ထွဲပှၤဂုၤဂၤ** - ပှၤဆါလၢအသူတၢ်ကးဘာမဲင်မ့ၢ်တသ့ (အဒိ, ဒီဖျိတၢ်ကီၢ်အိၣ်ထီၣ်လၢအ တၢ်ကသိ), ဒ်ပှၤကွၢ်ထွဲတၢ်တဂၤအသီး, နကဘၣ်သူတၢ်ကးဘာမဲင်ဖဲနအိတ်ဒီးအဝဲသ့ၣ်လၢဒးတဒး ဃီပှၤအခါန့ၣ်လီၤ. ပှၤတမံၤ, အါန့ၢ်ပှၤလၢအကွၢ်ထွဲပှၤဆူးပှၤဆါ, တဘၣ်ဟဲန့ၣ်လီၤဘၣ်.

တိန်နီ - ဖဲပုကမျာ်အတၢ်အိၣ်ဆူၣ်အိၣ်ချုၣ်ဂီၢ်အူအိၣ်ထီၣ်အကတီၢ်, တၢ်ကးဘၢမဲၣ်တဖၣ်ကဘၣ်တၢ်ပၣ်ကီၤယၢ်အီၤလၢပုကဟုကၢ်ပုဆူးပုဆါအပုမၤစၢတၢ်ဖိတဖၣ်အဂီၢ်န့ၣ်လီၤ. ကလိၣ်ဝဲလၢနကဒူးအိၣ်ထီၣ်နတၢ်ကးဘၢမဲၣ်ဒၣ်န့ၣ်သ့တၢ်ကံးညၢ်ဖိ, စုဖၢ်ဖိတဖၣ်န့ၣ်လီၤ.

ကးဘၤန့တၢ်ကူး ဒီးတၢ်ကဆဲ

- ကးဘာ - ကးဘာနထးခိၣ်ဒီးနါစုၤလၢထံၣ်စုးခိဖဲနကူးမ့တမ့ၢ်ကဆဲအခါတက့ၢ်.
- တၢၤကံၣ်လၢအလီၢ် - တၢၤကံၣ်နထံၣ်စုးခိလၢတၢ်ကမံၤဒၤလၢအအိၣ်ဒီးအခိၣ်ကျၢၢ်တက့ၢ်.

- **သုနစု** သုနစုတဘျီဃီလာဖးပုၤဒီးထံအစၢကတၢ်အစးကး ၂၀ တက့ၢ်. ဆးပုၤဒီးထံမ့တအိၣ်ဘၣ် ဒီး, မၤကဆိၣ်စုလၢကသံၣ်ထံဖျူစုလၢအပၣ်ယုၤသးအစၢကတၢ်ၤၤမးကယၤန့ၣ်တက့ၢ်.

သုနစုခဲအံၤခဲအံၤ

- **သုနစု** - သုနစုလၢဆးပုၤဒီးထံအစၢကတၢ်အစးကး ၂၀ခဲအံၤခဲအံၤတက့ၢ်. တၢ်အံၤအရူဒိၣ်နီၣ်မးလီၤ ဆီဒၣ်တၢ်ဖဲနဆၢနနီၣ်စုၤ, နကူး, မ့တမ့ၢ်ကဆဲဝံၤအလီၢ်ခံ, လဲၤဟးတၢ်လီၢ်ခံဝံၤအလီၢ်ခံ, ဒီးတချး အိၣ်တၢ်မ့တမ့ၢ်ကတဲၣ်ကတီၤတၢ်အိၣ်အခါန့ၣ်လီၤ.
- **ကသံၣ်ထံဖျူစု** - ဆးပုၤဒီးထံမ့တအိၣ်ဘၣ်ဒီး, သူကသံၣ်ထံဖျူစုလၢအပၣ်ယုၤသးအစၢကတၢ်ၤၤမး ကယၤ, ပၣ်ယုၤနစု နမဲၣ်သၣ်တဖၣ်ဒီးထွါဒီးဒူးအီၤဒီးသီးတုၤအယုၤထီတက့ၢ်.
- **ဆးပုၤဒီးထံ** - ဆးပုၤဒီးထံမ့ၢ်ကျဲအဂ့ၢ်ကတၢ်, လီၤဆီဒၣ်တၢ်ဖဲစုတဖၣ်ဘၣ်အဘၣ်သီအဆၢကတီၢ် န့ၣ်လီၤ.
- **ဟးဆွဲးတၢ်ထီးဘူးတၢ်** ဟးဆွဲးတၢ်ထီးဘၣ်နမဲၣ်ချံ, နီၣ်စုၤ, ဒီးထးခိၣ်လၢစုလၢတၢ်တသုကဆိၣ်အီၤတ ဖၣ်.

ဟးဆွဲးတၢ်ဟ့ၣ်သူလိၣ်သးဟံၣ်တၢ်ပီးတၢ်လီၤ

- **ဟ့ၣ်သူတၢ်တဂ့ၢ်** - ဟ့ၣ်သူလိၣ်သး, ထံအိၣ်ခွးတဖၣ်, ပီးလီၤလၢပအိၣ်တၢ်လၢအပူၤ, တၢ်ကံးညၣ်တဖၣ်, မ့တမ့ၢ်တၢ်ပျဲမံၣ်ပုၤလၢနဟံၣ်တဂ့ၢ်.
- **သူဝံၤအလီၢ်ခံသုအီၤစီစီ** - ဖဲနသူတၢ်ပီးတၢ်လီၤတမံၣ်ဂ့ၢ်ဝံၤအလီၢ်ခံ, သုအီၤလၢထံဒီးဆးပုၤစီစီ မ့တမ့ၢ်ပၣ်လီၤအီၤလၢတၢ်သုကဆိၣ်လီၤအလီၢ်တက့ၢ်.

မၤကဆိၣ်တၢ်လီၤလၢနဖိၣ်အိၣ်တၢ်အါအမဲၣ်ဖဲခိၣ်ကိးနံၤဒဲး

မၤကဆိၣ်တၢ်လီၤလၢနဖိၣ်အိၣ်တၢ်အါအမဲၣ်ဖဲခိၣ်လၢအအိၣ်လၢနတၢ်အိၣ်တဂၤအလီၢ် (နဆါဒီးဒီးတၢ်လုၢ်ထံလီၢ်) ကိးနံၤဒဲး, ပျဲပုၤလၢအကွၢ်ထွဲနမၤကဆိၣ်ဒီးထွါကွၢ်တၢ်လီၤလၢပူၤထီးဘၣ်အီၤအါလၢနဟံၣ် တၢ်လီၢ်အ ဂၤတဖၣ်လၢကသံၣ်မၤသံ တၢ်ယၢ်တက့ၢ်.

- **မၤကဆိၣ်ဒီးထွါလၢကသံၣ်မၤသံတၢ်ယၢ်** - တဘျီဘၣ်တဘျီမၤကဆိၣ်တၢ်လီၤလၢပူၤဖိၣ်အိၣ်တၢ်အါလၢန ဆါအဒီးပူၤ ဒီးနတၢ်လုၢ်ထံအလီၢ်တက့ၢ်. ပျဲပုၤတဂၤဒၣ်မၤကဆိၣ်ဒီးထွါကွၢ်တၢ်လီၤလၢပူၤဖိၣ်အိၣ် ညီန့ၣ်အီၤ, ဘၣ်ဆၣ်တမ့ၢ်နမံၣ်ဒီး ဒီးနတၢ်လုၢ်ထံအလီၢ်ဘၣ်တက့ၢ်.
 - ပုၤကဟုၤကယၢ်နမ့တမ့ၢ်ပုၤအဂၤတဂၤမ့ကဘၣ်မၤကဆိၣ်ဒီးထွါကွၢ်ပုၤဆါအလီၢ်မံၣ်ဒီး ဒီးအတၢ် လုၢ်ထံအလီၢ်လၢကသံၣ်မၤသံတၢ်ယၢ်ဒီး, အဝဲသ့ၣ်ကဘၣ်မၤဝဲဒီးသန့ၤထီၣ်အသးလၢတၢ်လိၣ်အဖီ ခိၣ်န့ၣ်လီၤ. ပုၤကဟုၤကယၢ်တၢ်ပုၤအဂၤတဂၤကဘၣ်သူဝဲတၢ်မၤဘၢမဲၣ်တသုဖဲအသုဖဲပုၤသူတၢ်လုၢ် ထံလီၢ်ဝံၤအလီၢ်ခံန့ၣ်လီၤ.
- **တၢ်လီၤလၢတၢ်ဖိအိၣ်တၢ်အါ**, ပၣ်ယုၤလီၤတဲစိ, ရံၤမိၣ်ခါၤကြိ, စီၤနီၣ်ခိၣ်တဖၣ်, စပွဲတဖၣ်အမဲၣ်ဖဲခိၣ်, ကြိၤအစုဖိၣ်တဖၣ်, လီၤမံၣ်သူစွဲပီးလီၤတဖၣ်, တၢ်ဟးလီၢ်တဖၣ်, ခံဘီးတဖၣ်, ထးဘလဲးလီၤတဖၣ်, စပွဲတဖၣ်အကပိၣ်ကပၤခဲလၢၣ်န့ၣ်လီၤ.
- **မၤကဆိၣ်ထွါကွၢ်တၢ်လီၤတဖၣ်လၢအအိၣ်ဒီးသွံၣ်, တၢ်အုၣ်တၢ်ဆံၣ်မ့တမ့ၢ်နီၣ်ခိၣ်အထံတဖၣ်လၢအအိၣ် လၢအဖီခိၣ်တက့ၢ်.**
- **ဟံၣ်တၢ်မၤကဆိၣ်တၢ်တဖၣ်ဒီးတၢ်မၤသံတၢ်ယၢ်** - မၤကဆိၣ်တၢ်လီၤမ့တမ့ၢ်တၢ်ပီးတၢ်လီၤလၢဆးပုၤဒီး ထံမ့တမ့ၢ်ဆးပုၤထံအဂၤတခါဖဲအဘၣ်အါအခါတက့ၢ်. လၢခံ, သူဟံၣ်အသံၣ်မၤသံတၢ်ယၢ်လၢ တၢ်မၤကဆိၣ်အဂီၢ်တက့ၢ်.
 - မၤလီၤတၢ်လၢနကပိၣ်ထွဲတၢ်နဲၣ်ကျဲလၢအအိၣ်လၢကသံၣ်ဒါအလီၤ ဒ်သီးနကမၤလီၤတၢ်သးလၢန ကသူကသံၣ်ထံဝဲန့ၣ်ပူၤပူၤဖျဲးဖျဲး ဒီးအိၣ်ဒီးအဂ့ၢ်ဂ့ၢ်လၢအဂီၢ်န့ၣ်လီၤ. ကသံၣ်ထံအါမးဟ့ၣ်ကူၣ်ဝဲလၢ တၢ်ကဘၣ်ပၣ်ဘၣ်စီၣ်တၢ်လီၤလၢနထွဲအီၤအမဲၣ်ဖဲခိၣ်အါမံးနံး ဒ်သီးတၢ်အယၢ်တဖၣ်ကသံၣ်ဝဲဂ့ၢ်လၢ အဂီၢ်န့ၣ်လီၤ. ကသံၣ်ထံအါမံးဟ့ၣ်ပလီၢ်ပဒီဝဲဒ်အမ့ၢ်တၢ်သူစုဖျိၣ်ဒီးမၤလီၤတၢ်လၢနအိၣ်ဒီးကလံၤဆွဲးထီၣ်ဖဲန သူကသံၣ်ဝဲန့ၣ်အါန့ၣ်လီၤ.

- အံ့ဖုံအုပ် အတင်မသံတင်ယင်လဟံင်ယီဂီၢ်အတင်ဖိတင်လံၤအါတက့ၢ်မ့ၢ်တင်လၢအဂ့ၢ်န့ၢ်လီၤ. ကသံၣ်ထံလၢအမၤသံတင်ယင်အမံၤစရိတၢ်ယုထံန့ၢ်အိၤသ့လၢဟံးအဲၤထၢန့ၢ်အဲၤနီၣ် hereexternal icon.

ကွၢ်နတၢ်ပနီၣ်တဖၣ်

- ညီန့ၢ်ခိဘဲးၤခဉ်အတၢ်ပနီၣ်တဖၣ်ပၣ်ယုၣ်တၢ်ကိၢ်ထီၣ်ဒီးတၢ်ကူးန့ၢ်လီၤ. တၢ်ကသိၤယံးမ့ၢ်တၢ်ပနီၣ်လၢအနးလၢအဒိပညီနကဘၣ်ဒီးန့ၢ်တၢ်ကူစါယါဘျါန့ၢ်လီၤ.
- နကသိမ့ၢ်ကိခဲဒီး, လဲၤမၤကွၢ်နသး, ဘၣ်ဆၣ်ကိးဆိအိၤတက့ၢ်.
 - ကိးနကသံၣ်သရၣ်မ့ၢ်တမ့ၢ်ဂ့ၢ်ဂီၢ်အူအဒးတချုးနလဲၤန့ၢ်ဒီးတဲဘၣ်အဝဲသ့ၣ်လၢနတၢ်ပနီၣ်တဖၣ်တ က့ၢ်. အဝဲသ့ၣ်ကတဲနတၢ်လၢနဘၣ်မၤတဖၣ်န့ၢ်လီၤ.
- **သူတၢ်ကးဘၢမဲၣ်** - တၢ်ကးဘၢမဲၣ်မ့ၢ်အိၣ်ဒီး, သူအိၤတချုးနလဲၤန့ၢ်ဆူတၢ်သူၣ်ထီၣ်အပူၤတက့ၢ်. နသူတၢ်ကးဘၢမဲၣ်မ့ၢ်တန့ၢ်ဒီးကးဘၢနတၢ်ကူး ဒီးတၢ်ကဆဲတက့ၢ်. ဂ့ၣ်ကျဲးစးအိၣ်အစ့ၤကတၢ်ယုဒိၣ်ကါယံးဒီးပုၤအဂၤတက့ၢ်. တၢ်အံၤကမၤစၤ ဒီသဒၢပုၤလၢအအိၣ်လၢဂူပူၤ ဒီးပုၤအိၣ်ခိးတၢ်အ လီၤန့ၢ်လီၤ.
- **ပိၣ်ထွဲတၢ်ကွၢ်ထွဲဆူၣ်ချုးဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချုးဂံၤကျိၤအတၢ်န့ၢ်လီၤတဖၣ်** - နပုၤတဝၢဆူၣ်ချုးခိၣ်န့ၢ်တဖၣ်ကဟ့ၣ်လီၤနတၢ်န့ၢ်ကျဲလၢကမၤကွၢ်နတၢ်ပနီၣ်တဖၣ်ဒီးတၢ်ဂ့ၢ်တၢ်ကျိၤတၢ်တဖၣ်လၢအအိၣ်ဖျါဝဲအဖီခိၣ်န့ၢ်လီၤ.

ဂ့ၢ်ဂီၢ်အူအတၢ်ဟ့ၣ်ပလီၤပနီၣ်မ့ၢ်ဟဲဒိၣ်ထီၣ်လၢအမ့ၢ်ခိဘဲးၤခဉ်န့ၢ် လဲၤမၤကွၢ်နသးတဘျီယီလၢပုၤကွၢ်ထွဲဆူၣ်ချုးအိၣ်န့ၢ်တက့ၢ်.

ဂ့ၢ်ဂီၢ်အူတၢ်ဟ့ၣ်လီၤအပနီၣ်ပၣ်ယုၣ်

- တၢ်ကသိၤယံး
- သးစံးသးယၢမ့ၢ်တမ့ၢ်သးနီၤပုၤဆါတပယုၣ်ယီ
- ခိၣ်ယၢနၢ်ယၢမ့ၢ်သ့ၣ်နီၣ်လီၤသးတထံတဆး
- ပျုၤမ့ၢ်တမ့ၢ်မဲၣ်ထီၣ်လါ

တၢ်ပနီၣ်သ့ၣ်တဖၣ်အံၤတပၣ်ယုၣ်ခဲလၢၣ်ဘၣ်. ဝံသးစူၤယုတၢ်ဟ့ၣ်ကူၣ်လၢပုၤလၢအကွၢ်ထွဲနတၢ်အိၣ်ဆူၣ်အိၣ်ချုးအိၣ်ဘၣ်ယးတၢ်ပနီၣ်အဂၤလၢအအိၣ်ဖျါနးနးကျဲကျဲန့ၢ်တက့ၢ်.

နတၢ်အိၣ်ဆူၣ်အိၣ်ချုးဂံၤကျိၤအူတၢ်ဂ့ၢ်မ့ၢ်အိၣ်န့ၢ်ကိး ၉၁၁: နတၢ်အိၣ်ဆူၣ်အိၣ်ချုးဂံၤကျိၤအူအတၢ်ဂ့ၢ်မ့ၢ်အိၣ်ဒီးလိၣ်ဝဲလၢနကကိး ၉၁၁, ပၣ်ဖျါထီၣ်တၢ်ဂ့ၢ်လၢအအိၣ်ဒီးနၢ်မ့ၢ်တမ့ၢ်နဆိကမိၣ်သ့ၣ်သ့ၣ်လၢကအိၣ်ဒီးနၢ်, လၢအမ့ၢ်ခိဘဲးၤခဉ်န့ၢ်တက့ၢ်. မ့ၢ်သ့န့ၢ်, ဖျါထီၣ်တၢ်ကးဘၢမဲၣ်တချုးလၢပုၤကွၢ်ထွဲဆူၣ်ချုးဟဲတုၤနအိၣ်န့ၢ်တ က့ၢ်.

ပကတုၣ်ကွၢ်တၢ်အိၣ်ဖးလၢဟံၣ်လၢကျဲၣ်လဲၣ်

- ပုၤလၢအအိၣ်ဒီးခိဘဲးၤခဉ် ပုၤလၢအိၣ်တုၣ်လံလၢဟံၣ် (တၢ်ပၣ်ဖးဒီးဟံၣ်) ပကတုၣ်ကွၢ်တၢ်အိၣ်ဖးဒီးဟံၣ်သ့လၢတၢ်ပိၣ်ထွဲတၢ်အိၣ်သးလၢလၢၣ်တဖၣ်အံၤန့ၢ်လီၤ:
 - **တၢ်မၤကွၢ်နသးမ့ၢ်တအိၣ်ဘၣ်** လၢတၢ်ကဆၢတဲၣ်လီၤတၢ်လၢနဘၣ်ကူဘၣ်ဂၣ်သ့တသ့ဒီးန့ၢ်, နဟးထီၣ်ကွၢ်လၢဟံၣ်သ့လၢတၢ်သၢမံၤအံၤမၤအသးဝံၤအလီၤခံန့ၢ်လီၤ:
 - အစ့ၤကတၢ်လၢ ၇၂ န့ၣ်ရံၣ်အတီၢ်ပူၤန့ၣ်တၢ်လီၤကိၢ်တအိၣ်ဒီးနၢ်ဘၣ် (အဝဲန့ၢ်မ့ၢ်ဝဲလၢသၢသီအတီၢ်ပူၤပုၤလၢတအိၣ်ဒီးတၢ်လီၤကိၢ်ခီဖျိတသူကသံၣ်လၢကမၤလီၤစ့ၤတၢ်လီၤကိၢ်န့ၢ်ဘၣ်လီၤ). ဒီး
 - တၢ်ပနီၣ်လၢအဂၤဟဲဒိၣ်ထီၣ် (အဒိ, ဖဲနကူးမ့ၢ်တမ့ၢ်တၢ်ကသိၤယံးဟဲဒိၣ်ထီၣ်) ဒီး
 - အစ့ၤကတၢ်လၢနွံသီအတီၢ်ပူၤနလဲၤခီဖျိဝဲဂ့ၢ်ဂီၢ်စးထီၣ်လၢတၢ်ဆါအပနီၣ်ဟဲအိၣ်ဖျါထီၣ်လံၤလံၤန့ၢ်လီၤ.

- **နမူနာတိုက်မကျ** လာတိုက်ဆာတဲင်လၢနဘဉ်ကူဘဉ်ဂၢ်သ့တသ့ဒီးန့ၣ်, နဟးထီၣ်ကွံၣ်လၢဟံၣ်သ့ဖဲတၢ်သၢမံၤအံၤမၤအသးဝံၤအလီၤခံး
- တၢ်လီၤကိၢ်တအိၣ်ဒီးန့ၣ်လၢဘဉ် (လၢတသ့ကသံၣ်လၢတၢ်မၤစ့ၤလီၤတၢ်လီၤကိၢ်) ဒီး
- တၢ်ပနီၣ်လၢအဂၤဟဲဒိၣ်ထီၣ် (အဒိ, ဖဲနကူးမ့တမ့ၢ်တၢ်ကသိးဟဲဒိၣ်ထီၣ်) ဒီး
- နဒီးန့ၣ်ဘဉ်ဝဲတၢ်မၤကွၢ်တၢ်ဆါအယၢ်တအိၣ်ဘဉ်လၢတၢ်လဲၤပၣ်ဖျါသး, လၢအပူၤကွံၣ်၂၄န့ၣ်ရံၣ်အတီၢ်ပူၤလီၤ. နကသံၣ်သရၣ်ကပိၣ်ထွဲစံၣ်ဒံၣ်စံၣ်အတၢ်နဲၣ်ကျဲန့ၣ်လီၤ.

လၢတၢ်ဂ့ၢ်ခဲလၢၢ်အပူၤန့ၣ်, ပိၣ်ထွဲပူၤကွၢ်ထွဲနတၢ်အိၣ်ဆူၣ်အိၣ်ချးဒီးဆူၣ်ချဲဝဲကျိၤအတၢ်ဟံးစုန့ၣ်ကျဲန့ၣ်တက့ၢ်. တၢ်ဆါတဲင်လၢတၢ်ကပတုၣ်အတၢ်အိၣ်ဖးဒီးဟံၣ်ကြးတၢ်မၤအီၤလၢအအိၣ်ဒီးတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီးဖျါပူၤကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ချးဒီးကိၢ်စဲၣ်ဒီးပူၤတဝါဆူၣ်ချဲဝဲကျိၤတဖၣ်န့ၣ်လီၤ. ပူၤတဝါတၢ်ဆါတဲင်ဒီးသန့ထီၣ်အသးလၢတၢ်အိၣ်သးအဖီခိၣ်န့ၣ်လီၤ.

မ့ၢ်အဲၣ်ဒီးသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤလဲၤဆူ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.

တၢ်ဂ့ၢ်တၢ်ကျိၤအိၣ်ဒီးအါမးလၢပူၤကွၢ်ထွဲကဟ့ၣ်ကယၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချးအဂီၢ်မ့ၢ်အဲၣ်ဒီးသ့ၣ်ညါအါထီၣ်လဲၤဆူ [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

တၢ်ကဟူကယၢ်ပူၤတၢ်ဂၤ

ပူၤအါဂၤလၢအဆါလၢခိၣ်ဘၣ် နီၣ်ဒၣ်ဒီးတၢ်ဆူတၢ်ဆါတဆံးတက့ၢ်ဒီးဘျီကၤလၢအဟံၣ်ဒၣ်ဒဲးသ့န့ၣ်လီၤ. တၢ်ကဟူကယၢ်လီၤသးလၢဟံၣ်မၤစၢၤတၢ်ရၢလီၤခိၣ်ဘၣ်ဒၣ်တၢ်ဆါဒီးမၤစၢၤ ဒီသဒၢပူၤလၢအအိၣ်လၢတၢ်ဘၣ်ယိၣ်အလီၢ်လၢကဒီးန့ၣ်ခိၣ်ဘၣ်ဒၣ်န့ၣ်လီၤ.

နမ့ၢ်ကဟူကယၢ်ပူၤတၢ်ဂၤလၢဟံၣ်ဒီး, ကွၢ်တၢ်ပနီၣ်လၢအနးထီၣ်တဖၣ်, ဒီသဒၢတၢ်ယၢ်ဒီးသးသ့တရၢလီၤအသး, မၤဘျီတၢ်ပနီၣ်လၢအအိၣ်တဖၣ်, ဒီးဆိကမိၣ်ကွၢ်လီၢ်တၢ်လီၤဆဲးဖဲန့ၣ်တၢ်ပၤတၢ်ကွၢ်တၢ်အိၣ်ယံၤဒီးပူၤလၢဟံၣ်အဆါကတီၢ်န့ၣ်တက့ၢ်.

တီၢ်နီၣ်ဒီး ပူၤသးပုၤဒီးပူၤအသးန့ၣ်ဖဲလဲၣ်ပူၤလၢအအိၣ်ယၢ်ဒီးတၢ်ဆူတၢ်ဆါဒီးအမ့ၢ်ပသိၣ်တၢ်ဆါ, သးတၢ်ဆါ, မ့တမ့ၢ်ဆဲးဆဲးသ့ၣ်ဆါတၢ်ဆါတဖၣ်အိၣ်ဒီးတၢ်ဘၣ်ယိၣ်လၢကဒီးထီၣ်ဒီဖျါလၢခိၣ်ဘၣ်ဒၣ်တၢ်ဆါအယီၤဒီးကဘၣ်ယုၣ်တၢ်ကဟူကယၢ်တဘျီဖဲတၢ်ပနီၣ်ဟဲးထီၣ်အသးတဘျီယီၤန့ၣ်လီၤ.

ခိၣ်ဘၣ်ဒၣ်တၢ်ဆါရၢလီၤအသးလၢပူၤလၢအအိၣ်ဘျီလိၣ်အသးတဖၣ်အဘၣ်စၢၤ (လၢယုၤခါခိၣ်) ဒီဖျါတၢ်အထံလၢအဟဲထီၣ်လၢနကလံၤကျိၤဖဲပူၤလၢအအိၣ်ဒီးတၢ်ဆါ ကူး, ကဆဲ, ဒီးကတိၤတၢ်အခါ န့ၣ်လီၤ. တၢ်မၤလိတယံၤဒီးဘၣ်ပၤဖျါထီၣ်ဝဲလၢပူၤလၢအဒီးန့ၣ်ဘၣ်တၢ်ဆါတအိၣ်ဒီးတၢ်ပနီၣ်နီၣ်တမံၤတဖၣ်မ့ၢ်ပူၤလၢအရၢလီၤခိၣ်ဘၣ်ဒၣ်န့ၣ်လီၤ.

ကွၢ်ပူၤဆါအတၢ်ပနီၣ်လၢအနးထီၣ်တဖၣ်တက့ၢ်. သ့ၣ်ညါဂ့ၢ်ဂီၢ်အူတၢ်ဟ့ၣ်ပလီၢ်အပနီၣ်တက့ၢ်.

- ဟံးယၢ်အဝဲသ့ၣ်အပူၤကွၢ်ထွဲအတၢ်အိၣ်ဆူၣ်အိၣ်ချအတၢ်ဆဲးကျိးလၢနစုအပူၤတက့ၢ်.
- အဝဲသ့ၣ်မ့ၢ်ဆါနးထီၣ်ဒီး, ကိးအဝဲသ့ၣ်အပူၤကွၢ်ထွဲအတၢ်အိၣ်ဆူၣ်အိၣ်ချတက့ၢ်. လၢတၢ်အိၣ်ဆူၣ်အိၣ်ချဂ့ၢ်ဂီၢ်အူအဂီၢ်, ကိး ၉၁၁ ဒီး ဒုးသ့ၣ်ညါပူၤကတိၤတၢ်ဒီးနၤလၢ ပူၤဆါအိၣ်ဒီးခိၣ်ဘၣ်ဒၣ်မ့တမ့ၢ်နဆိကမိၣ်လၢ အအိၣ်ဒီးခိၣ်ဘၣ်ဒၣ်တက့ၢ်.

တၢ်ကဘၣ်ယုၣ်တၢ်ကူစါယါဘျီအကတီၢ်ဖဲလဲၣ်.

နတၢ်ပနီၣ်လၢခိၣ်ဘၣ်ဒၣ်အယီၤမ့ၢ်နးထီၣ်သတူၢ်ကလၢဒီးယုၤထံၣ်န့ၣ်တၢ်ကူစါယါဘျီတထံၣ်ယီၤတက့ၢ်. ဂ့ၢ်ဂီၢ်အူတၢ်ဟ့ၣ်ပလီၢ်အပနီၣ်ပၤယုၣ်:

- ကသါတညီ
- သးနီၣ်ပုၤဆါတပယုၣ်ယီၤမ့တမ့ၢ်လီၤဂၢ်ဒ်တၢ်ဆိယၢ်အိၣ်အသး
- တၢ်တနၢ်ပၢ်လီၢ်တၢ်လီၤဆဲးအသီမ့တမ့ၢ်တၢ်ဝဲၤထၢၣ်လၢလီၢ်မံခိၣ်တန့ၣ်
- နိးဖဲမ့တမ့ၢ်မဲၣ်သၣ်ထီၣ်လုး

တၢ်သ့ၣ်တဖၣ်အံၤတမ့ၢ်ခဲလၢဒ်ဒီးဘၣ်. ဝံသးစူၤကတိၤနၤပၢ်နသး ဒီးပူၤကွၢ်ထွဲနတၢ်အိၣ်ဆူၣ်အိၣ်ချဘၣ်ယးဒီးတၢ်ပနီၣ်အဂၤလၢအနးမ့တမ့ၢ်လီၤဘၣ်ယိၣ်တဖၣ်တက့ၢ်.

ဒီသဒၢတၢ်ရၢလီၤတၢ်ဆါယၢ်ဖဲတၢ်ကဟူကယၢ်ပူၤတၢ်ဂၤလၢအဆူအဆါ

- ပၤပူၤဆါန့ၣ်လၢအဒီးတဒီးအပူၤ, ယံၤဒီးပူၤအဂၤတဖၣ်, ပၤယုၣ်နနီၣ်ကစၢ်ဒၣ်နဲတသ့ဖဲအသ့တက့ၢ်.
 - မ့သ့န့ၣ်, မၤအဝဲသ့ၣ်သ့တၢ်လုၢ်ထံလီၢ်လီၤဆိတဖျါတက့ၢ်.
 - ဟးဆွဲးတၢ်သ့တၢ်ယီၤတၢ်ပိးတၢ်လိတမံၤယီၤဒ်အမ့ၢ်လီၤခီ, ခိၣ်ဖၢၣ်, ဒီးလီၢ်မံလီၢ်ဒါတက့ၢ်.
 - တၢ်ကျးဘၢမဲၣ်မ့ၢ်အိၣ်ဒီး, မၤအဝဲသ့ၣ်သ့အိၣ်ဖဲအအိၣ်ဘျီလိၣ်လၢပူၤလၢအကပၤပၤယုၣ်ဒီးနနီၣ်ကစၢ် ဒၣ်နဲတက့ၢ်.

- ပျဉ်းမာန်တိုက်ကျွေးတာမခံနိုင်တော့ဘဲ၊ မှီခိုနေရတာကတော့ သူတို့အဖို့အခက်အခဲအားလုံးပေါ့။
- ပျဉ်းမာန်တိုက်အိပ်ဘက်ကတော့ လူပျိုလူရွယ်အားလုံး (လူတိုက်ပျို၊ လူသိလွန်ပျို၊ မှတမန် လူကသိပ်သရုပ်အေးပျို)၊ ဒီအခါကတော့ အခက်အခဲအားလုံးပေါ့။
- သူတို့အဖို့အခက်အခဲအားလုံးပေါ့။ ၂၀ နှစ်ကတော့၊ လူသိလွန်တိုက်ဖန်တီးပျဉ်းမာန်တိုက်အလီ၊ ခံတော့ရင်၊ ဆေးပျဉ်းမာန်တိုက်အိပ်ဘက်ကတော့၊ သူကသိပ်ထဲမှာလူအပပ်ယူသုံး၆၀ များကယားအစွဲကတော့ တကွရင်၊ ထွက်ခွာလေ့ရှိသေးတယ်။ ဒီအခါကတော့ အခက်အခဲအားလုံးပေါ့။
- ဟေးဆေးတိုက်ထိန်းမခံနိုင်၊ နှစ်ခု၊ ဒီအခါကတော့ တကွရင်။
- ကိုးနီးဒေး၊ မကဆွဲကဆွဲတိုက်လီလူတိုက်ထိန်းအိပ်ညီနီတဖန်အမုန်း၊ စီးနီခိုခို၊ စပွဲအခါက သပ်၊ ဒီအခါကတော့ တကွရင်။
 - သူကသိပ်ထဲမှာ (စပွဲ) ဒီအခါကတော့ ကံညာလူတိုက်အိပ်တဖန်တိုက်ပပ်နီအိပ်လူအစွဲ လီအသိး။
- ဆျဉ်းမာန်တိုက်ကတော့ တကွရင်။
 - နတ်ဆျဉ်းမာန်တိုက်အိပ်ဘက်ကတော့၊ သူတို့အဖို့အခက်အခဲအားလုံးပေါ့။ နတ်ဆျဉ်းမာန်တိုက်အိပ်ဘက်ကတော့၊ အခက်အခဲအားလုံးပေါ့။ ဒီအခါကတော့ အခက်အခဲအားလုံးပေါ့။ သူတို့အဖို့အခက်အခဲအားလုံးပေါ့။
- ဟေးဆေးတိုက်ထိန်းမခံနိုင်၊ နှစ်ခု၊ ဒီအခါကတော့ တကွရင်။
- လူတိုက်သံကွပ်အခါကတော့ အခက်အခဲအားလုံးပေါ့။ ဒီအခါကတော့ အခက်အခဲအားလုံးပေါ့။ ဆေးပျဉ်းမာန်တိုက်အိပ်ဘက်ကတော့၊ ကွပ်ထွက်ပျဉ်းမာန်တိုက်အိပ်ဘက်ကတော့၊ အခက်အခဲအားလုံးပေါ့။ ဒီအခါကတော့ အခက်အခဲအားလုံးပေါ့။

ဒူးအိပ်ထိပ်တိုက်မကတော့အခက်အခဲအားလုံးပေါ့

- မလီလီတိုက်လူအခါကတော့ ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။ ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။
- ကသိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။ ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။
- လူပျဉ်းမာန်တိုက်အိပ်ဘက်ကတော့၊ အခက်အခဲအားလုံးပေါ့။ ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။

ဘက်ပပ်ကတိုက်အိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့

- ပျဉ်းမာန်တိုက်အိပ်ဘက်ကတော့၊ အခက်အခဲအားလုံးပေါ့။ ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။
 - အခက်အခဲအားလုံးပေါ့။ ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။ ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။
 - တိုက်ကတော့ အခက်အခဲအားလုံးပေါ့။ (တိုက်ကတော့ အခက်အခဲအားလုံးပေါ့။) ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။
 - တိုက်ကတော့ အခက်အခဲအားလုံးပေါ့။ (အခါကတော့ အခက်အခဲအားလုံးပေါ့။) ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။
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- အခက်အခဲအားလုံးပေါ့။ ဒူးအိပ်လူအခါကတော့ အခက်အခဲအားလုံးပေါ့။
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Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor:** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, stay away from others. You should stay in a specific "sick room" if possible, and away from other people in your home. Use a separate bathroom, if available.
 - See COVID-19 and Animals if you have questions about pets. <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick wear a facemask in the following situations, if available.

- **If you are sick:** You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider's office).
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.



Note: During a public health emergency, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf or bandana.

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.



Clean all "high-touch" surfaces everyday

Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#) [external icon](#).

Monitor your symptoms

- Common symptoms of COVID-19 include fever and cough. Trouble breathing is a more serious symptom that means you should get medical attention.
- **If you are having trouble breathing, seek medical attention, but call first.**
 - Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If available, put on a facemask before you enter the building. If you can't put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

- People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:
 - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - AND
 - at least 7 days have passed since your symptoms first appeared
 - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers)
 - AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>.

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

Website: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf?fbclid=IwAR21f8ydKh6uSQkgmCXvgYUvvquYXgsoEvtAUo4EGXICVYPCQQA7TOT3aws>

Caring for someone at home

Most people who get sick with COVID-19 will have only mild illness and should recover at home.* Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

If you are caring for someone at home, [monitor for emergency signs](#), [prevent the spread of germs](#), [treat symptoms](#), and carefully consider [when to end home isolation](#).

***Note:** Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are [at higher risk](#) for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19. Monitor the person for worsening symptoms. Know the emergency warning signs.

- Have their healthcare provider's contact information on hand.
- If they are getting sicker, call their healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have or are suspected to have COVID-19.

When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Prevent the spread of germs when caring for someone who is sick

- Have the person stay in one room, away from other people, including yourself, as much as possible.
 - If possible, have them use a separate bathroom.
 - Avoid sharing personal household items, like dishes, towels, and bedding
 - If facemasks are available, have them wear a facemask when they are around people, including you.
 - If the sick person can't wear a facemask, you should wear one while in the same room with them, if facemasks are available.
 - If the sick person needs to be around others (within the home, in a vehicle, or doctor's office), they should wear a facemask.
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
 - Use household cleaning sprays or wipes according to the label instructions.
- Wash laundry thoroughly.
 - If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- Avoid having any unnecessary visitors.
- For any additional questions about their care, contact their healthcare provider or state or local health department.

Provide symptom treatment

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Over-the-counter medicines may help with symptoms.
- For *most people*, symptoms last a few days and get better after a week.

When to end home isolation (staying home)

- People **with COVID-19 who have stayed home (are home isolated)** can stop home isolation under the following conditions:
 - ***If they will not have a test*** to determine if they are still contagious, they can leave home after these three things have happened:
 - They have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
 - at least 7 days have passed since their symptoms first appeared
 - ***If they will be tested*** to determine if they are still contagious, they can leave home after these three things have happened:
 - They no longer have a fever (without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when their cough or shortness of breath have improved)
AND
 - They received two negative tests in a row, 24 hours apart. Their doctor will follow [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html?fbclid=IwAR0QHw2zOFNy-_l8wc3Q2Rb8nEWiWtg67ghpgQVafRDc79hfusjEtySO0).

Website: (https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html?fbclid=IwAR0QHw2zOFNy-_l8wc3Q2Rb8nEWiWtg67ghpgQVafRDc79hfusjEtySO0)