



ကျန်းမာရေးအသိပညာဖြင့်တင်ရေးဌာနခွဲ
ကျန်းမာရေးနှင့်အားကစားဝန်ကြီးဌာန

Hā htī muī ve, tcuh_ ve tē paw^ le le

G'A G'A, YU, VE AW, LI, AW, HK'A

(Cough Etiquette)



*Naw_ hā
htī muī htā, tcuh_ htā,
HK'A, HK'E G'A G'A,
TE TU, LE*

- Na_ hk'aw̄ leh meū̄ k'aw hk'a deh_ ho^ beh she_. Yeh̄ peū_ ve htī shū hta_ aw_ lī aw_ hk'ā caw̄ caw̄ a_ mai^ pun̄ hk'aw lo la_ hā g'aw^ keu she_.
- Hā htī muī ve, tcuh_ ve, nū hk'eh̄ haw ve te peū_ htā, la_ sheh hk'a deh_ tsuh̄ keh_ she_. Sha peh_ leh ī ka^ mā caw_ k'o, suh^ tzuh_ hkaw_ ta_ ve la_ sheh da_ keh_ pī law_ ve na^ tsuh̄ g'ui_ yeh̄ she_.
- Htī shū mā caw_ k'o, la_ ghaw̄ mā he^ k'o la_ ngeh_ cu lo meū̄ k'aw bo^ tcuh_ leh tcuh_ she_. La_ taw k'aw te leh maw_ k'aw hta_ ho^ tsuh̄ ve ta^ te.
- Hpā ce_ leh hpa pe^ tā yeh̄.
- Chaw hpo^ kui_ lo mā g'a k'ai tu_ sha_ ti_ hk'a deh_ te.

Hā htī muī ve, tcuh_ ve tē paw^ le le na_ hk'aw̄ leh meū̄ k'aw hta_ hk'a deh_ ho^ beh ve aw_ hk'aw lo, a shu yaw̄ cheh̄ kui_ lo sha_ g'aw_ ca^ hta_ ca_ da_ ve a na_ mā g'a peh_ k'ai dī k'ai pī law_ tu_ nyi ha_ sha_ she_.



Si_ du_ maw_ nā
QR CODE heu-ah̄
SCAN gui haw-aw_.





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CORONAVIRUS DISEASE 2019 (COVID-19)

KO_RO_NA_VAI_RA^S A NA_ (COVID-19)

Te^ caw_ ha_ hpeh_ la ve sha_ ghaw_ ca^ hta_ ca_ da_ ve a na_

A shu yaw^ aw_ to hta_ tan_ leh nyi ha_ sha_ lo_

A na_ peh_ k'ai g'a ve aw_ hk'a^ te^ hpa_

- Sha_ g'aw_ ca^ te^ ca_ hte^ leh_ lo_-e leh peh_ k'ai di^ k'ai ve
- Maw^ te^ ceu_ ceu_ hta_ neh_-a_ ve aw_ pfuh^ ma hta_ la_ heh ca htaw^ heu^ leh_ peh_ k'ai di^ k'ai ve

Yo_ ngaw ngaw ve a na_ aw_ he^ te^ hpa_

- Pon_ ta_ ve 14 nyi aw_ hk'aw lo a na_ hpeh_ cheh^ ve cheh^ kui_ lo ya_ k'aw k'ai ta_ ve, ma^ he^ k'o ko_ro_na_ vai_ ra^s a na_ (COVID-19) te^ caw_ ha_ hpeh_ la ve sha_ g'aw_ ca^ hta_ ca_ da_ ve a na_ hpeh_ cheh^ ve yo_ teh_ shi_ ta_ ve chaw geh te^ geh cheh^ ta_ leh
- Na_ ve (aw_ to chi^ ve 38° C/ 100.4°F aw_ hk'o^ ta^-e ve), tcuh_ ve, sha_ g'aw_ ha_ ve, aw_ g'a^ nu^ ve



Taw_ g'a^ tu_ ve aw_ hk'a^ te^ hpa_

- Ko_ro_na_ vai_ ra^s a na_ (te^ caw_ ha_ hpeh_ la ve sha_ g'aw_ ca^ hta_ ca_ da_ ve a na_) aw_ he^ caw_ ve chaw te^ hpa_ aw_ pa^ lo hk'a ti_-eh_ k'ai ve ta^ te.
- La_ sheh da_ keh_ pi^ law_ tu_ aw_ hk'a^ caw^ caw^ te^ hkui te^ hkui tsuh^ she_.
- Ha_ hti^ mui_ hta^, tcuh_ hta^, na_ hk'aw^ leh meu^ k'aw hta_ hk'a deh_ ho^ beh she_.
- Hti^ shu^ yeh^ k'o, a_ mai^ pun^ aw_ hk'aw lo hk'a deh_ g'aw^ keu leh, la_ sheh hta_ hk'a deh_ k'aw_ tsuh^ keh_ she_.
- A shu yaw^ aw_ to da_ keh_ tu_ a ye^ yu_ she_. Aw_ g'a^ caw_ ve ca^ tu_ ca^ she_. Hk'a deh_ zuh_ she_.
- **Chaw hpo^ kui_ lo ma^ g'a k'ai tu_ sha_ ti_ hk'a deh_ ta_ she_.**
- Yu_ maw^ tu_ te^ ceu_ ceu_ ma^ yeh^ yeh^-eh_ to nu^ to sha^ hta_ htaw^ ve, sho^ ve ta^ te.

Ko_ro_na_ vai_ ra^s a na_ (COVID-19) te^ caw_ ha_ hpeh_ la ve sha_ g'aw_ ca^ hta_ ca_ da_ ve a na_ yo_ heh_ teh_ daw^ k'o ne^ da_ ve na^ tsuh^ gu kui_ lo ha^ ha^ ca g'ui^ hto pi^ leh na^ tsuh^ gu she_.



2nd April 2020

Tcuh^-eh_ shi_ ga^ k'o QR CODE chi ve hta_ SCAN g'aw she_.





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CORONAVIRUS DISEASE 2019 (COVID-19)

KO_RO_NA_VAI_RA^S A NA_ (COVID-19)

Te^ caw_ ha_ hpeh_ la ve sha_ ghaw_ ca^ hta_ ca_ da_ ve a na_

A shu yaw^ aw_ to hta_ tan_ leh nyi ha_ sha_ lo_

A na_ peh_ k'ai g'a ve aw_ hk'a^ te^ hpa_

- Sha_g'aw_ ca^ te^ ca_ hte^ leh_ lo_ -e leh peh_ k'ai di^ k'ai ve
- Maw^ te^ ceu_ ceu_ hta_ neh_-a_ ve aw_ pfuh^ ma hta_ la_ heh ca hta^ heu^ leh_ peh_ k'ai di^ k'ai ve

Yo_ ngaw ngaw ve a na_ aw_ he^ te^ hpa_

- Pon_ ta_ ve 14 nyi aw_ hk'aw lo a na_ hpeh_ cheh^ ve cheh^ kui_ lo ya_ k'aw k'ai ta_ ve, ma^ he^ k'o ko_ro_na_ vai_ ra^s a na_ (COVID-19) te^ caw_ ha_ hpeh_ la ve sha_ g'aw_ ca^ hta_ ca_ da_ ve a na_ hpeh_ cheh^ ve yo_ teh_ shi_ ta_ ve chaw geh te^ geh cheh^ ta_ leh
- Na_ ve (aw_ to chi^ ve 38° C/ 100.4°F aw_ hk'o^ ta_-e ve), tcuh_ ve, sha_ g'aw_ ha_ ve, aw_ g'a^ nu^ ve



Taw_ g'a^ tu_ ve aw_ hk'a^ te^ hpa_

- Ko_ro_na_ vai_ ra^s a na_ (te^ caw_ ha_ hpeh_ la ve sha_ g'aw_ ca^ hta_ ca_ da_ ve a na_) aw_ he^ caw_ ve chaw te^ hpa_ aw_ pa^ lo hk'a_ ti_-eh_ k'ai ve ta^ te.
- La_ sheh da_ keh_ pi^ law_ tu_ aw_ hk'a^ caw^ caw^ te^ hkui te^ hkui tsuh^ she_.
- Ha_ hti^ mui_ hta^, tcuh_ hta^, na_ hk'aw^ leh meu^ k'aw hta_ hk'a_ deh_ ho^ beh she_.
- Hti^ shu^ yeh^ k'o, a_ mai^ pun^ aw_ hk'aw lo hk'a_ deh_ g'aw^ keu leh, la_ sheh hta_ hk'a_ deh_ k'aw_ tsuh^ keh_ she_.
- A shu yaw^ aw_ to da_ keh_ tu_ a ye^ yu_ she_. Aw_ g'a^ caw_ ve ca^ tu_ ca^ she_. Hk'a_ deh_ zuh_ she_.
- **Chaw hpo^ kui_ lo ma^ g'a k'ai tu_ sha_ ti_ hk'a_ deh_ ta_ she_.**
- Yu_ maw_ tu_ te^ ceu_ ceu_ ma^ yeh^ yeh^-eh_ to nu^ to sha^ hta_ hta^ ve, sho^ ve ta^ te.

Ko_ro_na_ vai_ ra^s a na_ (COVID-19) te^ caw_ ha_ hpeh_ la ve sha_ g'aw_ ca^ hta_ ca_ da_ ve a na_ yo_ heh_ teh_ daw^ k'o ne^ da_ ve na^ tsuh^ gu kui_ lo ha^ ha^ ca g'ui^ hto pi^ leh na^ tsuh^ gu she_.

- Haw_ teh_ leh ya_ k'aw k'ai ve kan_ aw_ sheh_ hpa^ te^ hpa_ ko_ro_na_ vai_ ra^s a na_ (COVID-19) te^ caw_ ha_ hpeh_ la ve sha_ g'aw_ ca^ hta_ ca_ da_ ve a na_ hpeh_ cheh^ ve hta_ shu_ ve chaw hta_ g'a maw_ k'o, aw_ pa^ ne^ ve na^ tsuh^ gu kui_ lo ha^ ha^ ca shi_ ma_ pi^ leh na^ tsuh^ gu g'a tu_ ga pi^ she_.
- Lai_ mvuh^ mi_ lo te to^ ve ya_ k'aw k'ai pa_ te^ hpa_ Cheh^ sha caw_ sha hpaw^ leh Le_ gui^ ve hpaw^ G'on_ ji^ hta_ na^ cheh^ sha caw_ sha pi^ law_ tu_ daw^ hk'a^ pi^ ta_ ve aw_ hk'a^ suh_ g'a_ te she_.

Teuh^-eh_ shi_ ga^ k'o QR CODE chi ve hta_ SCAN g'aw she_.