

Fever-(Cisa) cough(Khuh)Shortness of breath ( naakdan,husan dan tom)ci te hi.

How to Prevent COVID-19 ( COVID-19 bang ci ka dal ding)

COVID-19 is prevented the same way other respiratory disease are.

COVID-19 pen huih diik na lam tawh ki sai natna dang te tawh ki dal dan ki bang hi.

Prevention measures include: Ki dal dan ding

- Washing hands often with soap and water  
Na khut te sappiang leh tui tawh sawp pahpah in
- Avoid touching your face,eyes,nose, and mouth  
Na mai,na mit, na naak leh na kam te lawng lo ding
- Avoid contact with people who are sick  
Damlo nat na nei te peel/om khawm lo ding
- Stay home from work or school while sick  
na ci a nat le sang pai lo/ na sep kuan ken la inn ah om in
- Cover sneezes and coughs with tissue or elbow  
na khuh leh na hetchiai (နာခေါ့) ciang laidal neen(တစ်ရှူး) ahih kei leh na kiu tawh na kam dal in

Kentucky COVID-19 Hotline

800-722-5725

To learn more, visit

website: [www.kycovid19.gov.ky.gov](http://www.kycovid19.gov.ky.gov)

Na thei beh nop leh hih

Website: [www.kycovid19.ky.gov](http://www.kycovid19.ky.gov) ah na pai in.

Barren River Distrcit Health Department