ဟ်တုၢ်ဃာ်နတၢ်ဆါအဃၢ်တဖဉ်လၢ

နနီၢ်ကစၢ်ဒဉ်ဝဲအအိဉ်

နဆ့ၢ်နါဒုအုဉ်လၢနနါဒုအပူၤမုတမုၢ်နကူးဝ်ၤအလီၢ်ခံ
နလဲၤတၢ်ဟးလီၢ်ဝ်ၤအလီၢ်ခံ
နအိဉ်ဘဉ်လၢပှၤဆီးကုဆါဘီတဂၤအကပိာ်ကပၤဝ်ၤအလီၢ်ခံ

သုနစုဒီးဆးပဉ်လၢထံချီဒီးမၤကဆဲ့ကဆီ့ကွံာ်မုတမုၢ်
သုစီကွံာ်နစုဒီးကသံဉ်လၢမၤကဆဲ့ကဆီ့ဒီးမၤသံတၢ်အဃၢ်လၢတလိဉ်သူထံဘဉ်

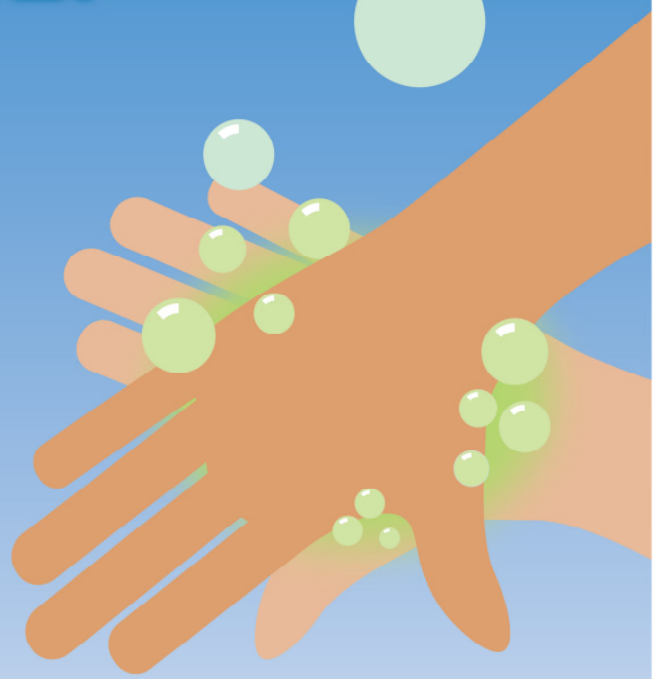
ပဝဲကိးဂၤဒဲးကအိဉ်မှာ်အါထိဉ်လီၤ

KEEP YOUR GERMS TO YOURSELF

Wash your hands with soap and hot water, or use a waterless hand cleanser after:

- Blowing your nose or coughing
- Using the bathroom
- Being near someone who is ill.

We'll all feel better!



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Karen