

Getting My COVID Vaccine

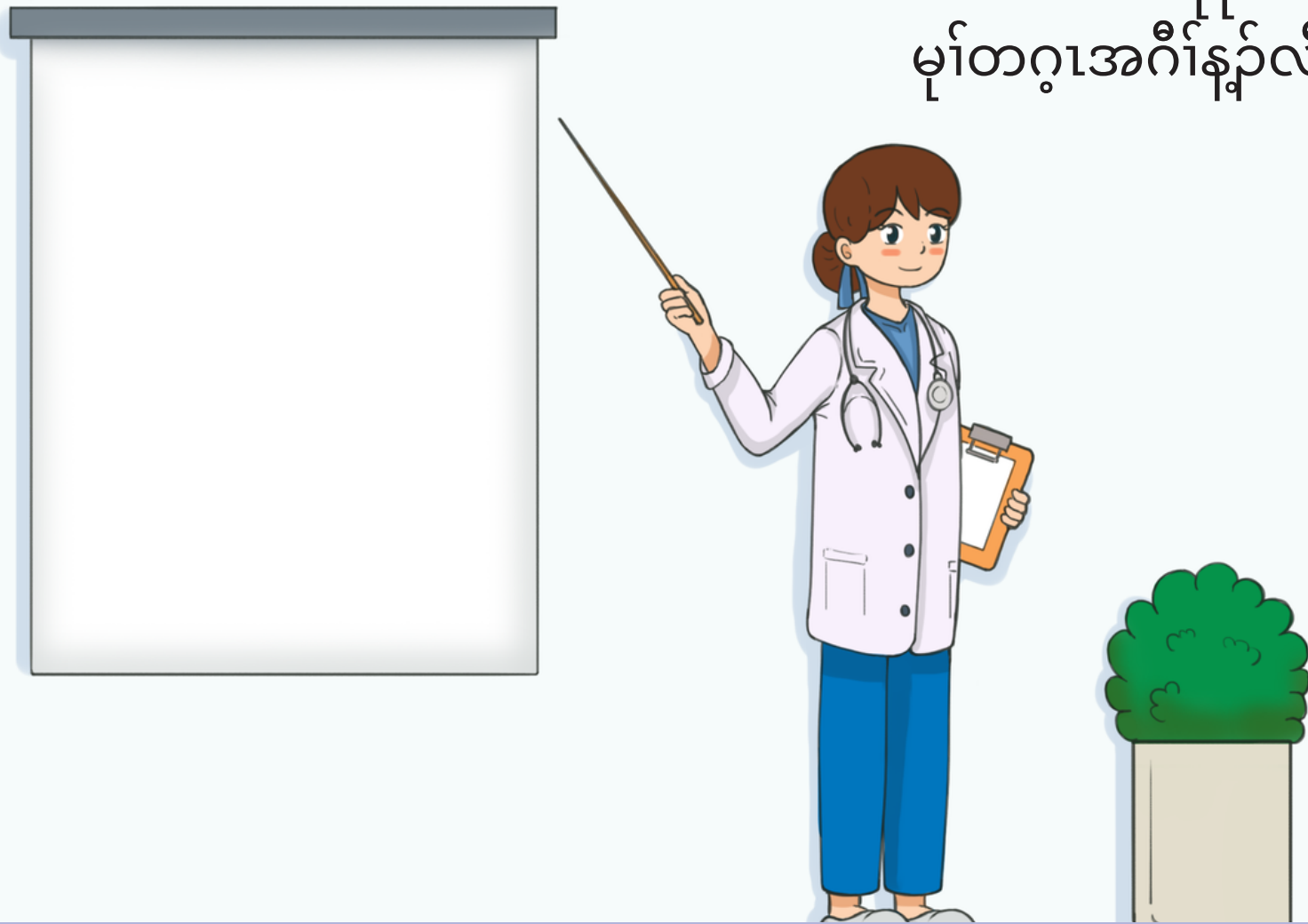
တၢ်ဒီးန့ၢ် ခိဝံး
ကသံၣ်ဒီသဒၢလၢယနီၢ်ကစၢ်ဂီၢ်



Getting My COVID Vaccine
Karen version

My doctor said I need to get a COVID-19 shot.
The shot helps keep me from getting very sick.

ယကသံၣ်သရၣ်တဲဝဲဒၣ်လၢယကဘၣ်ဒီးန့ၣ်ဒီး
ဆဲး ခိဝဲး-၁၉ ကသံၣ်ဒီသဒါ န့ၣ်လီၤ. ကသံၣ်ဒီ
သဒါမၤစၢၤယၤ ဒ်သိးယသုတဆိးက့ဒိၣ်ဒိၣ် မ့ၢ်
မ့ၢ်တဂ့ၤအဂီၢ်န့ၣ်လီၤ.



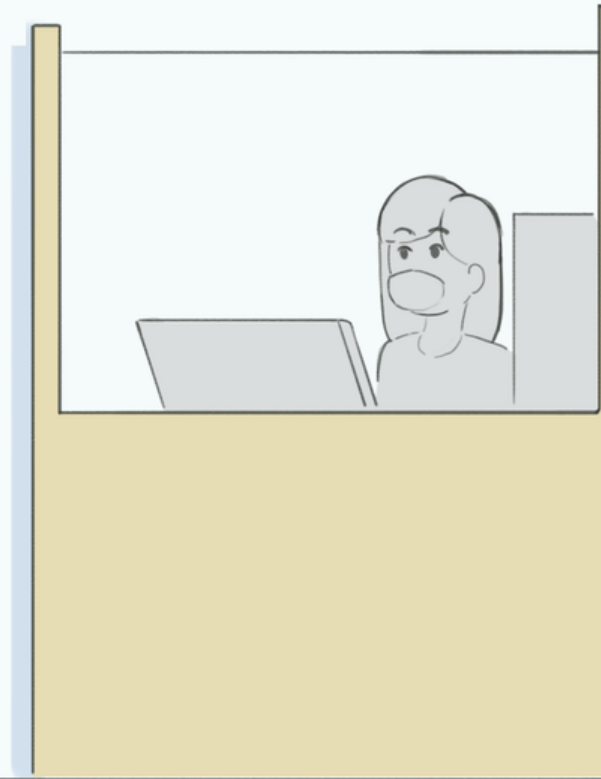
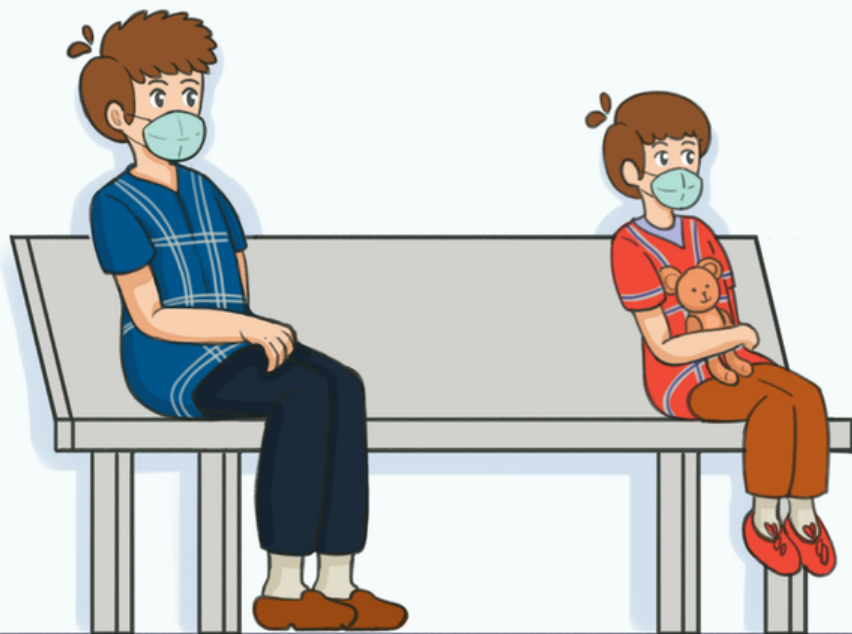
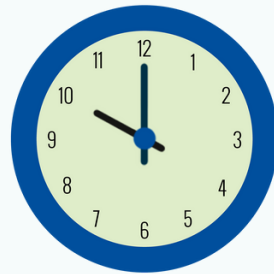
I go to the place where I get the shot (doctor's office, school, clinic, pharmacy) with an adult I trust.

ယလဲဆူတၢ်ဆဲးကသံၣ်ဒီသဒါအလီၢ် (ကသံၣ်သရၣ်ဒီးကထၢၣ်အဝဲၤဒါး, ကိၣ်, ကသံၣ်ဒါး, ကသံၣ်ကျး) ယုၣ်ဒီးပုၤဒိၣ်တုၣ်ခိၣ်ပုၤလၢယန့ၢ်သ့တဂၤ.



I wear a mask. The other people where I
get the shot wear masks too.

ယသိးယဲဒ်ဒီးတၢ်ကးဘၢနီၤဒ့ၣ်လီၤ. ပုၤဂ့ၤပုၤဂ့ၤ
လၢအဟဲဆဲးကသံၣ်တဖၣ်သိးဃာ်စ့ၢ်ကီးဝဲတၢ်ကး
ဘၢ နီၤဒ့ၣ်လီၤ.



I don't like shots but I have a plan. I can do something (hold a stuffed animal, play a game on a tablet, listen to music) to keep calm and help me to not think about the shot.

ယတဘဉ်သးတၢ်ဆဲးကသံဉ်ဘဉ်, ဘဉ်ဆဉ်ယအိဉ်ဒီးတၢ်ရဲဉ်တၢ်ကျဲးန့ဉ်လီၤ. ယမၤတၢ်တမံမံၤ (ယဖီဉ်ဃာ်တၢ်ဂီၤဖိ, ဂဲၤလိာ်ကွဲး Game လၢယ Tablet အပူၤ, ကန့ဉ်တၢ်သးဝံဉ်) ဒ်သိးကဟ့ဉ်ယၤတၢ်သူဉ် ဂၢ်သးကျၢၤဒီးမၤစၢၤယၤဒ်သိးယသုတဆိကမိဉ်တၢ်ဘဉ်ဃးတၢ်ဆဲးကသံဉ်အဂ့ၢ်တဂ့ၢ်န့ဉ်လီၤ.



I roll up my sleeve. My arm gets cleaned. It feels cold and wet.

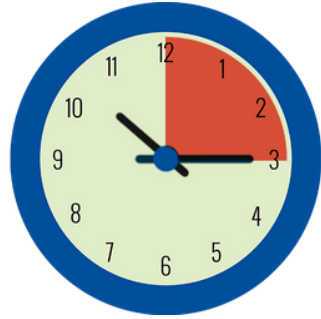
ယထူတလံာ်ထီၣ်ယဆွဲကၠစုဒုၣ်. ယစုဒုၣ်ပၤဘၣ်တၢ်
မၤကဆိအီၤ. ယတူၢ်ဘၣ်လၢအခုၣ်ဒီးဘၣ်စီၣ်န့ၣ်လီၤ.



I get a shot in my arm. It feels like a quick pinch or poke. Then, I get a bandage and roll down my sleeve. I feel proud and everyone is happy I got my shot!

တၢ်ဆဲးန့ၢ်ယၤကသံၣ်လၢယၤစုၣ်ပၤလီၤ. ယတူၢ်ဘၣ်ဒ်သိး
ပုၤစိၢ်ပိၢ်ယၤ (မ့) ဆဲးယၤချ့သဒိးအသိးန့ၢ်လီၤ. ဝံၤဒီး, ယဖံး
ဘၣ်လၢယဆဲးကသံၣ်အလီၢ်ဘၣ်တၢ်ကျးဘၢန့ၢ်ယၤဝံၤဒီး
ယထူတလံၢ်လီၤက့ၤယဆ့ကၤစုၣ်န့ၢ် လီၤ. ယဟ်ကဖၢလၢ
ဘၣ်ယသးဒီးပုၤကိးဂၤဒဲးသးခုဝဲဒ်ခိဖျါလၢယဆဲးကသံၣ်
ဒီသဒၢဝံၤလံအပိၢ်န့ၢ်လီၤ.





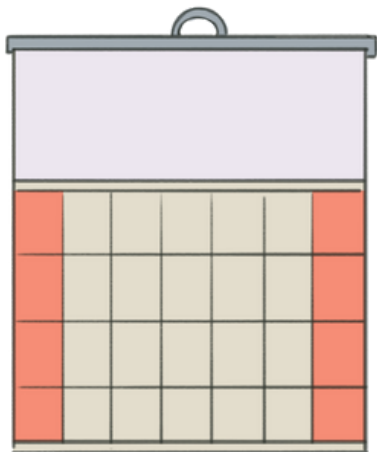
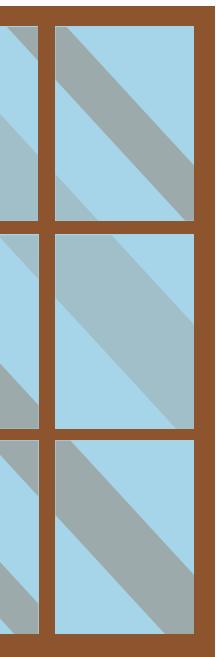
I wait for 15 minutes.
Then, I go home.

ယဘဉ်အိဉ်ခိးဝဲတဆံယဲ်မံးနိး.
ဝံဒီး, ယက့ဆူဟံဉ်န့ဉ်လီၤ.



At home, my arm is sore. I feel better in a few days.

ကွဲတုလုလုဟံန့်န့်, ယစုဒုန့်ဆိတကးဝဲဒုန့်
န့်လီ. လတသီခံသီအတီပူန့်ယတူ
ဘုကံညုလီကွဲ ဝဲဒုန့်န့်လီ.



I know I'll need more than one COVID shot, so I'll go back another day. It will be the same as the first time.

ယသ့ၣ်ညါယဲၣ်ဒၣ်လၢယကလိၣ်ဘၣ်ဆဲးဝဲဒၣ် ခိဝဲးကသံၣ်ဒီသဒါ အါန့ၣ်ဒီးတဖျါၣ်အဃိ၊ ယကလဲၤကဒါကဒီး လၢအသီတနံၤန့ၣ်လီၤ. အဝဲန့ၣ်စ့ၣ်ကိးကမ့ၢ်တၢ်ဒ်သိးသိးဒီးယတၢ်လဲၤအခိၣ်ထံးတဘျီန့ၣ်လီၤ.



I want to keep myself and others
healthy and safe from COVID-19.

ယအဲၣ်ဒီးလၢယနီၣ်ကစၢ်ဒီးပုၤပုၤဂၤတဖၣ်
ကအိၣ်ဆူၣ်အိၣ်ချ့ဒီးဘံၣ်ဘၢပူၤဖျဲးဒီး
ခိံဝံး-၁၉ တၢ်ဆါန့ၣ်လီၤ.



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Karen version

