

ဒ်သိးကမၤစၢၤဒီသဒၢ တၢ်ရၢလီၤ COVID-19 အဂီၢ်, ဖိသၢ် အသးနံၣ် ၂ နံၣ်ဆူ အဖိခိၣ်သ့ၣ်တဖၣ် ကြၢးဖျါၣ် တၢ်ကးဘၢမံၣ်သၢ် ဖဲတၢ်လီၤလၢ အဝဲသ့ၣ်အိၣ်ယံၣ်လိာ်သးဒီးပှၤဂၤသ့ၣ်တဖၣ် ၆ ပှၤ တသ့ဘၣ် အခါန့ၣ်လီၤ. ပမၤစၢၤဖိသၢ်သ့ၣ်တဖၣ်သ့ ဒ်သိး အဝဲသ့ၣ်ကနၢ်ပၢၢ်ဒီသဒၢလိာ်သး တဂၤဒီတဂၤ ဒီး စူးကါတၢ်ကးဘၢမံၣ်သၢ်သ့ၣ်တဖၣ် ဒ်ပမၤညီၣ်နီၢ်ကိးနံၣ်ဒီး ဒ်သိးတၢ်လိာ်ကွဲကတီၢ်, တၢ်မၤလိကတီၢ်, ဒီး တၢ်ပှၤတၢ်ဂဲၤအဂၤ သ့ၣ်တဖၣ်ကပူၤဖျါးဝဲဒၣ်ဒီးတၢ်လီၤဘၣ်ယိၣ်ကသ့ဝဲအဂီၢ်လီၤ..

တၢ်ကးဘၢမံၣ်သၢ်လၢ ဘၣ်တၢ်တုၤအိၣ်လၢဟံၣ် မ့တမ့ၢ် တၢ်ပှၤအိၣ်သ့ၣ်တဖၣ်န့ၣ် ဂ့ၤလၢပှၤအါဂၤကသ့ဝဲဒၣ်အဂီၢ်န့ၣ်လီၤ. လၢဖိသၢ်သ့ၣ်တဖၣ်အဂီၢ်, အကါဒိၣ်မးလၢ တၢ်ကးဘၢမံၣ်သၢ်န့ၣ် အကဘၣ်လိာ်သးဒီးအိၣ်န့ၣ်လီၤ. တၢ်ကးဘၢမံၣ်အပျံၤသ့ၣ်တဖၣ်လၢအအိၣ်ဒီး အနၢ်ကွးအယံၣ်န့ၣ် ဂ့ၤဒိၣ်မးလၢအဝဲသ့ၣ်တဖၣ်အဂီၢ်န့ၣ်လီၤ. ဂ့ၣ်ကျဲးစၢးယု တၢ်ကးဘၢမံၣ်သၢ်လၢ အကဘၣ်နဖိမံၣ်သၢ် ဒီး ဖျါၣ်ထီၣ်အိၣ် လီၤတၢ်လီၤဆဲး ဒ်သိးကဘၣ်နဖိဂ့ၤဂ့ၤဘၣ်ဘၣ်အဂီၢ်တက့ၢ်.



မတၤတဂၤ ကြၢးဖျါၣ်ထီၣ် တၢ်ကးဘၢမံၣ်လဲၣ်.

- ဖိသၢ်သ့ၣ်တဖၣ်လၢအသးနံၣ်အိၣ် ၂ နံၣ် ဒီး ဆူအဖိခိၣ် အဖျါၣ်ထီၣ်တၢ်ကးဘၢမံၣ်သ့ၣ်ဂ့ၤဂ့ၤဘၣ်ဘၣ်တဖၣ် တၢ်ကးဘၢမံၣ်သ့ၣ်တဖၣ်န့ၣ် ကြၢးဝဲဘၣ်ဝဲလၢ ဖိသၢ်တဂၤ အတၢ်ဒိၣ်ထီၣ်ထီၣ်အပတီၢ် ဖဲအဝဲသ့ၣ်သ့ဖျါၣ်ထီၣ်, ဘ့ၣ်လီၤ, ဒီး တထိးဘၣ်ဝဲဘၣ် မ့တမ့ၢ် တဆူးတဝံးဝဲတၢ်ကးဘၢမံၣ်ဘၣ် အခါန့ၣ်လီၤ.



မတၤတဂၤ တကြၢးဖျါၣ် တၢ်ကးဘၢမံၣ်သၢ်လဲၣ်.

ပှၤလၢတကြၢးဖျါၣ်ထီၣ် တၢ်ကးဘၢမံၣ်န့ၣ် မ့ၢ်ပှၤဖဲလဲၣ်တကလုာ်လဲၣ်“

- ဖိသၢ်သ့ၣ်တဖၣ်လၢ ၂ နံၣ်ဆူအဖိလၢ
- ဖိသၢ်လၢ အအိၣ်ဒီး တၢ်ဆူးတၢ်ဆါ မ့တမ့ၢ် တၢ်သကံၣ်ပဝးတၢ်ဂီၢ်တၢ်ပီၤလၢ တဘၣ်စူးကါတၢ်ကးဘၢမံၣ်သ့ၣ်တဖၣ် တကြၢးမၤအဝဲသ့ၣ် စူးကါတၢ်ကးဘၢမံၣ်ဘၣ်.

မိၢ်ပၢ်ဒီး ပှၤတဂၤဂၤလၢအကွၢ်ထွဲဖိသၢ်သ့ၣ်တဖၣ် ဒီး ကိုပှၤမၤတဖိ ကြၢးဝဲသကိးတၢ်ဘၣ်ယး ဖိသၢ်တဂၤစုၣ်အတၢ်လိၣ်ဘၣ်, ဒီး မ့လိၣ်ဘၣ်ဒီး ယုတၢ်ဟ့ၣ်ကူၣ်လၢ ပှၤကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်ဆူၣ်လၢ အဟ့ၣ်တၢ်မၤစၢၤအအိၣ် (အဒိ, ဖိသၢ်သ့ၣ်တဖၣ်လၢ အအိၣ်ဒီး တၢ်အိၣ်ဆူၣ်အိၣ်ဆူၣ်တၢ်ဂ့ၢ်ကီ ဒ်သိးဒီး တၢ်သါအံး) ဒ်သိး ကဆၢတံၣ်လၢ မ့ၢ်အဝဲသ့ၣ်စူးကါတၢ်ကးဘၢမံၣ်သ့ၣ်ထီၣ်တီၢ် ဒီး ပှၤဖျါးဒီး တၢ်ဘၣ်ယိၣ်ခါ န့ၣ်လီၤ.

ဘၣ်ကြၢးဖျါၣ်ထီၣ် တၢ်ကးဘၢမံၣ် အကတီၢ်ဖဲလဲၣ်.

ဖိသၢ်ဒီး ပှၤသးပှၤသ့ၣ်တဖၣ် ကြၢးဖျါၣ်ထီၣ် တၢ်ကးဘၢမံၣ် ဖဲတၢ်လီၤလၢ အဝဲသ့ၣ်အိၣ်ယံၣ်လိာ်သးဒီး ပှၤအဂၤသ့ၣ်တဖၣ် ၆ ပှၤ တသ့ဘၣ်အကတီၢ် န့ၣ်လီၤ. တၢ်ဝဲအံၤ အပၣ်ယုာ်ဒီး တၢ်ကွၢ်ထွဲဖိသၢ်တၢ်လီၤသ့ၣ်တဖၣ်, တၢ်ကီၢ်ခါ တၢ်ဟးကသ့ၣ်ကသီသ့ၣ်တဖၣ်, ဒီး ကိုသ့ၣ်တဖၣ် န့ၣ်လီၤ. တၢ်အဒိလၢအဂၤတဖၣ်န့ၣ် ပၣ်ယုာ်ဒီး -

- ဖဲတၢ်လဲၤပှၤတၢ်လၢ တၢ်ဆါတၢ်ပှၤအလီၢ်အကတီၢ်
- ဖဲတၢ်ကွၢ်ထွဲတၢ်အိၣ်ဆူၣ်အိၣ်တၢ်လီၢ် လၢတၢ်ထံၣ်လိာ်သးအကတီၢ်
- ဖဲနလဲၤဟးအိၣ်သကိး နဟံၣ်ဖိယိဖိသ့ၣ်တဖၣ် လၢတမ့ၢ်နဟံၣ်အကတီၢ်
- ဖဲတၢ်ဒီး ကမျါၢ်တၢ်ဝံစိာ်တီဆှၢ မ့တမ့ၢ် ဒီးကါယုာ်ဒီး ပှၤလၢတမ့ၢ် နဟံၣ်ဖိယိဖိဘၣ်အကတီၢ်
- ဖဲဟးကျဲးလၢ ပှၤဟးအိၣ်အါ မ့တမ့ၢ် ပှၤကညီၣ်အိၣ်အါ အကတီၢ်
- ဖဲပှၤလၢအိၣ်လၢဟံၣ်ပှၤ တဂၤဂၤအိၣ်တဆူၣ်အကတီၢ်

karen

တၢ်ပူၤဖျးလၢတၢ်လီၤဘၣ်ယၢ်

- တၢ်ကးဘၢမၤဒၣ်သ့ၣ်တဖၣ်န့ၤ အတၢ်ကြးအိၣ်ဒီး တၢ်ဘျးဖဲလိာ်အသးတခါခါ (ဒ်သိးဒီး ဆုၣ်သ့ၣ်သ့ၣ်တဖၣ်, လိာ်က့ၤကျးဖဲသ့ၣ်တဖၣ်, ဒီးတၢ်အဂၤသ့ၣ်တဖၣ်) လၢ အဒူးကဲထီၣ် တၢ်သၢလီၤကတိာ်သ့ သ့ၣ်တဖၣ်ဘၣ်.
- တၢ်ကးဘၢမၤဒၣ်သ့ၣ်ဒီးပျံၣ်သ့ၣ်တဖၣ်န့ၣ် တၢ်တဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတၢ်လၢ ပုၤဖိသၣ်ဆံးသ့ၣ်တဖၣ်အဂီၢ် မ့ၢ်လၢ အဒူးသၢကတိာ် မ့ၢ်တမ့ၢ် အပအာတၢ်ကိာ်ဘိသ့ၣ်အယီၤန့ၣ်လီၤ.
- ဘ့ၣ်လီၤကွံာ် တၢ်ကးဘၢမၤ ဖဲဖိသၣ်သ့ၣ်တဖၣ် မံအခါ, အိၣ်တၢ်အခါ, မ့ၢ်တမ့ၢ် ပီၤထံအခါ (မ့ၢ်တမ့ၢ် ဖဲအဝဲသ့ၣ်အလီၤကဘၣ်စီၣ်အကတိာ်) န့ၣ်တက့ၢ်.

ယမၤစၢၤဖိသၣ်သ့ၣ်တဖၣ်သ့မန့ၤလၢ အကဖျိၣ်တၢ်ကးဘၢမၤလဲၣ်.

ဖိသၣ်ဆံးသ့ၣ်တဖၣ် ဖဲဖျိၣ်ထီၣ်တၢ်ကးဘၢမၤအကတိာ် အဝဲသ့ၣ်ကလိၣ်ဘၣ်တၢ်မၤစၢၤ န့ၣ်လီၤ. ဖဲနမၤစၢၤဖိသၣ်သ့ၣ်တဖၣ်လၢ ကဖျိၣ်ထီၣ် မ့ၢ်တမ့ၢ် ဘ့ၣ်လီၤတၢ်ကးဘၢမၤန့ၣ် လူၢ်ပီၤထွဲ တၢ်န့ၣ်ကျဲသ့ၣ်တဖၣ်အံၤတက့ၢ် -

- သ့နစုသ့ၣ်တဖၣ် တချုးလၢ နဖျိၣ်ထီၣ် ဒီး နဘ့ၣ်လီၤ တၢ်ကးဘၢမၤအခါတက့ၢ်.
- ကးဘၢ နနီၤဒီး ကိာ်ပူၤ လၢတၢ်ကးဘၢမၤတက့ၢ်.
- သိၣ်လိဖိသၣ်သ့ၣ်တဖၣ်လၢ ကဟးဆူး တၢ်ဖိၣ်လီၤ တၢ်ကးဘၢမၤ မ့ၢ်တမ့ၢ် အဝဲသ့ၣ်အမၤဒၣ်သ့ၣ် ဖဲဖျိၣ်ထီၣ် တၢ်ကးဘၢမၤအကတိာ် တက့ၢ်.
- တၢ်ကးဘၢမၤန့ၣ် တဘၣ်ဟ့ၣ်နီၤလီၤသူအိၣ်ဒီး တံာ်သကိးသ့တဖၣ်ဘၣ်.
- ဖဲနဘ့ၣ်လီၤ တၢ်ကးဘၢမၤန့ၣ် ဖိၣ်အိၣ်ထဲအပျံၤသ့ၣ်တဖၣ်တက့ၢ်.
- ထၢန့ၣ်လီၤတၢ်ကးဘၢမၤဒၣ်သ့ၣ်တဖၣ်ဖဲ စးခိထၢၣ်လၢအကဆိတဖျါၣ်အကိပူၤ တုၤလၢ နလိၣ်ဘၣ်သူကဒီးအိၣ်တဘျီတက့ၢ်- ဖိသၣ်မ့ၢ်အိၣ်အါဂၤဖဲတၢ်လီၤတတိာ်ယီၤဒီး, စးခိထၢၣ်သ့ၣ်တဖၣ်ကြးတၢ်မၤနီၣ်အမံၤ န့ၣ်လီၤ.
- ဆျၢၣ်တၢ်ကးဘၢမၤ ဖဲနသူအိၣ်ဝံၤကိးနံၤဒီး န့ၣ်တက့ၢ်.

တၢ်ဟ့ၣ်ကူၣ်တဖၣ်လၢ ကမၤစၢၤဖိသၣ် ဖျးကိတၢ်ကးဘၢမၤကသ့အဂီၢ်

မၤစၢၤဖိသၣ်ဒ်သိးအကနၢ်ပၢၢ်ဝဲလၢ တၢ်သူတၢ်ကးဘၢမၤဒၣ်သ့ၣ်တဖၣ်န့ၣ် ဒီးသဒၢတၢ်ဆါယၢ်လၢ အရၤလီၤအသးသ့ၣ်တဖၣ်သ့ န့ၣ်တက့ၢ်. နလူၢ်ပီၤထွဲ တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖး, လိာ်, ဒီး တၢ်ဂီၤမူ ဝဲနီၤသ့ၣ်တဖၣ်သ့ဝဲ န့ၣ်လီၤ-

- လၢဖိသၣ်အသးန့ၣ်အါန့ၣ်ဒီး ၃ နံၣ်သ့ၣ်တဖၣ်အဂီၢ်, ဂျဲးပုၤအဝဲသ့ၣ်လၢ တၢ်ဆါယၢ်သ့ၣ်တဖၣ်န့ၣ် လီၤဆိဝဲဒၣ်လၢ အဝဲသ့ၣ်နီၢ်ခိန့ၣ်လီၤ. တၢ်ဆါယၢ်တနီၤန့ၣ် ဂ့ၤဝဲဒၣ် ဒီး တၢ်ဆါယၢ် တနီၤန့ၣ် အာဝဲဒၣ်န့ၣ်လီၤ. တၢ်ဆါယၢ်အအာတခါန့ၣ် မၤဆိက့ၤပုၤသ့ဝဲ န့ၣ်လီၤ. တၢ်ဆါယၢ် အဂ့ၤဖဲလဲၣ် မ့ၢ်တမ့ၢ် အအာဖဲလဲၣ်န့ၣ် ပတဲအိၣ်တသ့ထီၣ်ဘိအယီၤ, တၢ်ကးဘၢမၤဒၣ်သ့ၣ်တဖၣ် မၤစၢၤန့ၣ်လၢ နကဒီးသဒၢတၢ်ဆါယၢ်အအာ သ့ၣ်တဖၣ်လၢ အကဟဲဘၣ်နနီၢ်ခိ န့ၣ်လီၤ.
- ဖိသၣ်တကမ့ၢ်ပျံၤ တၢ်ဖျးကိတၢ်ကးဘၢမၤန့ၣ်, ကျဲးစၢၤဖျိၣ်ထီၣ်န့ၣ်အိၣ် တၢ်ကးဘၢမၤလၢအအိၣ်ဒီး တၢ်ဖိတၢ်လံၤ မ့ၢ်တမ့ၢ် တၢ်ဂီၤဖိ လၢအဘၣ်သးဝဲတခါခါ, ဆွဲဒီးမၤယံမၤလၢအိၣ်, မၤလိသူအိၣ်လၢဟံၣ်, ဒီး ဒူးန့ၣ်အိၣ်တၢ်ဂီၤသ့တဖၣ်လၢ ဖိသၣ်အဂၤသ့ၣ်တဖၣ် ဖျိၣ်တၢ်ကးဘၢမၤ တက့ၢ်.
- ကွၢ်ဖဲ အ့ထၢၣ်နဲးဂံၢ်ခိၣ်ထံးတၢ်မၤစၢၤတဖၣ် ဒ်အမ့ၢ် -
 - [COVID-19 တၢ်ဟူးတၢ်ဝဲလိာ်မိၢ်ပျံၤ](#)
 - [PBS ဖိသၣ်သ့ၣ်တဖၣ် တၢ်ဂီၤမူ](#)
 - [တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးသ့ၣ်တဖၣ်လၢ တၢ်ကတိာ်တၢ်ဒီး ဖိသၣ်လၢအဟးလိသ့ၣ်တဖၣ် ဘၣ်ယးတၢ်ကးဘၢမၤ](#)

To help prevent the spread of COVID-19, children ages 2 and older should wear a face covering in settings where they cannot keep a distance of 6 feet away from others. We can help children understand how to protect one another and make face coverings part of our daily routine so that play, learning, and other activities can be as safe as possible.

Homemade or purchased face coverings are fine for most people to wear. For children, the right fit is important. Pleated face coverings with elastic ear loops are best for kids. Try to find the right size for your child's face and adjust it for a secure fit.

Who Should Wear a Face Covering?



- Children age 2 and older who can wear it properly

Face coverings are appropriate for a child's stage of development when they can properly put on, take off, and not touch or suck on the covering.

Who Should Not Wear a Face Covering?



- Children under age 2
- Children who have a medical or behavioral reason for not wearing a face covering **should not** be required to wear one.

Face coverings may not be appropriate if a child's stage of development would make wearing a face covering difficult.

Parents and any child care and school staff should discuss the needs of the individual child, and consult with a health care provider if necessary (for example, for children with conditions such as asthma) to determine if they can safely and consistently wear a face covering.

When Should Face Coverings Be Worn?

Face coverings should be worn in settings where children and adults cannot keep a distance of 6 feet between themselves and others. This includes childcare settings, summer camps and schools. Other examples include:

- Running errands, such as trips to the store
- In a health care setting for an appointment
- Visiting family members outside your household
- Riding public transportation or sharing a ride with people outside your household
- Walking on a busy or crowded street
- At home if someone in the household is sick

Safety

- Face coverings should NOT have any attachments (such as buttons, stickers, etc.) that may be a choking hazard.
- Face coverings with strings are not recommended for young children as they pose a risk of choking or strangulation.
- Remove face coverings while children are sleeping, eating, or swimming (or when they would get wet).

How Can I Help Children Wear a Face Covering?

Younger children may need help while wearing a face covering. Follow these guidelines when helping children to put on and remove a face covering:

- Wash hands before putting on a face covering and after removing it.
- Place the face covering over the nose and mouth.
- Teach children to avoid touching the face covering or their face while wearing a face covering.
- Face coverings are not to be shared with friends.
- Remove the face covering by touching only the straps.
- Place the used face covering in a clean paper bag until it needs to be put on again; the bag should be labeled if there are multiple children in the setting.
- Wash the face covering after daily use.

Tips to Help Children Adapt

Help children understand that wearing face coverings can prevent the spread of germs. You can use the following expert tips, books, and videos:

- For children over age 3, explain that germs are special to their body. Some germs are good and some are bad. The bad ones can make us sick. Since we cannot always tell which are good or bad, the face coverings help make sure you keep bad germs away from your body.
- If a child is afraid of wearing a face covering, try putting one on a favorite stuffed animal or doll, decorate it with drawings, practice wearing it at home, and show the child pictures of other children wearing them.
- Refer to online resources such as:
 - [COVID-19 Activity Book](#)
 - [PBS Kids video](#)
 - [Tips for talking to toddlers about face covering](#)