

Nang hku nna, yawm htum ME 3 lang jaw ra na re hpe matsing da u.

Mungchying Rapdaw



Nsam a-tsit hte magap da ai ME sadek de sa nna, Na a ME pa hpe bang u.

Myusha Rapdaw



Lamu maw nsam hte magap da ai ME sadek de sa nna, Na a ME pa hpe bang u.

Mungdaw/Ginra Rapdaw



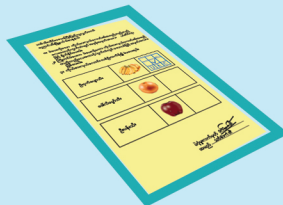
Shaba pu nsam hte magap da ai ME sadek de sa nna, Na a ME pa hpe bang u.

Nkau mi, Bawsang hte seng ai Dat Kasa a matu mung ME bang ra ai rai yang,

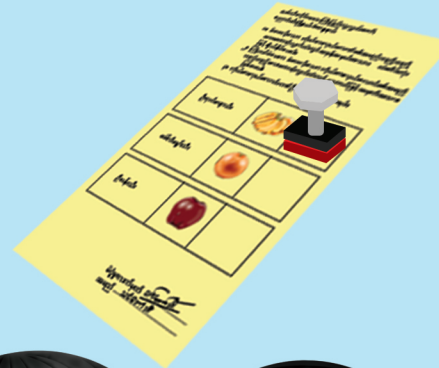
Shaba pu nsam hte magap da ai ME sadek de sa nna, Na a ME pa hpe bang u.



Nang ME jaw mayu ai Dat Kasa hpe lata nna, ME pa hta, dzik tawng hpe kalang sha dawk ra na re hpe matsing da u.



Na a ME pa hpe shim ai hku di da u.



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Kade nna yang, 2020 ning Ra Lata Poi hpe galaw sa wa sana re. Dai majaw, ME gara hku bang ai ninggam langai hpang langai hpe, atsawm yu hkaja da ga.



COVID-19 a majaw, Na a ME bang na ahkaw ahkang nsum mat uga.

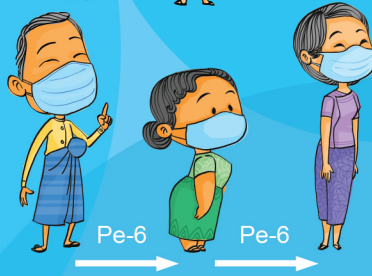
- Hkum n pyaw ai rai yang, nta kaw sha nga u. Tsi sarawun hpe matut mahkai nna karum hpyi u.
- Masha shada da, Pe-6 gang nna nga u.
- Shinggan de pruhkawm shagu, n-gup magap (mask) lang u.
- Lata shakram ai lam hpe koi gam u.
- Myiman hpe lata hte hkum hkra, hkum jum u.
- Kahti, jahkru ai shaloi ladi hte n-gup hpe shim hkra magap u (shnr) maisau (tissue) hte magap u.
- Lata hpe sabya hte jahkring hkring kashin ya u.
- Lang ngut sai maisau (tissue) hpe maza ka hta atsawm bang u. Lata hpe atsawm bai kashin kau u.

ME Dum kata de shang wa ai

ME Dum shawng kaw shakap da ai ME bang masha jahpan hta, Na a jahpan hti-hkum hpe tam u.



Kaga ME bang sa ai masha ni hte, shada da Pe-6 gang nna nga/ tsap na hpe hkum malap u.



N-gup magap hpe ladat jaw ai hku atsawm magap, lang u.



Na lata hta tsi kahtawk da ai lam n nga ai hpe, ME Dum chyinghka sin ai shimlam la ai wa hpe madun u.



Tsap tinggreng nga ai masha ni hta, hkumhkrang nkung ai ni hte karum ra ai ni lawm yang, shanhte hpe shawng shara jaw let karum ya u.



ME pa hkap la ai, Dazik tawng daw k ai hte ME jaw ai

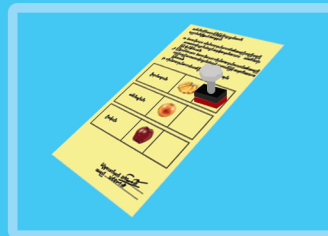
1. Jep yu u – ME dum kata, ME bang masha jahpan hta lata masat ka na matu, madu a mahkret hpawngting gun sa u. Lama nlawm sa ai rai yang, tsi hte jasan jaseng da sai mahkret hpawngting hpe la nna lata masat galaw u.



2. Htuk la u – ME pa htuk jaw ai wa kaw sa nna, ME pa hta lata masat ka u. Mungchying Rapdaw a matu ME pa hpe htuk la u.



3. Dazik daw k u – Shim ai ME jaw gaw k de sa nna, ME pa hta madu jaw mayu ai Dat Kasa wa hpe lata nna, dazik tawng hpe kalang sha daw k u.



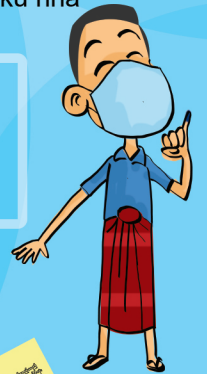
4. ME bang u – Na a ME pa hpe kahpap kau nna, ME Sadek hta bang u.



5. Kahtap nna galaw u – Myusha Rapdaw hte Mungdaw/ Ginra Rapdaw ni a matu, shawng e galaw mat sai ninggam (1 kaw na 3 du hkra) hte maren ME jaw ai lam hpe matut galaw u. Bawsang hte seng ai Dat Kasa a matu mung ME bang ra ai rai yang, lahta na hte maren galaw u.

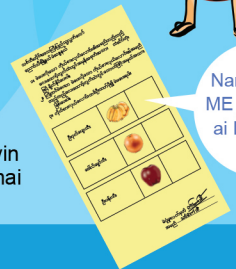


6. ME jaw ngut ai hpang, tsi kahtawk ai shara de sa u. Na lata hpe, tsi ntsin hte shawng jasan jaseng kau u. Second 30 naw lat u. Ngut jang la-pai lata yunghkyi hpe tsi kahtawk u. Masat da ai chyinghka hku nna ME Dum shinggan le pru u.



7. ME bang ai lam hpe nang atsawm sha galaw ngut sai.

Matsing da u. Madu a sindan pa/ME jaw mayu ai Dat kasa wa a makau na jutman-mali gaw k (ဒေဂ္ဂဝ်) hta dazik tawng hpe daw k u. Lama na, dazik rai ndaw k shi yang, ME pa hta lama ma byin mat, hten mat ai rai yang ningnan bai mai hpyi la ai.



Nang ra lata ME jaw mayu ai Dat Kasa wa