6 Covid 19 ten hta Ma kaji ni hpe yu gawn lajang ai ni a matu hpaji jaw ai lam

Covid 19 a lam tsun dan ai lam

Myit kata kaw nna katu ai hku tsun u. Lam nkau mi shanhte chye chyalu rai na re. N-gup pat da ai hte ip da ai lam ni gaw, na kasha ni hpe n makawp maga lu ai. Dingman dan leng ai lam sha na ma ni a makawp ninggang tai lu nga ai. Na kasha chye na lu na shadawn shadang hpe myit shalawm u. Tinang a kasha a lam tinang sha chye dik rai nga ai.

Sharawng sharaq madat ya u

Na kasha hpe wanglu wanglang tsun shaga ahkang jaw u. Shi matut htai kam ai gasan ni san nna, shi kade chye na da sai kun jep yu dinglik yu u.

Dingman u

Ma ni san ai gasan ni hpe galoi mung teng ai hku htai ya u. Na ma a asak pang hta hkan nna chye na lu ai shadawn shadang hpe myit shalawm u. Ma gawn lajang lanu lahku ai hte seng nna grau chye mayu yang ndai shara ni kaw ahtawk u.

N–gun jaw u.

Na kasha ni a myit hta hkrit ai myit, shuk shanut ai myit ni rawng chye ai. Shanhte gara hku hkamsha nga ai hpe tsun shapraw lu na ahkang jaw u. Kalang dat, shanhte maga, tinang galoi mung nga ai ngu ai hpe chye shangun u.

Gasan shagu n lu htai timung hpa n ra ai.

“Nu n chye ai, raitim chye hkra naw galaw ga le i.” “Nu n chye ai, raitim naw myit yu ga le” ngu nna htan ya mai nga ai.Ndai ahkaw ahkang hpe lang nna, ma ni hte rau lam nnan langai hpe sharin hkaja la lu nga ai.

Share ninghkring ni hpe kasi la u, dangsha ai wa hkum tai.

Covid 19 ana kanu gaw, masha langai a hpraw nsam, ginra, shaga ai ga ni hta n mahta nga ai. Machyi makaw nga ai ni hte shanhte hpe gawn lajang nga ai ni hpe, matsan dum myit tau ya nna, garum, gawn lajang ya mai ai ngu ai lam, ma ni hpe tsun dan ra nga ai.

Ndai ana zinli byin nga ai ten hta, ana zinli hpe makawp maga, gawn hkang tsi lajang ya nga ai ni a lam hpe tam sawk yu u.

Makau grup–yin hta chyam bra nga ai lawng lam ni law law nga chye ai.

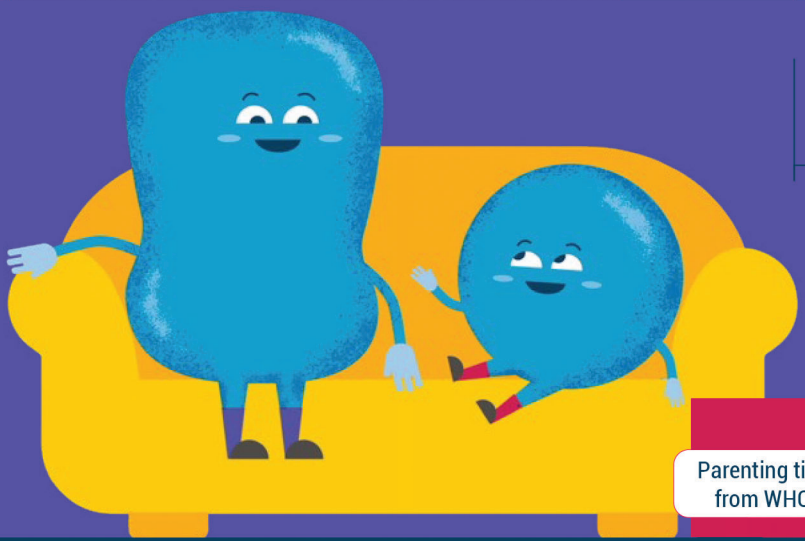
Yawng hte jaw yang she jaw na re. Dai majaw lawu na kam ging ai Website ni, npawt rudi kaw na shiga ni hpe hkaja u.

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

and

https://www.unicef.org/coronavirus/covid-19

from WHO and UNICEF.



Matsing la hpa hte hpumdim dat u.

Na kasha zeng nga ai kun, maram yu u. Nang gaw shanhte a matu galoi mung jin grim rai nga ai lam, shanhte hpe tsawra lanu lahku nga ai lam ni hpe shanhte chye lu u ga. Pyaw hpa lam ni hpe ma ni hte rau myit sumru gyin shalat u.

Ma gawn lajang lanu lahku ai hte seng nna grau chye mayu yang ndai shara ni kaw ahtawk u.

Parenting tips from WHO | Parenting tips from UNICEF | In worldwide languages | Ngang kang ai sakse sak-gan ni ndai kaw re ai.

World Health Organization | unicef for every child | End Violence Against Children | INTERNET OF GOOD THINGS | PARENTING FOR LIFELONG HEALTH | USAID FROM THE AMERICAN PEOPLE | ACCELERATE ADOLESCENT SUCCESS AFRICA | CDC Centers for Disease Control and Prevention

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