

“Ko_vî^ 19 (COVID-19) na_bui_ geh ta_ ve teh_ ma^ shaw^ mui^ ve chaw te^ hpa_ hta_ yeh_ hk^aw lo ha_ sha^ pi^ tu_ ve aw_ hk^a^ te^ hpa_”

Ko_vî^ 19 (COVID-19) k^o^ ve a_ hto_ ma le?

Ko_vî^ 19 k^o^ ve leh_ Ko_ro_na_ aw_ pfuh^ ma hta_ pa taw hpeh_ la ve na_ bui_ hpeh_ ve yo_. Chaw te^ g^a^ le le Ko_ro_na_ a na_ aw_ pfuh^ ma peh^ k^ai g^a hk^a^ caw_ ve yo_. Chi beu_ la_ ha^ hpeh_ la cheh^ ve Ko_ro_na_ a na_ aw_ pfuh^ ma leh_ peh^ vai^ ja^ ve pa taw, gu fa_ tu_ ve aw_ hk^a^ te^ hpa_ hta_ ma^ jaw ma^ veh k^ai ve hk^aw, hk^a deh_ g^a_ yu_ leh te tu_ a ye^ ui_ ja^ ve yo_.

Ma^ aw_ ve Ko_ro_na_ aw_ pfuh^ ma peh^ ve hta_ g^a hkan_ peu_ hk^aw_ naw^ 5, 6 nyi hk^e hta^ heh_ na_ bui_ geh ve aw_ ho_ aw_ han hta_ g^a hkan_ ca^ pui^ ve htaw^, te^ hpa_ hpa_ leh_ 14 nyi hk^e hta^ heh_ a na_ paw_ taw^ la ve hta_ g^a hkan_ ca^ ve yo_. Na_ bui_ aw_ pfuh^ ma peh^ ve hta_ g^a hkan_ ve chaw ma^ aw_ ve geh lo, hpeh_ mui_ hpeh_ jaw ve (ma^ he^ k^o) hk^a caw^_eh_ cheh^ ha_ ve hta_ ceh g^a hkan_ ve pa taw, na^ tsuh^ yeh_ ta^ leh gu tu_ ma^ lo_.

A sha_ maw^ peu_ ve chaw te^ hpa_ hpeh_ ve, a sha_ 60 hk^aw_ te leh aw_ hk^o^ ve chaw maw^ te^ hpa_, aw_ nu a na_ hpeh_ ve nyi ma shi_ na_ ve a na_, aw_ tsuh^ hpo^ na_ ve a na_, tzuh^ chaw_eh_suh_ chaw_eh leh aw_ suh_ mvuh ve a na_, ke_sa_ a na_ caw_ ve chaw leh chu pon_ chu leu^ ve chaw hui hk^e ve ti^ k^o Ko_vî^ 19 peh^ ve hta_ g^a hkan_ hta^, na_ heh^ ve hta_ g^a hkan_ hk^a^ ma^ ma^ caw_ ve yo_.

1. A na_ aw_ ho_ aw_ han te^ hpa_

Hpeh_ ma^ ve na_ ve aw_ hk^a^ te^ hpa_

- Chaw na_ hta_ haw ve aw_ sha^ teh^ nyi hta^ 95.5 di_ga_re_ Fa_re_hai^ (ma^ he^ k^o) 37.5 di_ga_re_ Se_ti_ga_ri^ te leh aw_ hk^o^ caw_ ve
- Tcuh_ yeh^ aw_ go^ cho^ tcuh_ ve
- G^a^ heu_ g^a^ nu^ ve

Na_ heh^ ja^ ve aw_ ho_ aw_ han te^ hpa_

- Sha^ g^aw_ ha_ ve, sha^ g^aw_ ma^ bvuh^ ve
- Nyi ma pui na_ ve (ma^ he^ k^o) nyi ma pui hk^o^ lo nyi^ ti_ ta_ la^ ve hk^e k^ai ve
- Taw^ yaw ma^ g^a ve (ma^ he^ k^o) hi^ hi^ na^ na^ te ma^ g^a ve
- Nyi ma sho_ sha_ ve

Na_ ma^ heh^ ve aw_ ho_ aw_ han te^ hpa_

- Aw_ sha^ (ma^ he^ k^o) aw_ hkui ma^ g^a-o ve
- Na_ hk^aw^ tsuh^, nu^ hk^eh^ tsuh^ ve
- Meh^ shi_ na_ ve, meh^ nyi^_eh_ hpeh_ la ve
- Hk^aw_ hk^aw na_ ve
- Aw_ sha_ daw^ (ma^ he^ k^o) aw_ tcuh^ aw_ ma che_ na_ ve
- Aw_ gui_ k^u^ hk^o^ lo aw_ shi_ eh^ nyi^ nyi^ leh_ taw^ la ve
- Hpe_ ga^ hpe_ ga^ k^ai ve
- G^o^ pe_ lo ve
- Ka^ che^ ve (ma^ he^ k^o) o^ k^o_ mui_ ve



2. Aw, teh, leh a shu yaw[˘] geh cheh[˘] ta, ve chaw hui aw, hk'aw lo Ko,vi^ˆ 19 na, bui, geh ve teh, ma[˘] sha⁻ mui⁻ ve (ma[˘] he^ˆ k'o) hk'a caw[˘] caw⁻eh, na, ve aw, hk'a[˘] te[˘] hpa, hta, g'a hkan, ca[˘] la hta[˘]



- Aw, nu ve chaw te[˘] hpa, hta, vui[˘] vui[˘] jaw cheh[˘] lo,. Hpeh, g'a k'o a shu yaw[˘] hk'a[˘] te[˘] baweh[˘] peh, cheh[˘] lo,. Chi hk'e ma[˘] he^ˆ k'o, mvuh[˘] haw taw^ˆ taw^ˆ lo, lo, da, ve aw, ti lo te[˘] g'a[˘] ti⁻ keh, leh, cheh[˘] lo,.
- Aw, nu ve chaw te[˘] hpa, geh te[˘] geh aw, baweh[˘] hk'aw g'a cheh[˘] pui⁻ k'o na, hk'aw[˘], maw, k'aw ho^ˆ tu, (musk) hta, hk'a beh ho^ˆ cheh[˘] lo,.
- G'a[˘] hk'a deh, jeh[˘]. Hk'a bvuh^ˆ zuh,.

- Ko,vi^ˆ 19 a na, aw, ho, aw, han ta, hpeh, taw^ˆ la ve hta, ta, leh 14 nyi hk'a ga, te[˘] g'a[˘] ti⁻ keh, leh, cheh[˘] tu, lo, ve yo,.
- Na, bui, geh ta, ve aw, ho, aw, han hpeh, taw^ˆ la ve chaw ve yeh, ya[˘] k'a ya[˘] ma[˘] he^ˆ k'o, a na, hpeh, ve chaw hta, daw, da, ta⁻ ve chaw hui leh, na, ve aw, ho, aw, han ma[˘] maw, she, htaw[˘] 10 nyi hk'a ga, yaw[˘] hk'a[˘] yaw[˘] ti⁻ g'a cheh[˘] ve yo,.
- Chi hk'e ve aw, yan[˘] aw, hk'aw lo a na, aw, ho, aw, han taw^ˆ la ve k'o te[˘] g'a[˘] ti⁻ keh, leh, cheh[˘] tu, lo, ve yo,.
- Ko,vi^ˆ 19 a na, caw, ma[˘] caw, ve hta, teh^ˆ nyi cha, nyi la[˘] ve caw, k'o teh^ˆ nyi cha, nyi hpeh, ve yo,.
- Aw, teh, leh vai[˘] chaw-eh cha, nyi teh^ˆ nyi ve aw, hk'eu (Rapid Diagnostic Test/RDT) te leh teh^ˆ nyi ve a na, ma[˘] caw, teh, (negative) ma, la[˘] ve htaw[˘], a na, aw, ho, aw, han te[˘] hpa, caw, pui⁻ la k'o te[˘] g'a[˘] ti⁻ keh, leh, cheh[˘] ve hta, te she,.
- Te[˘] g'a[˘] ti⁻ keh, leh, jaw cheh[˘] ta, ve aw, yan[˘] hta[˘] na, heh[˘] ja[˘] ve aw, ho, aw, han hta, g'a hkan, ca[˘] la ve k'o, cheh[˘] sha caw, sha hpaw[˘] hta, ca⁻ da, ve kan⁻ te pa, hui hta, la, ha⁻ hto pi[˘] leh g'a[˘] law, ve hk'aw, na^ˆ tsuh[˘] gu la[˘] ve hta, hkan, yu, lo,.

3. Ko,vi^ˆ 19 a na, aw, ho, aw, han hpeh, taw^ˆ la ve chaw hui leh, aw, g'a[˘] bi[˘] ve ca[˘] tu, daw, tu, hk'a deh, ca⁻ tu, a ye[˘] ui, ve yo,.

- Ca[˘] tu, hta, ca⁻ da, leh aw, mo, sheh^ˆ mo, peh, ta, ve aw, hk'aw lo hk'a lo, e ta, ve ca[˘] tu, te[˘] ceu, le le hta, te[˘] nyi le ca[˘] ve te[˘] pon, le le, pui⁻ ve hpeh, ve hk'e hk'a law, -eh, ca[˘] tu, lo, ve yo,.
- Ca[˘] tu, aw, mo, sheh^ˆ mo, leh, -



1. Ca, hk'a, zuh mui-e, sha ma, a lu⁻ shi, ca[˘] tu, na, man[˘] hk'e ve aw, g'a[˘] hpeh, pi[˘] law, ve ca[˘] tu, te[˘] hpa,.

2. G'aw^h hpa_h mvuh_h naw-eh, i^h shi_h ma_h shi_h hk'e ve a na_h hta_h fa_h la^h hta_h ba_h la^h ve ca^h tu_h te^h hpa_h,



3. Sha_h, nga^h, naw^h lai^h ceu_h, cu^h g'ui_h lai^h ceu_h, aw_h u lai^h ceu_h leh aw_h yaw^h aw_h hk'a hk'e ve aw_h to ui_h la mvuh la pi^h law_h ve ca^h tu_h te^h hpa_h hpeh_h ve yo_h.

- Ca^h tu_h geu^h ve sha tu_h aw_h pon, nu^h leh_h caw_h ve ca^h tu_h te^h hpa_h hta_h ma^h maw te^h paw^h ca^h ve hk'aw, te^h nyi ve 6 paw^h hk'e ca^h caw^h ve yo_h.
- I^h ka^h, da_h keh_h ve i^h shi_h g'ui_h te^h hpa_h, sha_h leh sha_h mu_h ku caw^h ta_h ve aw_h g'ui_h, aw_h chi^h g'ui_h, aw_h g'ui_h hk'e ve te^h hpa_h hta_h daw_h caw^h ve yo_h.
- Kui_h taw^h ma^h ve, g'o^h pe_h lo ve te^h hpa_h hpeh_h la hta^h a^h leh_h g'ui_h (da^h san^h g'ui_h) hta_h daw_h hpeh_h ve yo_h.
- Aw_h chu, aw_h chaw, aw_h hk'a^h leh_h g'o^h pe_h aw_h pon haw_h da_h ve ca^h tu_h te^h hpa_h hta_h shaw_h nyi daw^h nyi ve hk'aw ca^h tu_h lo_h ve yo_h.

4. Ko_h vi^h 19 a na_h peh^h ta_h hk'a^h caw_h ve chaw hui, a shu yaw^h hk'a^h jaw cheh^h ta_h ve aw_h yan^h aw_h hk'aw lo hk'a_h hk'e teh^h nyi ve te^h hpa_h hta_h te caw^h le?

- Aw_h to hk'aw aw_h haw hta_h teh^h nyi. Caw_h caw^h ve aw to hk'aw aw_h haw leh_h 98.6 di_ga_re_ Fa_re_hai^h, ma^h he^h k'o, 37.5 di_ga_re_ Se_ti_ga_ri^h hpeh_h ve yo_h. Na_h sha^h a ci^h ceh caw_h ve leh_h 99.5 di_ga_re_ Fa_re_hai^h, ma^h he^h k'o, 37.5 di_ga_re_ Se_ti_ga_ri^h hta ta_h leh 100.3 di_ga_re_ Fa_re_hai^h, ma^h he^h k'o, 38.3 di_ga_re_ Se_ti_ga_ri^h hpeh_h leh hki^h tu_h ma^h lo_h.
- Aw_h suh_h paw^h ve hta_h teh^h nyi cheh^h. Caw_h caw^h ve aw_h suh_h paw^h ve leh_h te^h mi^h ni^h aw_h hk'aw lo 60-100 paw^h hpeh_h ve yo_h. Na_h sha^h caw_h ve k'o aw_h suh_h paw^h vai^h pui^h ve yo_h.
- Aw_h suh_h aw_h hk'aw lo Ao_sen_jen_h aw_h sha^h kui_h lo_h e ta_h ve hk'a_h ma caw_h ve hta_h ao_sen_jen_h teh^h ve aw_h hk'eu (Pulse Oximeter) te leh teh^h nyi hpeh_h ve yo_h. Cheh^h sha ve chaw k'o aw_h suh_h hk'aw ao_sen_jen_h 95 te leh aw_h hk'o^h caw_h ve yo_h. Aw_h teh_h leh aw_h suh_h hk'aw ao_sen_jen_h 95 aw_h haw^h ce hk'a^h la^h k'o cheh^h sha caw_h sha hpaw^h kan^h te ve chaw hta_h na da_h leh daw^h hk'a^h law_h she_h.
- A shu yaw^h aw_h to hk'aw aw_h suh_h mvuh ve a na_h, tzuh^h chaw ve a na_h caw_h ve k'o aw_h suh_h teh_h nyi ve aw_h suh_h hk'aw chaw ve aw_h g'a^h hk'a_h ma caw_h ve hta_h teh^h nyi ve hta_h te^h nyi le te caw^h ve yo_h.



5. Hk'a caw_~ caw_~ na_~ ve Ko_~vi[^] 19 a na_~ hpeh_~ ve aw_~ ho_~ aw_~ han g'a hpu_~ la hta_~ yeh_~ k'a hk'aw lo hk'a_~ hk'e aw_~ hk'a_~ gu g'a tu_~ le?



- Na_~ sha⁻ ta[^] ve, aw_~ to hkui sheh la_~ sheh che_~ na_~ ve, o⁻ k'o_~ na_~ ve hpeh_~ la hta_~ Pa_~ra_~se_~ta_~maw_~ daw_~ hpeh_~ ve yo_~. A sha_~ ga_~ peu_~ ve chaw aw_~ pon te_~ paw[^] ve, aw_~ g'a[~] 500 mg caw_~ ve te_~ shi_~, ma[~] he[^] k'o, nyi[~] shi_~ hta_~ te_~ nyi ve 4 paw[^] hk'e ceh leh_~ daw_~ hpeh_~ ve yo_~. Aw_~ leu⁻ ma[~] g'a daw_~.
 - Na_~ sha⁻ ma[~] ce ve k'o, na_~ k'a_~ pui hk'o[^] lo gaw_~ leh nu⁻ tsuh_~ leh_~ ve hpa hta_~ teh ta_~ hpeh_~ ve yo_~. Na_~ heh[~] leh aw_~ haw ta[^] ja[~] k'o i⁻ ka[^] gaw_~ ti[^] shi[^] ve, i⁻ ka[^] heh⁻ ve hta_~ ka_~ te hpeh_~ ve yo_~.
 - A na_~ aw_~ pfuh[~] ma hta_~ taw_~ ba_~ ve na[^] tsuh[~] te_~ hpa_~(antibiotics), aw_~ g'a[~] hteh_~ pi[~] ve na[^] tsuh[~] te_~ hpa_~(steroids) leh Ko_~vi[^] a na_~ hta_~ gu ve na[^] tsuh[~] te_~ hpa_~ hta_~ cheh[~] sha caw_~ sha hpaw[~] kan⁻ te pa_~ te_~ hpa_~ ma_~ la[~] ve ma[~] he[^] k'o a shu yaw[~] hk'a[~] ta[~] kao[~] daw_~.
- Aw_~ nu a na_~ te_~ hpa_~ hpeh_~ ve tzuh[~] chaw, aw_~ suh_~ mvuh ve hk'e ve a na_~ aw_~ pon daw_~ cheh[~] ve na[^] tsuh[~] te_~ hpa_~ hta_~ aw_~ yan[~] caw[~] caw[~] daw_~ k'ai hpeh_~ ve yo_~.

6. Cu⁻ taw cheh[~] ve ya[~] aw_~ e te_~ hpa_~ leh_~ Ko_~vi[^] 19 hpeh_~ ve aw_~ ho_~ aw_~ han caw_~ taw[^] la pui[~] ka_~ a shu yaw[~] ve ya[~] hta_~ cu⁻ k'aw_~ ca⁻ taw hpeh_~ she_~ ve yo_~.

- Cu⁻ ma[~] taw she_~ hta[~] leh taw peu_~ hk'aw_~ naw⁻, ya[~] eh[~] hta_~ ma[~] yu_~ she_~ hta[~] leh yu_~ peu_~ hk'aw_~ naw⁻, i⁻ ka[^] leh sha peh_~ hta_~ yeh[~] ve aw_~ hk'aw lo Seh[^]ka[^] 20 hk'e la_~ sheh hk'a deh_~ tsuh[~] tu_~ lo_~ ja[~] ve yo_~. Ma[~] he[^] k'o ka_~ Eh_~aw_~ko_~haw[~] 60 hk'e hkaw_~ ta_~ ve la_~ sheh tsuh[~] g'ui_~ hta_~ yeh[~] leh tsuh[~] hpeh_~ ve yo_~.
- Ya[~] eh⁻ hta_~ 6 pe_~(4 shaw_~) hk'e vui[~] kui_~ lo ga_~ hta[~] ma[~] k'o[^], cu⁻ taw cheh[~] hta[~] ma[~] k'o[^] aw_~ e leh_~ maw_~ k'aw na_~ hk'aw[~] ho[^] tu_~ hta_~ hk'a deh_~ g'a ho[^] ve yo_~.
- Ya[~] eh⁻ hta_~ maw_~ k'aw, na_~ hk'aw[^] ho[^] tu_~ ho[^] pi[~] ve a ci⁻ ka_~ ma[~] g'a te.
- Cu⁻ taw cheh[~] hta[~] ma[~] k'o, ya[~] eh⁻ hta_~ chi[~] ta_~ hta[~] ma[~] k'o[^], nu⁻ hk'eh[~] haw ve, tcuh_~ yeh[~] tcuh_~ ve a ci⁻ ka_~ ma[~] g'a te.
- Cu⁻ taw ve aw_~ hk'aw lo peu_~ k'ai ta_~ ve aw_~ g'a[~] te_~ hpa_~ k'aw_~ bi[~] la tu_~ aw_~ pon leh i⁻ ka[^] da[^] hk'a bi[~] hk'a law_~ caw_~ cheh[~] tu_~ aw_~ pon aw_~ g'a[~] bi[~] pi[~] law_~ ve ca[~] tu_~ daw_~ tu_~ hk'a bvuh[^] ca[~] cheh[~] daw_~ cheh[~] tu_~ lo_~ ve yo_~.

7. Ko_vi^ 19 a na_ hpeh_ ve chaw na_ hta_ ha_ sha_ ve chaw te_ hpa_ te tu_ aw_ hk'a_ te_ hpa_

- Chaw na_ geh baweh_ te_ ma_ ti_ aw_ hk'aw lo te_ geh cheh_ ta_ hta_ maw_ k'aw, na_ hk'aw ho^ tu_ hta_ hk'a beh ho^ ta_ she_.
- Chaw na_ hta_ g'a htaw_ g'a daw_ caw_ ve te_ yan_ hta_, pui_ ve hpeh_ ve hk'e te_ paw^ pon te_ paw^ yeh_ tu_ ve la_ daw_ hta_ tcuh_ ta_ she_. La_ daw_ ma_ tcuh_ she_ hta_ leh k'eh^ ba_ peu_ hk'aw_ naw_ la_ ha_ la_ sheh hk'a deh_ tsuh_ she_.
- Chaw na_ hta_ ha_ sha_ pi_ ga pi_ peu_ ve te_ paw^ le le leh ca_ tu_ daw_ tu_ gu ve, te ve peu_ hta_ te_ paw^ le le la_ sheh hk'a deh_ tsuh_ she_.
- Maw_ yeh_ hk'eu te_ hpa_, veu_ k'a_ te_ hpa_, hkeh_, kaw^, la_ sheh shi^ ve hpa_ ce_, a_ bo^ zuh_ hpui hk'e ve te_ hpa_ chaw na_ geh te_ geh hkaw_ yeh_ ve ma_ g'a te.
- Chaw na_ ca htaw_ ca sho^ heu^ ve aw_ ti te_ hpa_, taw_ pa ha_ yeh_ mi_ g'aw_ hpaw g'aw_ ho^ te tu_, a_ mi_ nyi_ ho^ tu_ hk'e ve te_ hpa_ hta_ aw_ pfuh_ ma ti_ peh_ ve na^ tsuh_ 0.1 hk'aw_ ta_ ve hai_po_hka_lo_rai^ aw_ g'ui_(0.1% Hypochlorite solution) hta_ yeh_ leh te_ nyi le le da_ keh_ tu_ g'a te ve yo_.
- Chaw na_ leh chaw na_ hta_ ha_ sha_ ve chaw yeh_ leh g'aw_ ba_ ta_ ve maw_ te_ hpa_, maw_ k'aw, na_ hk'aw_ ho^ tu_ leh na^ tsuh_ hk'eu te_ hpa_ hta_ aw_ hk'a_ caw_ caw_ te g'aw^ ba_ she_.
- Chaw na_ geh heh_ ja_ ve na_ ve aw_ ho_ aw_ han hpeh_ taw^ la hta_, cheh_ sha caw_ sha hpaw^ kan_ te ve chaw te_ hpa_ hta_ la_ ha_ ca_ da_ she_.

8. Ko_vi^ 19 leh aw_ suh_ hk'aw ve ao_sen_jen_

Ko_vi^ 19 chaw na_ te_ hpa_ leh_ aw_ suh_ hk'aw ve ao_sen_jen_ ce hk'a la_ ve te_ yan_ g'a_ heu_ sha_ heu_ ve, sha_ g'aw_ ha_ ve, sha_ g'aw_ ma_ bvuh^ ve te_ hpa_ hpeh_ pui_ ve pa taw, aw_ suh_ hk'aw ve ao_sen_jen_ teh^ nyi ve hta_ teh^ nyi tu_ aw_ hk'eu (Pulse Oximeter) yeh_ ve hk'aw, i aw_ ve te_ nyi ve sheh^ paw^ teh^ nyi cheh_ caw_ ve yo_.

Teh^ nyi tu_ ve aw_ hk'a_ leh_ aw_ ha te leh ma_ la_ ta_ ve hta_ nyi leh hen_ yu_ hpeh_ ve yo_.

Hk'a deh_ cheh_ sha caw_ sha ve chaw te_ g'a_ yo_ k'o, aw_ suh_ hk'aw lo ao_sen_jen_ 95 te leh aw_ hk'o^ caw_ ve yo_.

1. Aw_ suh_ hk'aw ao_sen_jen_ 94 te leh aw_ haw_ ce hk'a la_ ko aw_ na lo ma_ la_ ta_ ve aw_ hk'a_ hk'a shu_ ca_ leh teh^ nyi cheh_ she_.

2. Aw, suh, hk'aw ao_sen_jen_ 90 aw, hk'o^ k'o^ htaw 94 aw, haw lo ceh caw, ve k'o

- K'eh, pfuh aw, haw hpa'w mvuh, zuh, ve, ma' he^ k'o, ao_sen_jen_ hk'a deh, g'a tu, aw, ho, aw, han lai' ceu, pa leh cheh' ve hta, te she,. Hk'a, hk'e g'a te tu, ve hta, aw, ha hk'aw ma_ la' ve hta, nyi leh te hpeh, ve yo,.
- Cheh' sha caw, sha hpa'w kan' te ve chaw te' hpa, ao_sen_jen_ sha' g'aw, tu, aw, hk'eu hta, yeh' tu, k'o^ la' hta' naw, ma' lo_ teh, daw' ka, na yu, leh g'aw, she,.
- Cheh' sha caw, sha hpa'w kan' te ve chaw te' hpa, aw, g'a^ na^ tsuh' daw, tu, daw' hk'a' pi' la ve k'o, hk'a ca^eh, na yu, leh daw, she,. Aw, g'a^ na^ tsuh' hta, a shu yaw' hk'a' daw' ta' ve hk'e ma' g'a k'ao' yeh', ma' g'a k'ao' daw,.

3. Aw, suh, hk'aw ao_sen_jen_ 90 aw, haw lo ce ya, e k'o leh heh' ja' ve Ko,vi^ 19 a na, hpeh, ve yo,.

- Cheh' sha caw, sha hpa'w kan' te cheh' ve chaw te' hpa, hta, ca' da, leh hto pi' ve hk'aw, la, ha' na^ tsuh' yeh, ta' leh gu la' ve hta, hkan_ yu, she,.
- Cheh' sha caw, sha hpa'w kan' te cheh' ve chaw te' hpa, daw' hk'a' pi' la' ve hk'e ao_sen_jen_ sha' hta, g'aw, she,.
- Cheh' sha caw, sha hpa'w kan' te cheh' ve chaw hui aw, hk'a' ma_ la' ve hk'e hk'a deh, na yu, ve hk'aw, aw, g'a^ na^ tsuh' hta, ta, leh aw, nu ve na^ tsuh' te' hpa, daw, she,.
- Zuh, ve te' yan' htaw' cho, hpa'w o' hpa'w, la, meh_ la, sha hpfuh^ zuh, ve, k'eh, pfuh aw, haw mvuh_ zuh, ve, hte' leh, te zuh, ve, mui g'a k'o tu' leh, mui ve te' hpa, hta, aw, ka_ 2 na_ri, hkan_ k'o te' paw^ te tu, lo_ ve yo,.

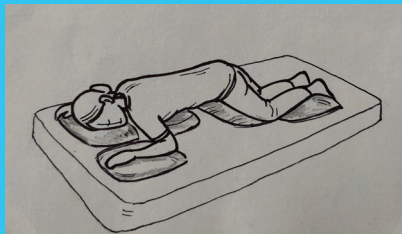
* Aw, suh, hk'aw lo ao_sen_jen_ hk'a, ma caw, ve ma' k'o, sha' g'aw, ha_ ve, tu ma' g'a ve, ma' he^ k'o, a shu yaw' hk'a' da, keh, tu, te ma' g'a ve, nyi ma pui na_ ve, ma' he^ k'o, vaw le vui le haw le ha' le k'ai leh zuh, mui' ti' g'eu, hk'a' ta_ ve hpeh, la hta' cheh' sha caw, sha hpa'w kan' te ve chaw hui hta, hto, pi' leh la, ha' g'a' law, she,.

K'eh; pfuh aw; haw? mvuh/ zuh[ve aw; hk'a:

U? geh: 5 shi/ teh ve aw; hk'a:

- . O? k'o/ haw? lo 1 shi/
- . Nyi ma pui haw? lo 2 shi/
- . Pfuh/ tcuh? haw? lo 1 shi/
- . Hkui tcuh? k'u aw; haw? lo 1 shi/

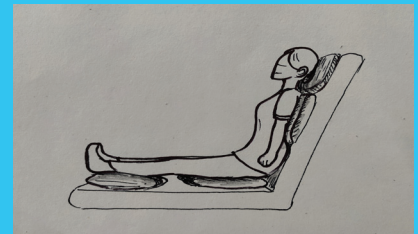
Sha? g'aw; sha tu; aw; pon g'o: pe; aw; haw? lo la[sheh te: pa? hk'a{ keu g'a law[ve aw; ka/ hk'a/ ta/ tu; lo/ ve yo;. Chaw na; hta[te: jaw; le? suh? leh zuh[tcuh ve hta[1 na/ ri[hk'e aw? law? te peu; hta: heh[u? geh: hk'o{ lo zuh[tcuh she;. Ca: peu; hk'aw[naw? 1 na/ri[aw; ka/ aw; yan: aw; hk'aw lo k'eh; pfuh aw; haw? mvuh/ zuh[ve ma: g'a te.



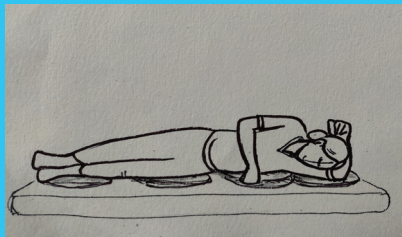
1. Aw⁻ law⁻ pui[~] aw^v hk'eh[^]
bo[^] zuh[^] ve,
(30 mi[^]ni[^] te leh 2 na⁻ri[^])



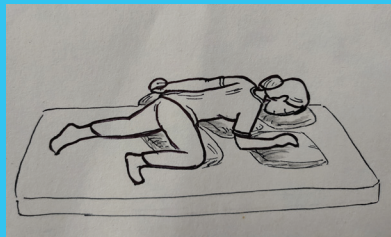
2. la[^] sha hpaw[~] suh⁻ zuh[^]
(30 mi[^]ni[^] te leh 2 na⁻ri[^])



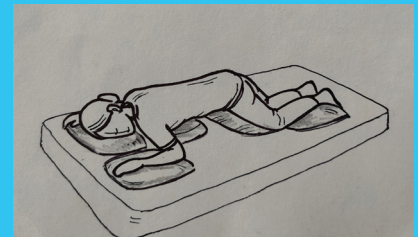
3. 30-60 di⁻ga⁻re⁻ leu[~] leh^v
te mui
(30 mi[^]ni[^] te leh 2 na⁻ri[^])



4. la[^] meh⁻ pa⁻ hpaw[~] suh⁻
zuh[^]
(30 mi[^]ni[^] te leh 2 na⁻ri[^])



5. aw^v to te[~] hko[~] bo[^] zuh[^]
(30 mi[^]ni[^] te leh 2 na⁻ri[^])



6. aw^v leh meu[~] aw^v hk'eh[^] bo[^]
zuh[^] ve
(30 mi[^]ni[^] te leh 2 na⁻ri[^])
*peu^v hta[~] aw^v hkui⁻ pui⁻ te[~]
hk'eh[^] hta[^] k'aw[^] tan^v she^v.

Ao_sen_jen_ teh^ tu_ aw_ hk'eu Pulse Oximeter hta_ yeh^ leh aw_ suh_ hk'aw caw_ ve ao_sen_jen_ hta_ teh^ nyi ve

- Ca_ leh_ aw_ suh_ hk'aw caw_ ve ao_sen_jen_ na_ na^ SPO2 leh aw_ suh_ paw^ ve aw_ g'a^ PR hta_ hpeu_ ma_ la^ ve yo_.
- 5-10 mi^ni^ hk'e jeh^ peu_ k'o mui tcuh ta_ leh k'aw_ teh^ pi^ she_.
- La_ sheh gaw_ ta_ ve aw_ yan^ (ma^ he^ k'o) la_ sheh i^ ka^ neh^ ta_ ve aw_ yan^ aw_ hk'aw lo ma^ g'a teh^ . Teh^ ve la_ naw hta_ leh_ leh_ caw_ tu_ aw^ law^ sho^ pi^ she_.
- Ca_ hta_ la_ ma pui_ (ma^ he^ k'o) la_ naw tzuh^ ma ve la_ naw mui^ lo tcuh^ she_ . Aw_ nu la_ naw te^ hpa_ hta_ htaw^ tcuh^ ga^ k'o tcuh^ hpeh_ ve yo_.
- Ca_ hk'o^ lo caw_ ve nyi^ tu_ aw_ hk'eu hta_ nyi^ peu_ k'o la_ sheh hta_ zuh-eh_ teh ta_ . 30 seh^ka^ leh 1 mi^ni^ aw_ ka_ hk'a ga_ ca_ hta_ la_ sheh hk'aw tcuh^ ta_ tu_ lo_ ve yo_.
- G'ui_ ba^ hk'a shu_ veu cheh^ ve te^ hpa_ gaw_ k'ai hta^ heh_ taw^ la ve hta_ g'aw nyi she_.
- Ya^ eh^ te^ hpa_ la_ sheh gaw_ leh_ ma^ cheh^ pui^ ve k'o, hkui naw te^ hpa_ hta_ te leh teh^ nyi hpeh_ ve yo_.
- Ko_vi^ 19 a na_ leh_ na_ ve aw_ ho_ aw_ han ma^ ma_ , heu_ ve ka_ ma^ caw_ htaw^ ao_sen_jen_ ce k'ai pui^ ve (silent hypoxia) leh_ hpeh_ ma^ ve pa taw aw_ yan^ caw^ caw^ teh^ nyi cheh^ tu_ lo_ ve yo_.

Aw_ suh_ hk'aw ve ao_sen_jen_ teh^ nyi hta^ ma^ caw^ ve yaw hk'aw_ la^ ve hta_ g'a maw_ pui^ ve aw_ lawn te^ hpa_

- La_ naw mui^ hpo_ ta_ ve, la_ shi_ k'u^ na^ tzuh^ sheh^ ta_ ve, la_ shi_ k'u^ aw_ keh^ keu ta_ ve, la_ naw mui^ lo na_ mui_ sha^ ta_ ve, la_ naw mui^ lo aw_ dan_ la^ caw_ ve, na^ tsuh^ sheh^ tu_ ngaw^ ta_ ve, shu^ hk'eh^ ngaw^ leh la_ naw mui^ na^ ta_ ve chaw te^ hpa_.
- Teh^ nyi cheh^ hta^ hi^ hi^ na^ na^ te cheh^ ve
- Ca_ hk'o^ lo aw_ g'eu^ heh^ chaw-eh hti ba ta_ ve
- Ka_bo_mo_naw^sai^ (Carbon monoxide poisoning) aw_ taw_ ma sha^ heu^ -e ve
- Aw_ suh_ aw_ g'a^ i ve leh aw_ nu aw_ suh_ a na_ te^ hpa_ caw_ ve

Aw_ peu^ yu_ kui_ (References)

- WHO
- CDC
- Brief Covid-19 Guidelines from MAM
- FAO – nutrition guidelines