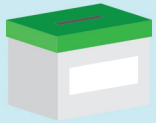


A tawm pen mee thum vei khia kha ding hi teh.



Mipi Innpi
Meebung sin a eng (green) sung ah na mee khia in.



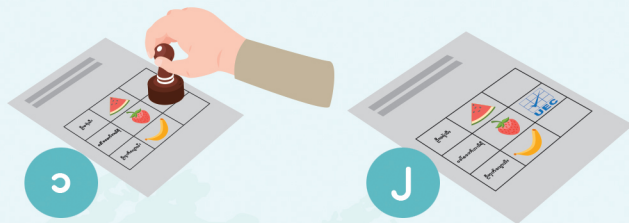
Minam Innpi
Meebung sin vanmel (blue) sung ah na mee khia in.



Gamkee Innpi
Meebung sin khayen (purple) sung ah na mee khia in.



Gamkee minam palai tel khuan a nei na hih leh na mee pen khayen (purple) sin nei meebung sung ah khia in.



Na khiat nop meekuung lui khat bek tel in, mee laidal tung ah seal lim tak tum in.

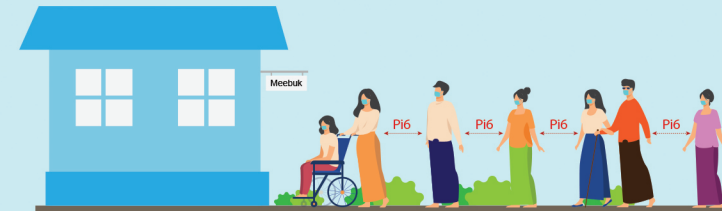


REMEMBER!

Na meetang nang bek in thei in.



Kum 2020 kitelpi asawt lo in ki pan ta ding hi. Mee khiat dan teng khat khiat khat na en suk in.



Covid-19 hang in na mee khiat khuan tanlawh ken. Cidamna lam pan in thu tangko teng zuih sawm in. Nakim le paam khamuang sak in. Mee khiat sung na cidam na ding ki dawm in. Ei teng vek pi kitelpi ah ii ki hel kim theih na ding leh Covid-19 ii kantan khop thieh na ding hanlungciam khawm ni.



Na ci anat leh innsung bek ah om in. Siavuan te khiang ah huh na ngen in.



Khat leh khat pi6 ki hal un.



Na pusuah sim in mukuam thuah in.



Khut ki len kei un.



Khut sawp lopi in na mai lawng lawng kei in.



Bukkhuh ciang tissue (ahkl) na tongkawi tawh na kam le nak habit in.



Satpiang le tui zang in, na khut a tawm pen seconds 20 sawp den in.



Zatbang tissue te ninbung sung ah limtak khia in. Na khut zong silsiang den in.

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<https://www.uec.gov.mm/>

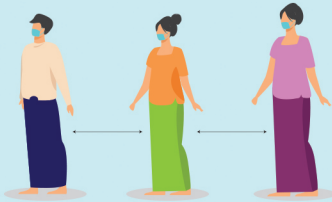


Meebuk sung na lut dan ding.

Meebuk mai a mee sazia sung ah na min numbat kan in.



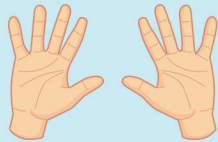
A dang mee khia ding te tawh pi6 ki hal in om den in.



Muktuum thuah zia man tawh muktuum in.



Na khut tung ah laitui a ban loh lam meebuk cing te limtak lak in.



Hatlo ngalliam te leh huhsam mee khia te a om leh a mau masa sak in.



Meetang sanzia, seal tupzia leh mee khiatzia

Sittel in – Meebuk sung a mee sazia tungah suaikaih gelh nang na laikung hong keng in. Laikung nong puak kei leh lungno bum khitsa (a om sa) laikung zang in.



Sangin – Meelaidal pia te khiang ah pai in na meelaidal tung ah suaikaih gelh in. Mipi Innpi ah mee khiat na ding in, meetang ngen in.



Seal tum in – Mee khiat na mun ah na piak nop kuanluipa a ding seal khat vei bek tum in na mee khia in.



Mee khia in – Na mee khep in, meebung sung ah khia in.



Ki pan pha kik in – Minam Innpi leh Gamkee Innpi a ding a tung a numbat 1 pan 3 dong nasep ngeina dan zui in mee khia in. Gamkee minam palai tel khuan a nei na hih leh na mee pen khayana (purple) sin nei meebung sung ah khia in.



Mee na khiat khiat leh na meleng ah laitui nuh na ding, a nuh pa khiang pai in. Na khut sil in. Seconds 30 ngak in. Pusuah na pan meebuk pualam pai khia in.



Tun mee pia khin teh.

7

Giamteh in

Na piaknopmee kuang luipa gei a, mun awng ah seal tum in. Na mee khiat ma thukhat lakhat hang in na mee laidal a ki siat khak leh mee laidal thak ngen thei teh.

