





Pyidawtha a kici khua nopci khat a khuamite pen nunnuam tak in teng khawm uh hi.



Cing Cing, Nem Nem, Papaal leh Lunnute pen khua khat sung ah a teng khawm lawmta teng a hi uh hi. Ninoni zing sang khat ah zingmeh lei ding in kam ki ciam uh hi. Khualai lamka ah a mah a ngak alawmte Nem Nem, Papaal leh Lunnute khiang Cing Cing hong nawh tai mah mah hi.



i Khua kim ah Sahang khat om cih  
thu Facebook tung ah na mu kha uh  
hia?

Haha

Haha

A lawmte a muh caing husam kei leh dipkua patau kawm sa in a kim leh pam enkawm  
in. Nem Nem, Papaal leh Lunnu te a nuh uh za lua in nui khia liah luah pah uh hi.



Hi bang thu khawng Facebook  
tung na muh ciang, nang um  
pah pah maw?

Nanglah, Facebook (ahkl) Media tung aa  
thute thuman leh man lo ken koi cih theih  
peuh mah ding ka hia? zen uh teh!



Mehzuaknaphual lam zuan in pai kawm uh hi.

Na thu gen bel hi sa mawk mah ing ei. Kei zong **COVID-19** tawh kisai thuleng te lak pan koi thuman-koi manlo cih khen hak sa mah mah ing. Ka U Siavuannu in bel thu nasim ding ciang, kuate tangko hiam cih sittel ma sa in hong ci veh aw. A hang ah, ziau account khawng tawh thumanlo a khah khia khia mi om hong ci lai ei!



Thulang tawh kisai kat gen ding om mah ei. Numei MP dingte tawh kisai thute na muh nai mah uh hia?

Facebook tungah thu tam ngel veh ee, koi zaw pen a hia na gen?



Hi mah ei! I sim khak thupen mun dang media a ki tangko thute tawh zong tehkak kul in teh. Tua pan Thuman maw man lo, update hi maw hi lo kithei pan ding ai ve. Kei bang Facebook tung a thute man maw man lo cih pen Cidamnam Ministry (MOHS-Ministry of Health and Sport) te website ah va en zel kai ve!



Cing Cing in Phone sung pan Facebook tung a athu muh khak alawmte lak hi.

ဒီမှာတွေ့လား





Mai kitelpi ah kihelding Numei MPte metang na khatma na ngaihsut ding thute

2020 kitelpi ah numeite MP hong suak in Hluttaw teng ah hong zelh ding uh lungkham huai hi ci in minam leh gammakai te'n pulak uh hi.

Thuthang khat ah "Numeite pen inn nasep tawh a buai den te uh hi. Inn nasep teng hangin a MP nasepte a sep zawh loh ding uh ka lung hi mawh uh hi" na ki ci hi.

Tua makai a kicite'n numeite meetang khat loh ding hantawn kei uh a, Gam khantoh nading leh thu khensat nate ah numeite'n sepzawh bang mah nei lo ding hi ci in a um uh hi. Nam makai khat in " Gam khantoh ding na ut uh leh Meetang na khatma nihvei ngaih sun un" ci in na dawng hi.

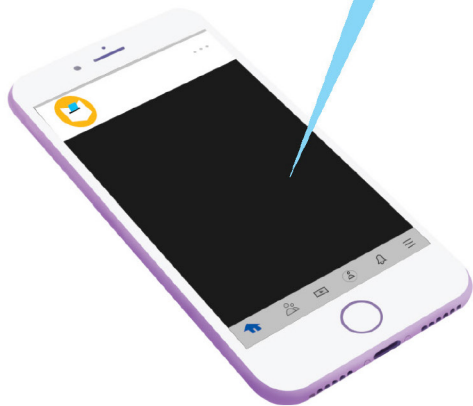


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Lawmtateng sabuai khat ah tu in Vaiminciim vai khak uh hi.

Ken zong khatveini niangtuisai ah tua thu a ki gen kei uh zakha mah veng aw.

Tua ee, a ki phuaktawmpi hi ee. Tua sang tua thu koi pan ki post a hia?

Hi bel ziauthu hi ee!

မုန့်လင်းခါးအကြော်နဲ့ လေးပွဲပေးပါ။



A zenzen in mite'n thu ngaihsun lo pi a, hi thu share leh uh bang i cih tam? Tua hi leh numei meekuanguite meetang khat loh ding a han thawn hong bang thei ding ai maw.



Numeite zong Pasalte mah bang a Gam makai, Minam ma kai, Siavua paing theihna ki nei ai ve. Kim leh pam khantoh ding pen numeite lunggulhna aw zong thupi mah mah hi.

Hi ven. Kei zong Kitelna Phualpi (Union Election Commission) i Facebook ka va et leh, Kitelpi ah numei leh Pasal kikim in hong kihel ding thupi hi ci in tawsawn uh ei.

Aive, Sahang thu alang kei dan mah bang lo dia. I theih thute himaw-hilo, ki cian maw-kician lo cih te thudang teng tawh limtak sittel lo aa bel up huai kei. Bekthamloin, thuneite tangko himaw-hilo cih zong (gtn – Kitelna tawh kisai thute hi leh Kitelna phualpi pan) sittel kul in cei guai!

Khitciang, thute koi pan ki phuang cih zong ngaih sut kul. Tun zong en vevua, den aa thubang mipi te'n meetang khia khial ding a abawl uh hi ci mai ing.

Kitelpi ni mateng bel hidan thute tampi hong om lai ding in lameng ing. Ziauthu leh thulang teng khawng ee maw.

Hi mah ei, nak hih lua!



Hi bang thute in ih ngaihsutzia hong nawngkaisak bek thamloin khat leh khat kideidanna piang sak veh aw. Kimlehpaam a ding zong hoih lo bekthamlo, i Kawlgam Democracy paizia zong nawngkai sak hi ci in mu ing.

Hi mah ei lawm. I gam sung a mipi zah lang i awte mawk nusiad ding hi vet kei ei!

Ei teng ih muhia zong ki bang lo kha mai thei. Tua hi'n kua tel nuam cih ah zong kikup khop abang thukinial na zong om ding ee maw.

Khitciang koi ah vaimimcim lim pen cing zong ee maw!haha..

A tak tak ah, hibangthute ah thugina om mah mah lo. Hi thuteng tawh kisai en i khuapihte hawmsawn lehang hoih lo dia ma te?

Ei hihtheih bel, Hi thu man kei. Facebook ah hawmsawn kei un, like zong pia kei un cih te gen kul lo dia.

Hoih ngel mah ei!

Nakhawl oh, bang a hia i hawmp ding?



Khit ciang, Kitelpi masiah hibang thulang tampi om thei lai ding hi cih zong gen kul in teh. Ei teng theih ding ah

- (1) Thu koipan ki phuang
- (2) a thugen nop na taktak bang hiam cih a khengval a i tel ding
- (3) A gelhte sittel ding leh
- (4) thubul kantel ding cihte thupi in cei guai!

- (5) Nimit (date) en ding
- (6) Ciamnuih a gelh maw cih en ding
- (7) Thulang genna om hiam cih en ding
- (8) atawpna ah thutel te dong ding cih zong hi lai in teh.

– Update i theih nop leh bel anuai a, Kitelna phualpi te facebook ah zong ki kan thei hi cih zong hi lo dia ma te guai.  
<https://www.facebook.com/uecmyanmar/>



Hoih ei. Tua hi leh i khupihte, i innkuanpihte, i lawmdangte leh mipi theih ding hawmsawn ni ei hi thu te!

Tua caing bekin, thuman a theitel te hi pan ding hi hang. Khit ciang Kitelpi sungteng khat leh khat kibatloh nate a kitelsiamte hi thei pan ding hi hang ei guai!



# သင့်နှင့်အခြားသူများအား COVID-19 ရောဂါအန္တရာယ်မှ ကာကွယ်လိုက်ပါ



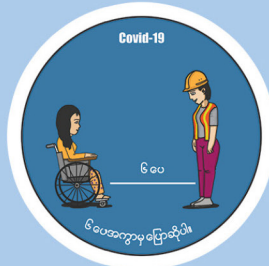
သင်၏လက်ကို ဆပ်ပြာ၊ ရေ သို့မဟုတ် လက်သန့် ဆေးရည် နှင့် မကြာခဏ ဆေးပါ။



သင်၏မျက်စိ၊ နှာခေါင်းနှင့် ပါးစပ်ကို လက်နှင့် ထိခြင်းမှ ရှောင်ကျဉ်ပါ။



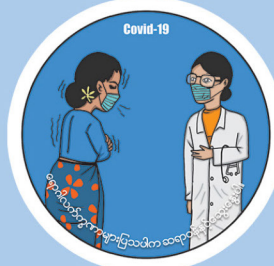
ချောင်းဆိုး နှာရေ သည့် အချိန်တိုင်း အုပ်ထားပါ။ ပြီးနောက် လက်ကိုဆေးပါ။



အခြားသူများနှင့် ၆ ပေ အကွာတွင် နေထိုင်ပါ။



နှာခေါင်းစည်း တပ်ထားပါ။



သင့်တွင်ရောဂါလက္ခဏာရှိပါက ကျန်းမာရေးစောင့်ရှောက်မှု အကူအညီများရယူပါ။

# ဘေးကင်းလုံခြုံစွာဖြင့် တစ်ဦးနှင့်တစ်ဦး အဆက်အသွယ်မပြတ် နေထိုင်ပါ။



# ၂၀၂၀ ရွေးကောက်ပွဲတွင် ဘေးကင်းလုံခြုံစွာဖြင့် တစ်ဦးနှင့်တစ်ဦး အဆက်အသွယ်မပြတ် ပါဝင်ကြပါမို့



