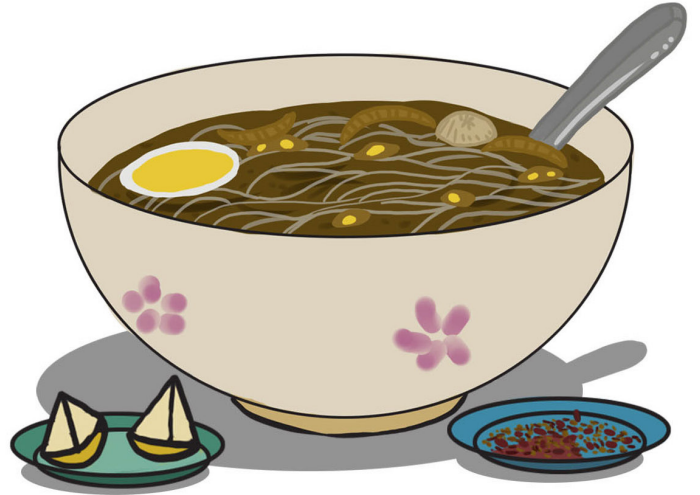


ဒိပုံကရုစီ

မုန့်ဟင်းခါး






.....
.....
.....
.....

A-tsa ni Ra Lata Poi lam
jahta taw nga ma ai kun?




Makau de nau
hkum kahtep le,
loi hkran hkran
rai nga u.

E law, grai hpyi nyem ai,
a-tsa ni jahta taw ai lam
hpe grai myit shang sha
mat na rai nga.



Anhte salang ni Ra Lata
Poi hte seng ai lam jahta
nga ai re.



Ngai mung nau nna yang
asak 18 ning hpring sana re
majaw ME bang ra sai. Dai
majaw Ra Lata Poi hte seng
ai lam ni hpe shi-laika hkan
mung hti hkaja nga ai.

Dai salang ni gaw ramma naw re ai Awng Awng hpe ahkyak n galaw ai sha, shanhte hkrai matut jahta taw nga ma ai.
Awng Awng mung myit daw let baw ngu rai nna, bai hkawm mat wa nu ai.



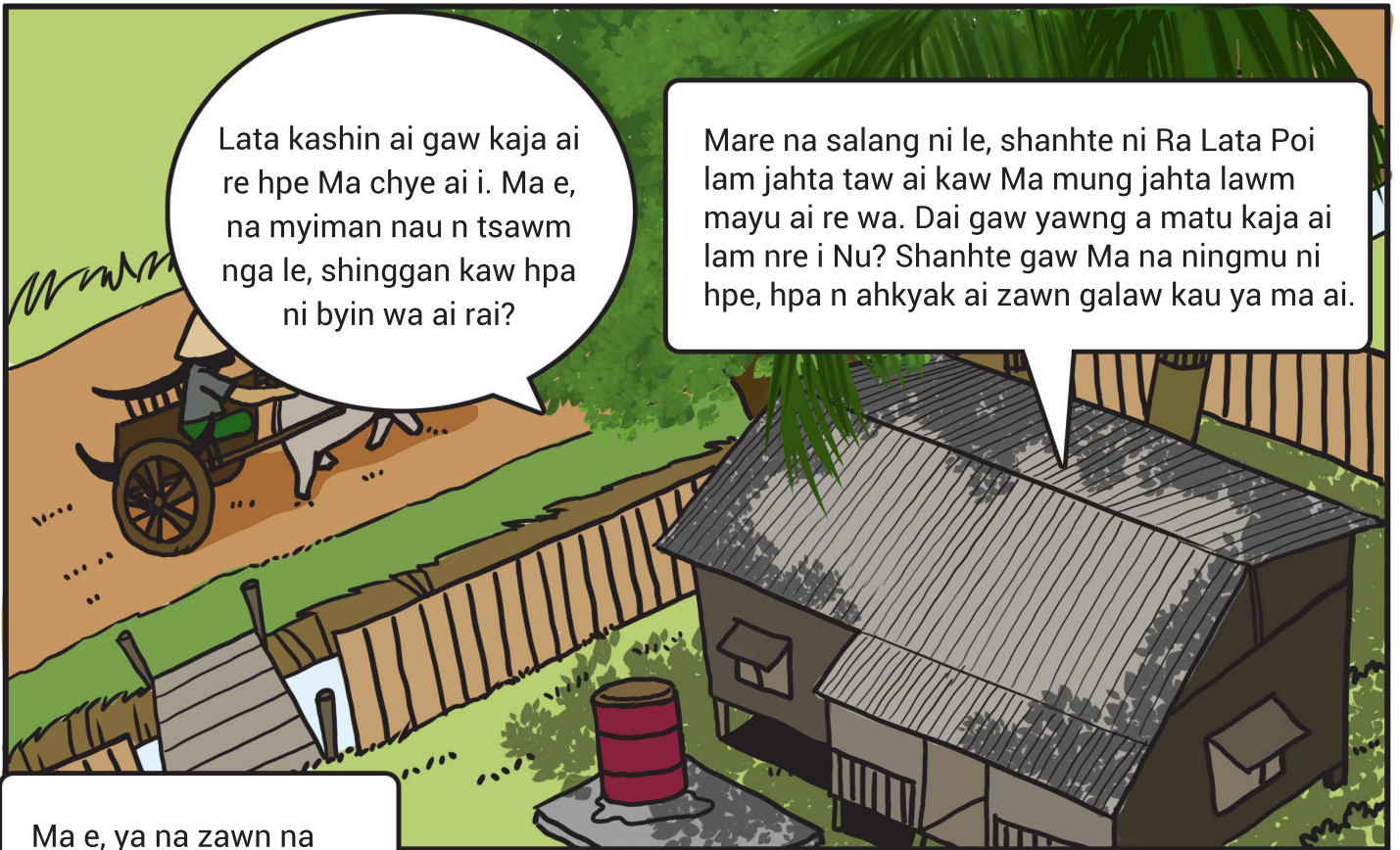
အောင်အောင်သည် အိမ်သို့သာ ပြန်လာခဲ့သည်။ အိမ်တွင် အမေနှင့် အဘွားဖြစ်သူတို့ မီးဖိုခန်းထဲတွင် အလုပ် ရှုပ်နေကြသည်။



Ma e, lata hpe kalang ta kashin yaw, rai yang she ya na ndai sinwawp ana COVID-19 kap bra ai lam makawp maga lu na re.

E law Nu, Ma chye ai. Mungdan Hkamja lam hte Ginsup Dap hkringmang rung a matsun laika ni hpe Ma mung hti da ai.





Lata kashin ai gaw kaja ai re hpe Ma chye ai i. Ma e, na myiman nau n tsawm nga le, shinggan kaw hpa ni byin wa ai rai?

Mare na salang ni le, shanhte ni Ra Lata Poi lam jahta taw ai kaw Ma mung jahta lawm mayu ai re wa. Dai gaw yawng a matu kaja ai lam nre i Nu? Shanhte gaw Ma na ningmu ni hpe, hpa n ahkyak ai zawn galaw kau ya ma ai.

Ma e, ya na zawn na lu ai majaw Nu myit n pyaw ai, raitim myit hkum daw mat yaw. Ma gaw kade nna yang asak (18) ning hpring nna, ME mung lu bang sana re. Ma jaw dat ai ME pa hpe mung hti shalawm ya na rai nga, dai hpe hkum malap.



Ma chye ai Anu, ya gaw Ma na ningmu hpe tsun dan mayu ai wa, shanhte salang ni n madat ya ma ai. Bai, shanhte naw tsun shi ai 'ndai lam gaw nanhte ramma ni hte n seng ai' da. Ma mung dai Ra Lata Poi a lam, Dat Kasa ni a magam hte lit ni hpa re lam hpe mung hti hkaja taw nga ai re le. Anhte ramma ni a prat rawtjat wa hkra gara hku galaw na ngu ai myit ningchyan ni Ma kaw grai nga ai. Bai, kaga masha ni a ningmu ni gara hku re hpe mung myit shang sha ai.



Ma a ningmu ni gaw grai manu dan nga ai. Ma a prat hta tinang yaw shada ai lam, tinang a ningmu ni hpe kaga masha ni ahkyak n tawn ya shaloi Ma nang gara hku hkam sha na re hpe Nu chye na ya ai.

Anu gara hku chye ai?



Ma nang chye i? Anu mung jawng lu lung na matu, jawng saranum tai lu na matu grai yak hkak lai wa sai. Masha law malawng gaw, n kaja ai maga hku sha grau mu chye, hkam la chye ma ai.

Kalang lang gaw tinang a dum nta kaw pyi byin chye ai le. Anu nga yang mung tinang tsun mayu ai hpe tsun na ahkang nlu ai, kabai da hkrum ai ngu jahkring hkring hkam sha lai wa sai.

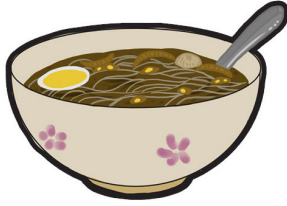


Dai gaw, Anu gaw num kasha rai taw majaw i?

She rai le Ma e. Anu a matu grai yak wa ai zawn, na Adwi zawn re hkumhkrang n kung ai myu shayi langai a matu gaw grau pyi yak lai wa sai.



Raitim, Ma gaw Adwi hpe grai tsawra ai. Adwi gaw Ma hpe grai ma gawn ai, bai na Adwi shadu ai 'muk-hin-hka' gaw mu dik htum re.



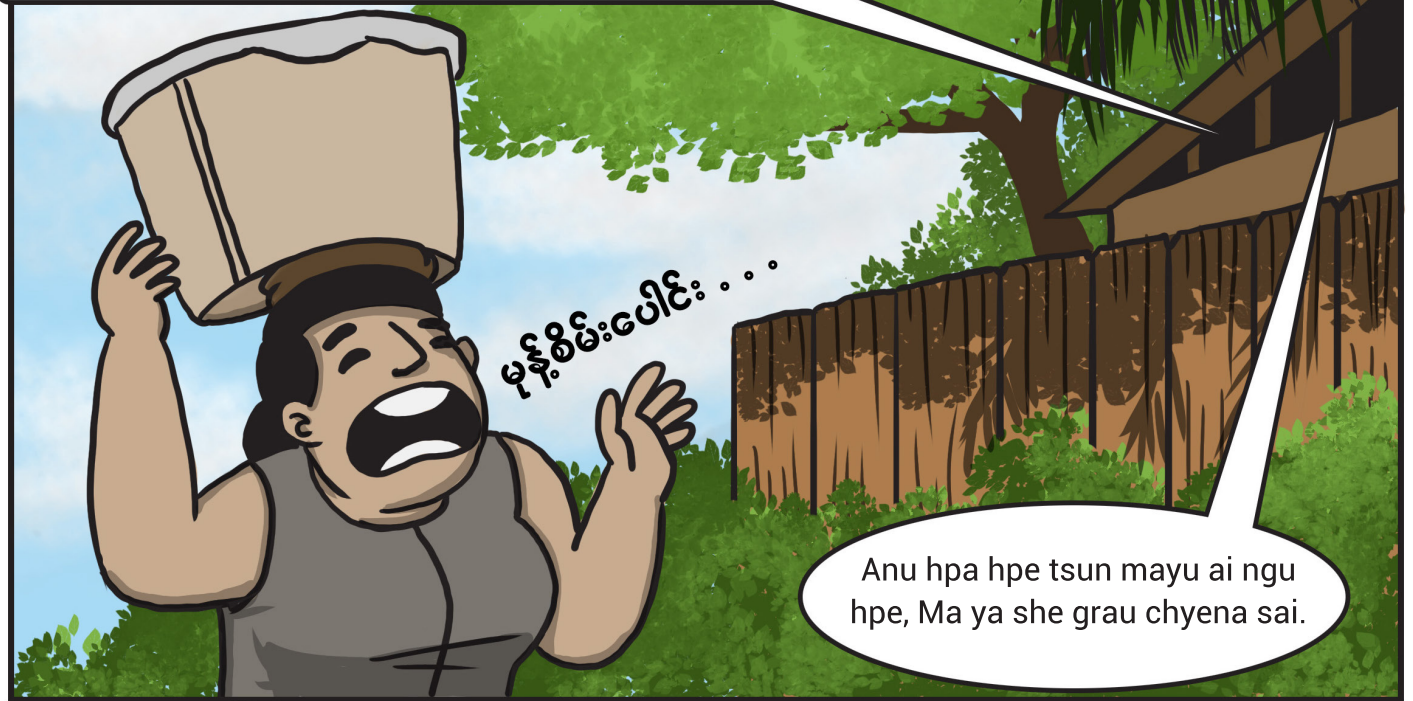
Ma e, na Adwi gaw grai laklai ai masha re. Shi prat hta grai yakhkak lai wa sai, shani shagu na nga sa lam hta mung dut dang lam amyu myu hkrum katut lai wa sai.



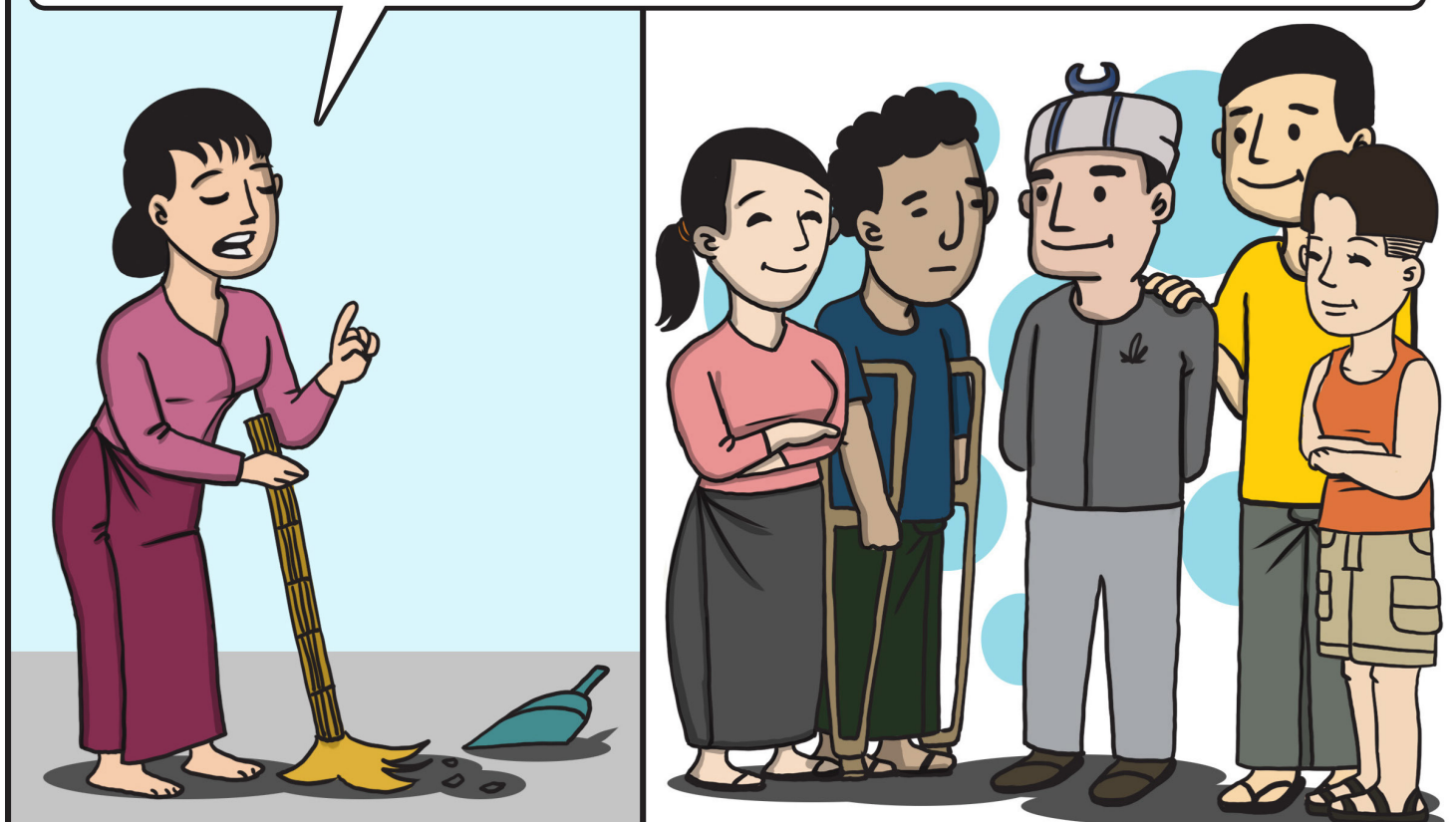
Hpami raitim, anhte yawng gaw mare buga kaw rau nga ai ni, yawng gaw maren sha re le.



An Nu ni yawng gaw mare buga nga ai masha ni gaw raitim, daini Ma nang hkrum wa ai zawn, tinang tsun mayu ai hpe kalang marang sha pyi tsun na ahkaw ahkang nlu ai le Ma e.



Lam amyu myu hku nna n sawn, kabai da hkrum ai manang ni mung Ma hta nga na re. Shanhte ni a n bung ai myu lakung, hkam la ai num/la ngang shingra masa dai ni na majaw le. Shanhte mung Ra Lata Poi ni, mare buga na hkrumzup bawngban hpawng ni hta shang lawm na ahkaw ahkang nga ai ni re.



Ma chyena sai Nu, masha yawng shang lawm lu ai shinggyim uhpung uhpawg byin wa na matu gaw, anhte yawng a nsen hpe madat ya na, gawng malai tai ya na matu hkrak bungli galaw ya ra ai. Ndai gaw, shingyim masha shagu a akyu matu re.

Lama wa, shawa masha yawng a nsen hpe n madat ya ai rai yang, shanhte sawn da ai myit ningchyan ni gaw sum mat na rai nga. Dai majaw dawdan jahkrat ai lam galaw sa wa ai shaloi, shinggyim uhpung uhpawng kata na kadai hpe mung nmai shangam da ai.

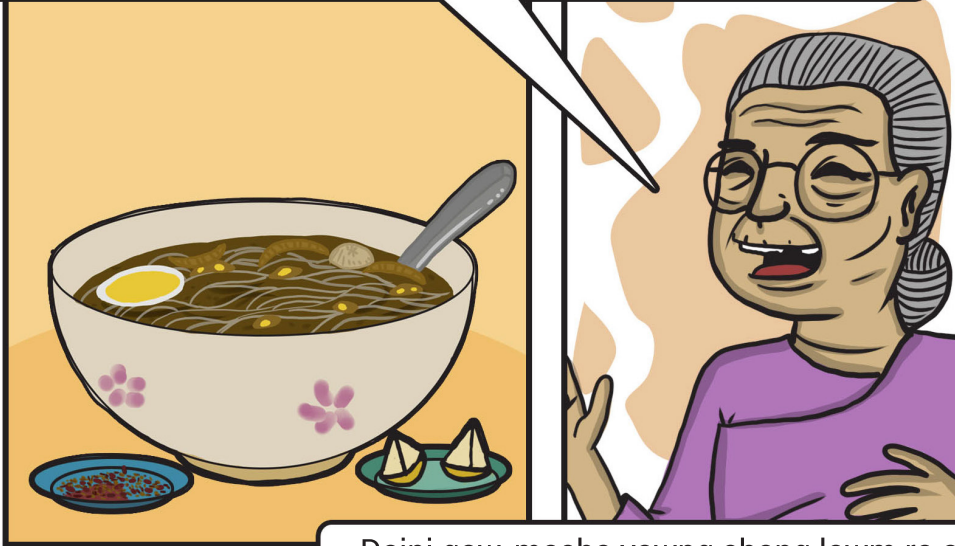
She rai law Ma e, anhte ni yawng madi shadaw shang lawm ra ai.

Kawoi dwi gaw shatmai shadu ngut nna, lata kashin kau let kashu h pang de gayin sa wa ai.



Nye kashu e, ya ndai 'muk-hin-hka' shadu ai hpe sha pyi yu yu u le. N dai kaw bang ai arai ni n hkum yang, dai 'muk-hin-hka' gaw nau n mu ai. Raitim, bang hpa rai ni yawng hkum hkra bang na shadu yang she namchyim rawng nna sha mu ai 'muk-hin-hka' rai na le, nye kashu e.

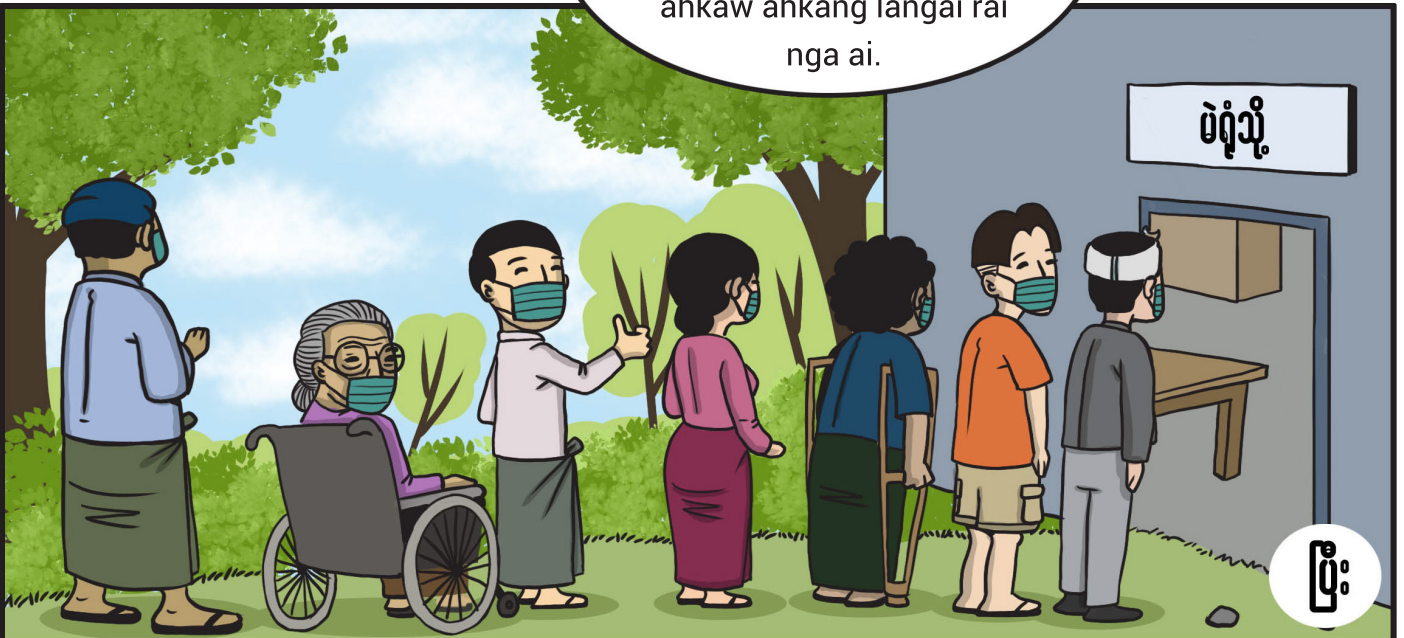
Demokresi ngu ai mung sha mu ai 'muk-hin-hka' zawn rai ra ai le, Ma e. N bung hkat ai masha ni yawng a gawng malai tai ya lu yang she, hkumtsup ai shinggyim uhpung uhpawng byin tai wa na rai nga.



Daini gaw, masha yawng shang lawm ra ai hte seng nna grai ahkyak ai sharin la hpa langai hpe sharin la lu sai. N bung hkat ai ningmu ni hpe mung sawn shalawm ya na, gawng malai tai ya na gaw grai ahkyak ai rai nga.



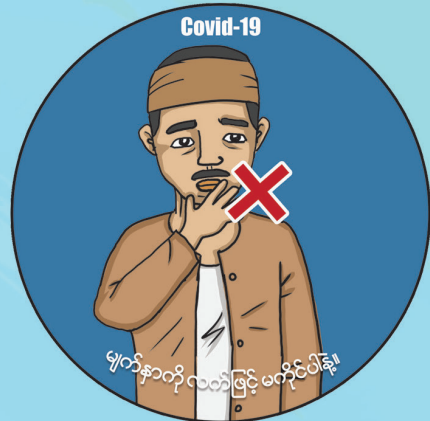
Re Ma, Demokresi lam yan hta shang lawm lu ai gaw npawt nhpang shinggyim ahkaw ahkang langai rai nga ai.



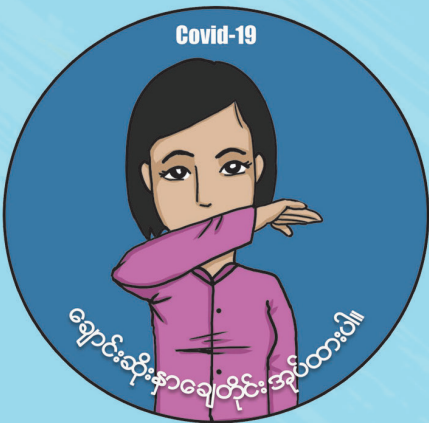
သင်နှင့် အခြားသူများအား Covid-19 ရောဂါအန္တရာယ်မှ ကာကွယ်လိုက်ပါ



သင်၏လက်ကို ဆပ်ပြာရေ(သို့) လက်သန့်ဆေးရည်ဖြင့် မကြာခဏဆေးပါ



သင်၏မျက်စိ၊ နှာခေါင်းနှင့်ပါးစပ်ကို လက်နှင့် ထိခြင်းမှရှောင်ကျဉ်ပါ



ချောင်းဆိုး၊ နှာချေသည့်အချိန်တိုင်း အုပ်ထားပါ။ ပြီးနောက် လက်ကိုဆေးပါ



အခြားသူများနှင့် ၆ ပေအကွာတွင် နေထိုင်ပါ



နှာခေါင်းစည်း တပ်ထားပါ



သင့်တွင် ရောဂါလက္ခဏာရှိပါက ကျန်းမာရေးစောင့်ရှောက်မှုအကူအညီများရယူပါ

#ဘေးကင်းလုံခြုံစွာဖြင့်တစ်ဦးနှင့်တစ်ဦးအဆက်အသွယ်မပြတ်နေထိုင်ပါ

