

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

COVID-19 pen I huih diik na lam tawh ki sai natna a 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 savon leh tui tawh sawp paipai in
- Avoid touching your face, eyes, nose, and motuh
Na mai, na mit, na nakkua leh na kam te tham lo ding
- Avoid contact with people who are sick
Damlo nat na nei te pel/om ton lo ding
- Stay home from work or school while sick
na ci a nat le sang pei lo/ na sep kuan sin len inn ah om in
- Cover sneezes and coughs with tissue or elbow
na khuh leh na hatchi (နာဇေချ) ciang laidal neem(တဝ်ရှုး) ahih sih leh na kiu tawh na kam
hum in

Kentucky COVID-19 Hotline

800-722-5725

To learn more, visit

website: www.kycovid19.gov.ky.gov

Na thei beh nuam leh a nuai a

Website: www.kycovid19.ky.gov ah na pei in.