

Language-Zomi

COVID-19 the facts (COVID-19 a thu a maan)

At this time, the COVID-19 transmission risk in Kentucky is considered low. There is currently no vaccines. learn the fact about the virus to help stop the spread of germs and rumors.

(Tu ciang ciang Kentucky sung ah COVID-19 ki lawh na pen tawm ma ma lai hi. Tu lai tak hih nat na ki dal na za tui zong om nai lo hi. Nat na tawh ki sai a thu man lo ki gen te leh nat na ki lung no te ki lawh thei na te a om lo na ding in a thu lim tak in kan cian in.)

How is it spread? (bang ci ki lawh hiam)

Through the air by coughing and sneezing. Always cover your cough or sneez with your elbow or a tissue, not your hand

(Hui pan a i khuh na leh hetchiai(နှာ့ချေ) na pan ki lawh thei hi. A tawn tung in na khuh, na hetchiai ciang na kam na khut tawh dal ken la tissue a hih kei leh na kiu tawh dal in.)

Touching a surface/object with the virus on it then touching your own mouth, nose, or eyes.

(Lung no a om khin van/na khat peuh a hih kei leh pawtham ci te khut tawh lawng khit ciang na kam, na nak leh namit na lawng kik na pan zong ki lawh hi)

Toughing, shaking hands, or having close contact with someone who has the virus.

Lawng kha (khut tawh), khut ki len a hi kei leh nat na nei mi khat tawh ki nai a om khop na pan zong ki lawh thei

People of asian decent, including Chines-Americans, are no more likely to get COVID-19 than any other race or ethnicity. The virus does not discriminate, and neither should you!

Asian pan a piang mi nam (အာရှနွယ်ဖွားလူမျိုး) Sen-American (တရုတ်အမေရိကန်) ci te in a dang mi nam dang te sang in COVID-19 nat na nga kha zo lo thei hi. Hih nat na in nang bek hi lo, kua ma khen tuam/dei dan nei lo hi.

What are the Symptoms? Natna bang ci lah hiam?(ဂါလကွဏာများကဘာလဲ)

Illnesses can range from mild to severe, and can require hospitalization. Symptoms include:

Fever, cough, shortness of breath

cidam lo dan a nam nam in om a, a hoih bek pan a nasia mah mah ci dan hi a zato lup kul zong ki sam thei hi. Natna ki lah dan-ဂါလကွဏာ (naci na maw na lo bang ci theih ding)