



ကျန်းမာရေးအသိပညာဖြင့်တင်ရေးဌာနခွဲ  
ကျန်းမာရေးနှင့်အားကစားဝန်ကြီးဌာန



# CORONAVIRUS DISEASE 2019 (COVID-19)

## Coronavirus (COVID-19) Zawtnak kong

Kan ton cuahmah mi thaw dawp/chuahnak he aa pehtlai mi zawtnak

# Nangmah thawk in i runveng

### Zawtnak chawnh khawhnak lam hna

- Thaw dawp/chuahnak in hmakhatte ah chawnh khawh le a karh a fawi tuk mi a si
- Thilri cung ah aa benh cang mi Rungrul tawngthamnak zongin i chawnh khawh a si

### Lunghrinh mi zawtnak phun

- A luancia ni 14 chung ah COVID-19 zawtnak a umnak hmunhma ah na kal, asiloah atulio COVID-19 zawtnak a ngei cang mi he na thut-umti a si ah cun zawtnak na ngei kho men tiah lunghrinh khawh na si.
- Dam lo, (tak linh 38 °C/ 100.4 °F cung), khuh, thawchuah i harh, tha dih ti bantuk in lunghrinh khawh a si.



### I Runven Ningcang

- Coronavirus (atu lio Thawchuah/ dawpnaik zawtnak) a ngei mi hna he naihniah tuk in um lo ding
- Kut thiang tein ṭawl zungzal ding
- Hathio le khuh tik ah na hnar le na ka kha naa huh lai
- Tissue na hman ahcun hmunthur hlonhnak ah ningcang tein hlonh. Na kut kha thiang tein na ṭawl ṭhan lai.
- Pum thianhhlimh khawh naa zuam lai. Thazang um mi tirawl ei khawh naa zuam lai, cun ningcang tein naa din lai, mitkuh vuai tein na it lai.
- **Mibu tamnak umkal cu a si khawh chung in na hrial lai.**
- Zawtkhamnak thilri tel lo in Saram tongtham lo ding.

Coronavirus zawtnak (COVID-19) atu lio thawchuah/ dawpnaik lei zawtnak a ngei tiah lunghrinh mi na hmuh ah cun nangmah he aa naih bik mi Sii-inn ah a rannak in thawngthanh colh law thlopbulnak ituah colh ding.



Fiang deuh in theih chap na duh ahcun hika zawn ii QR CODE ni SCAN tuah ii relcha khawh a si.

