

## ပဒုၣ်ဟးဆွဲးဘၣ် စံးသၢဖြၢၣ်

### ၁. တၢ်လီၤလၢ ပုၣ်ကတံၢ်



ဟးဆွဲး တၢ်ပၣ်ဖျိၣ်ထီၣ်သးလၢအကရူၢ် တဖၣ် ဖဲတၢ်လီၤလၢနအိၣ်စီၤစၢဒီး ပုၤအဂၤယုၤခိၣ်ယီၤတန့ၢ်ဘၣ်အခါ

### ၂. တၢ်ဆဲးကျိး လၢအဘူး



ပးတၢ်ကးဘၢမဲၣ်မ့တမ့ၢ် ပၤယုၤနတၢ်အိၣ်စီၤစၢယံၤယုၤခိၣ်ယီၤ ဖဲနအိၣ်ဒီးပုၤအဂၤတဖၣ်လၢ နတအိၣ်ဆိးဒီးအိၤ

### ၃. တၢ်လီၤလၢ ကရၢၢ်ယၢ



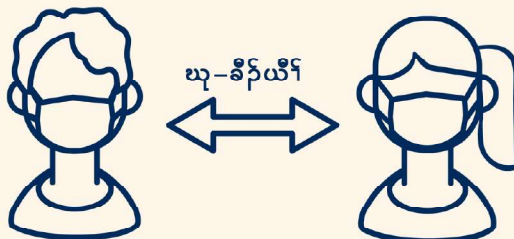
ဟးဆွဲး တၢ်လီၤလၢ ကရၢၢ်အသး လၢကလံၤ ဟးထီၣ်လီၤတညီ.

ဖဲတၢ်မၤလီၤ, ဖဲကိၢ်, ဖဲတၢ်ပၣ်ဖျိၣ်ထီၣ်သး စ့ၤဂၤဒီးအါဂၤ ဒီးတၢ်လီၤလၢနလဲၤ အိၤတဖၣ်

ဖဲနသူတၢ်ဆၢကတီၢ်အါန့ၢ်ဒီး ၁၅ မံးနံး ယုၢ်ဒီးပုၤအဂၤတဖၣ်အခါ . . .



ဟးဆွဲး တၢ်လီၤလၢ ပုၣ်ကတံၢ်ဒီးပၣ်ပနီၣ်တၢ်ဆၢကတီၢ် ဖဲတၢ်လီၤလၢကရၢၢ်အသး



ပးတၢ်ကးဘၢမဲၣ်လၢဘၢနနါဒု ဒီးထးခိၣ် မ့တမ့ၢ် ကွၢ်နတၢ်အိၣ် စီၤစၢယံၤယုၤခိၣ်ယီၤ ဒီးပုၤအဂၤလၢ တအိၣ်တပူၤမီၤဒီးနၤ



သုနစု တလီၤလီၤ.



# COVID-19 is spreading in Nebraska

Here's what you can do to stay safe and stop the spread:

## Avoid the Three Cs

### 1. Crowded Places



**Avoid** gathering in groups where you can't maintain 6-feet distance from others.

### 2. Close Contact



**Wear** a mask or **maintain** 6-feet distance when you're with people you don't live with.

### 3. Confined Spaces



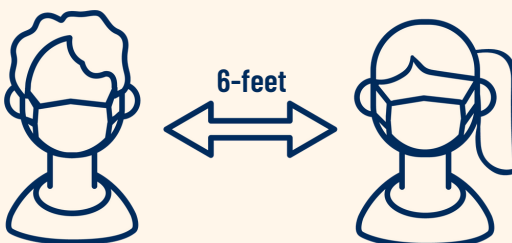
**Avoid** enclosed spaces with poor ventilation.

## AT WORK, AT SCHOOL, AT SMALL AND LARGE GATHERINGS, AND EVERYWHERE YOU GO

WHEN YOU SPEND MORE THAN 15 MINUTES WITH OTHER PEOPLE ...



Avoid crowded places and limit time in enclosed spaces.



Wear a mask over your nose and mouth or maintain 6-feet distance from people you don't live with.



Wash your hands often.