





Ywatharyar ama tahpa khi pha ngasapa y ta, khisaw zy cha ama dory kaw sai.



Win Win, Maw Maw, Pan Ei nata May Oo zy cha khi liatapa laisazy ama cha. Zatahno(sat) my ta sodao la hmo chalei awpata ama pahrua. Khichho lathlo atyhna liata, a ha haipa, Maw Maw, Pan Ei nata May Oo zy hnota Win Win cha a chadai lai haw ei.



Eima khi kiapa liata chakei ahrapa a y, tahpa fb thatizy kha nama thei ma? tahpa a viasazy hnota a hiahri ei.

Haha

Haha

A viasazy a hmo nata a tha a chha ngasa ta a chheipa chhao china chota mohmia a pasaipa lyma. Maw Maw, Pan Ei nata May Oo zy cha thapita ama pahni nga kaw.



Cha hawpa fb liata ropa thati zydua zo khai thla ha awpa ma?

Cha haw khia fb liata nata media hropa liatapa thatizy he khei ta e a do nata do lei eima pahno thei aw?



Ama viasa zydua ta sodao la ama si lai haw

Na hiahripa kha hiahri byupa tlai a cha. Keima chhao **COVID-19** thati he khei hawpa hema a do, a do vei tahpa pathluapathla awpa ei rai ru khei kaw hra. Ei utahno Dawtyh ta, " Thati nama rei tita a hy phuapa ma tahpa nama pasiapano tua awpha a cha tahpa eina chho. Ano reipa sakha hei cha COVID-19 thati fb a zipa do leipa zy nata tovyu a hnei leipazy ta ama phuapa chhao ahlu kaw tahpa he a cha.



Bipawpa sakha ei cha chho hei tua aw ei. Atlyna thati liata chano kosahle thati fb liata ama ropa nama thei ma?

Ha, fb liata thati a hlu thla bao na ta, khei hawpa thati kha ma na rei tly?



A cha tlai na. Thati eima daopazy he thati bu hropazy nata a do nata do lei eima mopakai tua awpa chhao a byu hra thlyu aw. Cha khia dei, eima daopa thati he a do ma, thati hno chaipa a cha nata cha leizy eima pahnopasia thai aw. Chavata COVID-19 thati he fb liata ei hmopatanata a do nata do lei ei pahno thei nawpata Ministry Of Health and Sports website thlai ei mo ha tyh ba hra.



Win Win ta fb liata thati cha pahmo awpata a fu(phone) hmia cha a viasazy hnota pahmo ei ta.

ဒီမှာတွေ့လား





A vaw y awpa atlyna liata chano kosahlezy me pasa hlata pacha byupazy cha;

chanozy cha 2020 atlyna liata atly patlopa ama cha khiata cha Hluttaw liata tovyu a ma hnei awpa vata khi nopawpa thokha ta palotla leina ama palasa tahpa he a cha.

Thati sakha liata cha, " Chanozy cha ama chhokha liata ama rai a hlupa vata ama buaba kaw ama tah. Chanozy cha ama chhokha rai a hlu kawpa vata hluttaw kosahle rai pahni thei aw vei ei tahpa ama pacha.

Cha khitla lupenawzy cha chano kosahlezy vot pi lei awhpata a rei laipazy cha ei ta, chanozy cha ra hmasina parokara chata bichhawna tao thei aw vei ei tahpa a ngiapapazy ama cha. Khitla liata nopaw pakha hiahri na ta, ano ta," hmasina eima pacha hmeisei khiata cha me pi hlata ei no pacha ha tua a byu aw," tahpata eina chhy.

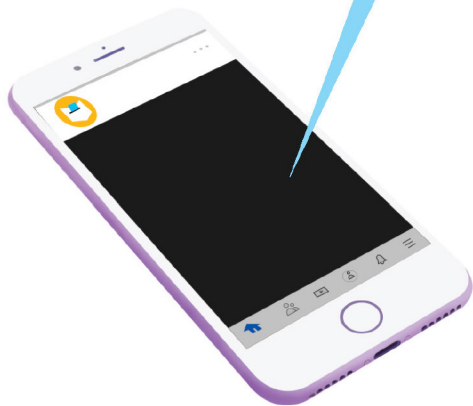


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Viasa zydua ta dawka ruapa liata a tyu eita muhikha bi ama tae chy

A cha tla. Kha thati kha keima chhao eima hnola kha thopi dao liata ei thei nga hra.

A cha na. He thati he ama tao raruapa thati a cha. Sokha y tua rai u,he he khei hawpa thatihnaw tawtapa e?

he he thati do leipa a cha

မုန့်လောင်းခါးအကြော်နဲ့ လေးပွဲပေးပါ။



He thati he chysazy ta pacha lolia leipata reipachhua lai maw ei sala kheita eima tao aw? Cha hawta a cha khia cha chano kosahlezy chata me pi leipata ama y pathlei aw na.



Chanozy chhao he chapawzy hawta rachhituhpa cha theina tovyu, lupa cha theina tovyu, dawty cha theina tovyu ama hnei chy hra. Eima khi hmasina chata chanozy ao-rei he thata a peimaw.

A cha. A rao hlana khata Atlyna Kawmisi naw fb ei mo haw. Amo cha atlyna liata chano nata chapaw atlakha kawpata ahlao thei awpa ama papeimawsa ngasa.

aw, chakei ama papua thati hawta a cha ha ba chu. Keima theipa he a do ma do lei ma, asiano ma siano vei ma tahpa thati hnaw hropazy nata mopakai awpa chhao a byu aw. Cha thatihnaw chhao cha tovyu a hneipa a cha ma cha vei ma (Pkn., Atlyna thati a cha khia cha Atlyna Kawmisi papuapa a cha ma? tahpa pasia a byu aw).

Cha khai tawta, he thatizy he khatai tawta a vypa ma a cha tahpa pacha chhao a byu. Tahma chhao he a sia thla ha; tahma thati a reipa chhao vot a pi awpazy hmiamopata me pasasa awpa a khopa a cha.

A cha, a cha, cha cha a do.

Mepasana no tai he hawpa thati he a vaw hlu via rili thei. Thati do leipa nata bi pawpa rei hlupa hawpazy he.



He hawpa thati do leipazy he chysazy palorupa pabuabasa thai kaw ta, pathlua-pathlana tai chhao a pua thei. He hawpa thatizy he cha eima khitla chata phahnaina y leipata, dimokarasi la a pangai haipa Myanmar rapopalopa chata chhao yzi rai hnei vei.

A do e viasa. Eima ra chysa a khophi hlata a hlu viapazy ao-rei pahlo leipata cha thai tiara aw vei.

Eima zydua ta a lyu leipa pachanazy eima hnei chyu. Cha hlei khota a hyma eima tly kho tahpa phana kao la tawta reipahmaonazy hnei awpa chhao a pha.

Muhikha dao pha chaipa khatai liama a y tahpa chhao.

Ahmeiseipta cha he hawpa thatizy he cha, pa-utheisana rai a hlao leipa tla a cha. He thatizy he khisaw mozy nata eima chho pachhua khia a pha thlyu aw.

Keimo thlai eima tao pathao theipa cha he thati he a do vei, chavata fb liata ro pachhua lei awpa nata khokheina rai pi lei awpa tahpazy hi.

cha cha parokara pha kawpa a cha.

Y chy tua. Kheihawpazy ma eima chho pachhua aw?



Chakhai nata, atlyna a y hlata he hawpa thati do leipa hlupi a vaw y nga thla ha thei aw tahpazy zikyu a ra awpa a byu. Chavata eima pahno awpa cha;

- (1) thati hnaw pasiapano awpa,
- (2) ama ropa thati hlata a kaw viapata hmo yzi pahno thei a chhua awpa,
- (3) A rotuhpa a laichadai awpa,
- (4) ama khokheipa thati hnawzy kha a laichadai awpa.
- (5) na liata a daitih noh kha laichadai awpa,

- (6) pahnie saiso hawpata mah aroh tapakha laichadai awpa,
- (7) thatih zy he chysa pakha kha mah acha khei tapa chhao laichadai awpa ,
- (8) A thai soh pazy nata a pahno via va chysa kha hriahri awpa.

Thati hno chaipazy eima pahno kho khiata cha Atlyna Kawmisi fb  
<https://www.facebook.com/uecmyanmar/>  
he pamosa awpa.



A pha na, khia cha hezy he khisaw mozy, eima viasazy, chhokhazy nata su hrolapazy hnota thati ama pahno thei nawpata chho pachhua chy su vy.

Chakhiadei eima zydua ta eima khi liata thati hmeiseipa nata thati dopa a pahnotuhpa eima cha thei aw. Chadei a dai leipata atlyna daiti chho zydua liata pakha nata pakha alyuleinazy a pa-utheinas rairina chota a pahno khei thai rairipa eima cha chy aw.



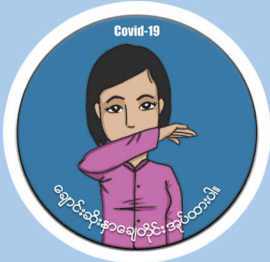
# သင့်နှင့်အခြားသူများအား COVID-19 ရောဂါအန္တရာယ်မှ ကာကွယ်လိုက်ပါ



သင်၏လက်ကို ဆပ်ပြာ၊ ရေ သို့မဟုတ် လက်သန့် ဆေးရည် နှင့် မကြာခဏ ဆေးပါ။



သင်၏မျက်စိ၊ နှာခေါင်းနှင့် ပါးစပ်ကို လက်နှင့် ထိခြင်းမှ ရှောင်ကျဉ်ပါ။



ရှောင်ဆိုင်းနာရေ သည် အချိန်တိုင်း အုပ်ထားပါ။ ပြီးနောက် လက်ကိုဆေးပါ။



အခြားသူများနှင့် ၆ ပေ အကွာတွင် နေထိုင်ပါ။



နှာခေါင်းစည်း တပ်ထားပါ။



သင့်တွင်ရောဂါလက္ခဏာရှိပါက ကျန်းမာရေးစောင့်ရှောက်မှု အကူအညီများရယူပါ။

# ဘေးကင်းလုံခြုံစွာဖြင့် တစ်ဦးနှင့်တစ်ဦး အဆက်အသွယ်မပြတ် နေထိုင်ပါ။



# ၂၀၂၀ ရွေးကောက်ပွဲတွင် ဘေးကင်းလုံခြုံစွာဖြင့် တစ်ဦးနှင့်တစ်ဦး အဆက်အသွယ်မပြတ် ပါဝင်ကြပါမို့။



