



Ta ucein dō mēho kaū

Kwan u na mēcirōn tōn dō mēho kangā praphī da mē cirōnkaū ka.

Ba aō cōncā dō hō phīmē kārū 6 plā akaū nu, theinān thayān ka.

Mabū lanklanraō khaplōn niphūcōn (Mask) ka.

Na cudeinlōn nu, libōnsū tamanān aō/ cō aō mē, daūlaō dō prapaō mēho tacaūta-ōn aō ka.

Pra karaī aō lantān dō luba tamacū lahan phīmē aōcīkrei khein, phī takaō dō macū anānthū ka.



Bwaihu bwaibīraō na taphīmēli ka.

Cōngīdau pē, kamahtan nein 2020 bwaī, tarauhtanpwē hē nē. Ba phīmē khlaikhlōn aō thamā nu, ubyan latōn htaū latōn ka.

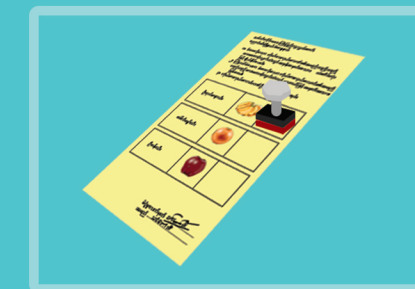
Taphinaū, tanwanlan tamanān dō phī taphīmē.

1. Ubyan ka- Dō mēhokaū praphīmē cirōnkaū ba tyan (phru) libōn nānkhū nu, philaītaō nān libōn mē araōkhlōn nē. Nān libōn ba cō palaitaō mē, phi dō tyan dō mathūthū htaū yaō aō libōn ka.

2. Phinaū ka- Tau dō pra phīmēli aō dō phrulan libōn dō tathayū phīmē likaū ka. Phinaū pyithūlūdō nānkhū mēli ka.

3. Nwanlan tamanān ka- Taphīmēli mē, dō taphīhu phībīmē kalānkaū, mwai na thayū phī aplaū laprakhaū nwanlan tamanān lablan hō dō phīmē ka.

4. Saulan tathayūmē ka- Khī (khaō) na ta phīmēli dō saulan dō mētaōkaū ka.

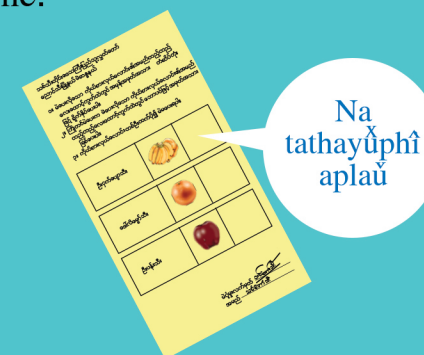
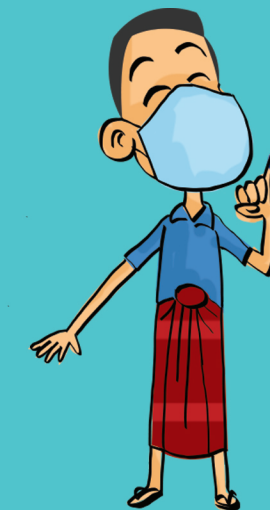
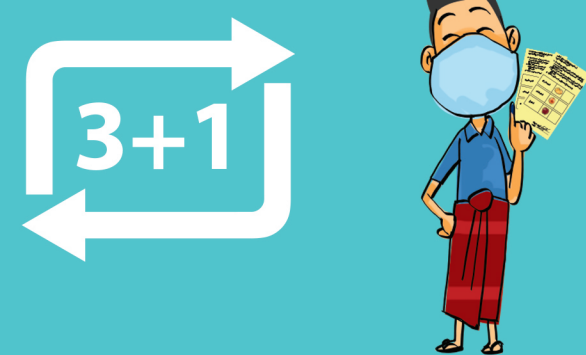


5. Mahtai thā ka- Amyōthā lūdō dō ngan/ kǎn lūdō numē, ma cwaīdō arīkaū taiba atōn 3 taō dō phīklā mē ka. Bamwai sūpān kǎnblonphao mē, baphīthā sūpān kǎnblonphao aplaū nānkhū taphīmē ka.

6. Phī tathayū mē ba hū mē, ba nwan libōnsū nānkhū taudō pra nwan libōnsū aō ka. Cǎn na cudein dō tathū mathūthū ka. Htaūblan mē, bu na cudein cī cuca dō libōnsū ka. Htan mēho khākwan dō tamālan aō pā ka.

7. Kanaī nu, na mē phīmē htaūraō hō nē.

Manānka. Nwanlan tamanān dō na thayūphī aplaū lapra kaphrī likrōnkaū dō phīmē ka. Rīdō phīmē ta arīkaī laraūraū khauca na taphīmēli ba kaī pyā htōnmē, kwīblan taphīmēli athū da nē.



Na nu, ba phīmē syantaō thyūnblan tai mē, manān ka.

Pyithū lūdō

Tau dō mētaō kadao mabū dō arwīthyūn aō dō sau taphīmē ka.

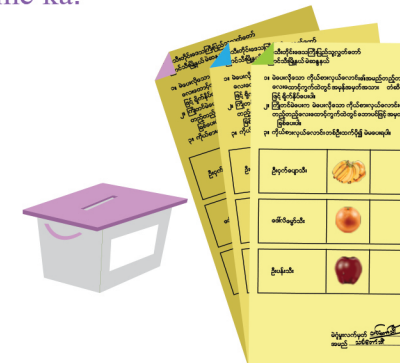
Amyōthā lūdō

Tau dō mētaō kadao mabū dō arwīphlu aō dō sau taphīmē ka.

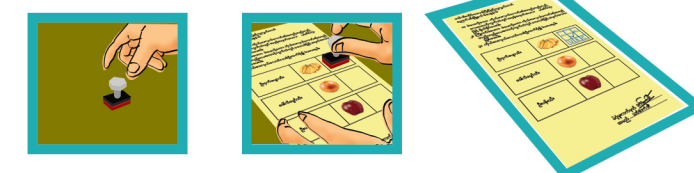
Nandau/kǎn lūdō

Tau dō mētaō kadao mabū dō arwīlpaū aō dō sau taphīmē ka.

Pra baphīmē lahan nu, ba mwai sūpān kǎnblonphao aplaū nānkhū phīmē ba da mē tau dō mētaō kadao mabū dō arwīlpaū aō dō sau taphīmē ka.



Ba rau dō na tathayū phī aplaū lapra hō dō dō mēlikhaū mē, nwanlan lanklan byanraō tamanān lablan hō tai nu, manān ka.



Covid19 khaūcā, cō ma lancaukaī na ta phīmē ka.



Nān ba cō tharaō thari mē, aōphyu hyūnkaū ka. Niswī nihtwān dō tathūcaōmu (sarawun) dō kwī tamacū ka.

Lapra dō lapra aō cōncācū (6) plākaū ka.

Beī swaihtan khākwankein, pānbū khaplōn niphūcōn (Mask) ka.

Cō lan nōusēcū dō cudein ka.

Cō cāncudein mē, cō hūba na mainā ka.



Beī thakhu kasai khein, sōn-i cibū cibī (tissu) (bacōmwai) mabūraō na khaplōn, niphūcōn dō cudikon ka.

Sōn-i baoblī (Sāpya) dō sū htaū, cānblān lanklanraō cudein cēkān (20) kaū laplōn lablan ka.

Sōn-i cibū cibī (tissu) ba htaū mē, peīnkaīraō dō tacithaōhtōnkaū ka. Cānblī cānblān laklanraō cudein ka.