

[Date]

[Patient Name:]

လံပ်ပရတဘၣ်အံပပ်ဖျါဝဲ တၢ်ကွဲးနီၣ်ကွဲးယါလၢ နဘၣ်တၢ်မၤကွၢ်နၤလၢ COVID-19 တၢ်ဆါအဂီၢ်န့ၣ်လီၤ. နတၢ်မၤကွၢ်အစၢမ့ၢ်တၢ်ယၢ်အိၣ်ဝဲဒၣ် န့ၣ်လီၤ. တၢ်အံၤအခီပညီမ့ၢ်ဝဲ နအိၣ်ဒီး COVID-19 (ခိၣ်ရိန့ၣ်ဘဲရးစံ) န့ၣ်လီၤ.

ယကဒိသဒၢပုၤဂၤသ့ဒ်လဲၣ်?

ဖဲနမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်တဖၣ်အခါ **အိၣ်ဘၣ်လၢဟံၣ်ဒီးယံၤဒီးပုၤအဂၤ** (အိၣ်လီၤဖျါန့ၣ်သး) တုၤလီၤလၢ-

- **နတၢ်ကီၢ်တအိၣ်** လၢဘၣ်-ဒီးတလိၣ်အီကသံၣ်မၤစ့ၤလီၤတၢ်လိၤကီၢ်-လၢၤ သီပဲၤပဲၤ (၂၄ န့ၣ်ရံၣ်).
ဒီး...
- နတၢ်ဆါပနီၣ်အဂၤတဖၣ်ကိညါထီၣ်က့ၤ. အဒိ, နတၢ်ကူး မ့တမ့ၢ် တၢ်သါထီၣ်သါလီၤကိညါထီၣ်လီၤ. ဒီး...
- အစ့ၤကတၢ်အသီ ၁၀ ပုၤကွံာ်စးထီၣ်လၢနတၢ်ဆါပနီၣ်စးထီၣ်သးကတီၢ်န့ၣ်လီၤ.
(ဖဲကသံၣ်သရၣ်တဂၤတဲဘၣ်နၤလၢနအိၣ်ဒီးဂံၢ်တြီဆါတၢ်ဆါအသနူအဂီၢ်စၢ်တဒိ, အိၣ်ခိးဘၣ် အသီ ၂၀ တက့ၢ်.)

ဖဲနတၢ်ဆါအပနီၣ်မ့ၢ်တအိၣ်ဘၣ်န့ၣ်-
အိၣ်ဆိးလၢဟံၣ်ဒီးယံၤဒီးပုၤအဂၤတဖၣ် (အိၣ်လီၤဖျါန့ၣ်သး) တုၤလီၤလၢအစ့ၤကတၢ် ၁၀ သီပုၤကွံာ်စးထီၣ်လၢနတၢ်မၤကွၢ်အိၣ်ဒီး COVID-19 အခိၣ်ထံးတဘျီန့ၣ်တက့ၢ်.
ဖဲနမ့ၢ်အိၣ်ဒီးဂံၢ်တြီဆါတၢ်ဆါအသနူလၢအစၢ်န့ၣ်, ဝံသးစူၤအိၣ်လီၤဖျါဘၣ်န့ၣ်သးလၢအသီ ၂၀ အဂီၢ်တက့ၢ်.

ဖဲတၢ်ဆါကတီၢ်အံၤ-

- အိၣ်လၢနကစၢ် အဒါး ပၣ်ဃုၣ်ဒီး တၢ်အိၣ်တၢ်အီတၢ်အဂီၢ်တက့ၢ်. မ့ၢ်သ့ နစူးကါနကစၢ်တၢ်လုၢ်ထံဒါးတက့ၢ်.
- အိၣ်စီၤစ့ၤယံၤဒီးပုၤဂၤလၢနဟံၣ်ပူၤတက့ၢ်. ဖိးဟုၤလိာ်သး နမူလိာ်သး မ့တမ့ၢ် နူးဆဲးစုတဂ့ၤ တဘၣ်တူၢ်လိာ်ပုၤတမ့ၢ်ဘၣ်.
- တဘၣ်လဲၤမၤတၢ် လဲၤထီၣ်ကိ မ့တမ့ၢ် လဲၤတပူၤလၢ်လၢ်တဂ့ၤ.

မၤကဆိ"တၢ်ထိးညိန့ၢ်" အလီၤတဖၣ်တလီၤလီၤ(တၢ်အိးထီၣ်ပဲတြီနီၣ်တံၢ်, တၢ်တူၢ်လိာ်မုၢ်စပွဲဖီခိၣ်, စုဖီတဖၣ်,ဒီးတၢ်အဂၤ). သူဘၣ်ဟံၣ်ဃီတၢ်ကဆိကဆိကသံၣ်ဖုံတခါမ့တမ့ၢ်တၢ်ထွါတဖၣ်တက့ၢ်. စရိအလၢအပွဲတခါနကထံၣ်အီၤဖဲ EPA ပုၤယဲၤသန့ဖဲ <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>.

- ကးဘၢနထးခိၣ်ဒီးနီၣ်ဒုဃုာ်ဒီးနီၣ်ကျါဘၢမဲာ်တခါမ့တမ့ၢ် တၢ်ကံးညၢာ်ကးဘၢနီၣ်ဒုဃုာ်ဒီးထးခိၣ်လၢအဂၤတဖၣ်လၢကဟးဆွဲးတၢ်ဃုာ်တၢ်ဃာ်ရၤလီၤသးအဂီၢ်တက့ၢ်.
- သ့ကဆိန့စုဒီးမဲာ်သုာ်ဃုာ်ဒီးဆးပုၤဒီးထံတလီၤလီၤတက့ၢ်.
- ပုၤကွၢ်ထွဲတၢ်တဖၣ်လၢပၤထွဲလၢ ကရူၢ်တဖၣ်လၢလၢန့ၣ် အိၣ်ဒီးတၢ်ဘၣ်ယိၣ်လၢ တၢ်ဆူးတၢ်ဆါနးနးလၢ COVID-19 အဃိန့ၣ်လီၤ.
 - ပုၤသးပုၤ ၆၅ နံၣ်ဒီးဆူဖီခိၣ်
 - ပုၤတဖၣ်လၢအိၣ်လၢတၢ်ကွၢ်ထွဲအလီၤ မ့တမ့ၢ် ယံာ်ထၢတၢ်ကွၢ်ထွဲအတၢ်လီၤတၢ်ကျဲ
 - ပုၤတဖၣ်လၢအိၣ်ဒီးယံာ်ထၢတၢ်ဆါ(ပသိၣ် သး ခဲစၢၣ် တၢ်ဆံၣ်ဆါ ကလ့ၢ် သူၣ်ဂံၢ်တြီဆါဂ့ၢ်ဝီ)
 - ပုၤတဖၣ်လၢအနီၢ်ခိၣ်တြီဆါစၢၣ် ဃုာ်ဒီးပုၤတဖၣ်လၢ-
 - အိၣ်လၢတၢ်ကူစါခဲစၢၣ်ကတီၢ်
 - အီၤကသံၣ်လၢမၤစၢၣ်လီၤနီၢ်ခိၣ်တြီဆါ ဒ်အမ့ၢ် corticosteroids
 - ကူစါအသံကွဲကံၢ် မ့တမ့ၢ် ကူးကွဲးဆီတလဲနီၢ်ခိၣ်ကွၢ်ဂီၤဒွဲ
 - နီၢ်ခိၣ်အဂီၢ်တြီဆါတလၢပဲၤ
 - မၤဂၢၢ်ကျါ HIV မ့တမ့ၢ် AIDS န့ၣ်ဒုဃုာ်ဒီး
 - ပုၤအဘီၣ်အုၣ်(နီၢ်ခိၣ်မိၢ်ပုၤအနီၢ်တၢ်ထီၣ်ဃုာ်အိၣ် ၄၀ ဆူဖီခိၣ်)
 - အီၤမိၢ်ခဲအံၤခဲအံၤ
- ပုၤကွၢ်ထွဲတၢ်တဖၣ်ကြးကျါစုဖီခိၣ်ဖဲသ့လီၤခီအခါ ဟံးတၢ်ဖိၣ်တၢ်အခါ ဆူၣ်တၢ်အခါဒီးမၤကဆိတၢ်ဟးလီၤဒီးတၢ်လုၢ်ထံဒါးအခါန့ၣ်လီၤ.
- ဆူၣ်ဒီးမၤဃု တၢ်ဆူၣ်ပုၤတၢ်ပလီၤပဒီတက့ၢ်. တဘၣ်ဟူးဝးဆွဲးဆွဲး တၢ်ဆူၣ်လၢအဘၣ်အါ, ဒီးဆီလီၤသူဘၣ်ထံလၢကတၢ်ဖဲန့ၣ်.

- နမ့်အိန်ဒီး နိုခိဂ်တြီဆာတ်မအကျိအကျဲတ်ဂ်စ်န့် သံကွါ နကသံဉ်သရ် ဘဉ်ဃး တ်မအဂတဖဉ်လါနကြါးမအီတကွါ
- တ်ဂ်တ်ကျိအါထီဉ်သးတဖဉ်အဂီ လဲဆူ www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-Karen.pdf.

နတကြါးက့ထီဉ်ဆူ တ်မ တချုးလါ နမလါပဲ တ်နဲဉ်လီလါထးတဖဉ် ဒ်သီး နကမကတင်ကွံဉ် နတ်အိဉ်အိဉ်လီဖျိဉ်နသးလါဟံဉ်အဂီန့ဉ်လီ. နတလိဉ် မကွါ COVID-19 တ်ဆါ(အိဉ်တအိဉ်) အသီကဒီးတဘျီ တချုးလါ က့ထီဉ်ဆူတ်မဘဉ်- တ်ဃုထံဉ်သ့ဉ်ညါတဖဉ် ဒုးနဲဉ်ဖျါထီဉ်ဝဲဒဉ်လါ စးထီဉ်လါ နတ်ဆါအပနီဉ်တဖဉ်ကဲထီဉ်သးဝံ အစုကတင် အသီ ၁၀ (မ့တမ့ အသီ ၂၀, နမ့်အိန်ဒီး နိုခိဂ်တြီဆာတ်မအကျိအကျဲတ်ဂ်စ်)မ့အိဉ်န့ဉ် နရလီဝဲ ဘဲရး(စ်) တသ့လါဘဉ်.

တ်မကစ်တဖဉ်

လံာ်တီလံာ်မိတခါအံမတ်ဒ်တ်ဒုးသ့ဉ်ညါဖိးသဲစးတခါလါနပုမတ်ဖိအတ်ဆူးတ်ဆါအတ်နဲဉ်လီ တဖဉ်လါတ်ကက့ဒါဆူတ်မန့ဉ်လီ. အဝဲသ့ဉ် ကဘဉ် တုထီဉ်ထီဉ်ဘးတ်နဲဉ်လီလါထးတဖဉ်တချုးက့ဒါက့ဆူတ်မလါအနီကစ်န့ဉ်လီ.

မ့ယကွံထွဲလီယသးကသ့လါကျဲဉ်လဲဉ်.

1. **အိဉ်ဘုးအိဉ်သါအါတကွါ. အိထံအါအါ**(မ့တမ့ဘဉ်လါ ကသံဉ်သရ်တဲနလါတဘဉ်အိတဂ့ၤ).
2. **အိလီ Tylenol (acetaminophen) လါတ်လိကီမ့တမ့တ်ဆူးဆါနအဂီတကွါ.** နမ့်အိန်ဒီး သ့ဉ် မ့တမ့ ကလံာ် တ်ကီတ်ခဲတဖဉ်န့ဉ် သံကွါဘဉ် နဟံဉ်ဖိဃီဖိ ကသံဉ်သရ် လါနအိ Tylenol ကသံဉ်သ့ဒါတန့ဉ်တကွါ.

အိဉ်ဘဉ်တခါခါ-

- ၆၅၀ မံလံဉ်ကြါ(၃၂၅ မံလံဉ်ကြါ ကသံဉ်ဖျါဉ် ခံဖျါဉ်) ၄ ဆူ ၆ နနံဉ်တဘျီ မ့တမ့...
- ၁၀၀၀ မံလံဉ်ကြါ(၅၀၀ မံလံဉ်ကြါ ကသံဉ်ဖျါဉ် ခံဖျါဉ်) ၈ နနံဉ်တဘျီ လါတ်လိဉ်ဘဉ်ဖိခိဉ်န့ဉ်လီ.
- **တီနီဉ်-**တဘဉ်အိကသံဉ် အါန့ ၃၀၀၀ မံလံဉ်ကြါ ဖဲတနံအတီပူတဂ့ၤ. Acetaminophe န့ဉ်ထံဉ်ဘဉ်လါ

ကသံဉ်အါကလုာ်အကျါ(ကသံဉ်လၢအလိာ်ဒီးကသံဉ်သရၢာ်အတၢ်န့ၣ်လီၤ ဒီး
ကသံဉ်လၢအတလိာ်ဒီးကသံဉ်သရၢာ်အတၢ်န့ၣ်လီၤတဖၣ် ခံမံၤလၢာ်). ဖးဘၣ်
လံာ်မံၤပနီၣ်တဖၣ်ခဲလၢာ် ဒ်သီးကမၤလီၤတၢ်လၢ နတအိဘၣ်ကသံဉ်
အါတလၢတဂ့ၤအဂီၢ်တက့ၢ်.

လၢဖိသုာ်အဂီၢ် ကွၢ်သမံသမိးဘၣ် Tylenol ပလီ လၢ ကသံဉ်တဘျီအိလၢအကြးအဘၣ်လၢ
ကဒုးအိအဂီၢ်(ဒီးသန့ၤသးလၢ အဝဲသ့ၣ် သးနံၣ်ဒီး နီၢ်ခိတၢ်ဃၢ).

3. **နမ့ၢ်အိာ်ဒီး တၢ်အိာ်ဆူၣ်အိာ်ချ့ တၢ်ကီတၢ်ခဲအဂၤတဖၣ်(ဒ်သီး ခဲစၢၣ်, သးတၢ်ဆါ, နီၢ်ခိက့ၢ်ဒိတခါခါ
တၢ်ကူးကွဲးဟံးန့ၢ်မပုၤနီၢ်ခိက့ၢ်ဂီၤတၢ်ကူစါ မ့တမ့ၢ် ကလ့ၢ်တၢ်ဆါနးနး):** ကိးဘၣ်
နတၢ်ဆါဟံာ်ဖိလၢလီၤဆီ နမ့ၢ်တဟဲကိညၢ်ထီၣ်ဖဲ ၂ သီတီၢ်ပူၤ.

4. **သ့ၣ်ညါဘၣ် အခါလၢကဘၣ်ကိး ၉၁၁-** ဂ့ၢ်ဂီၢ်အူတၢ်တဲပလီၢ်တၢ်ပနီၣ်တဖၣ်ပၣ်ဃုာ်ဝဲ-
- တၢ်ကသါကီခဲ မ့တမ့ၢ် ကသါတလၢသါ
 - သးနါပုၤဆါမ့တမ့ၢ်တၢ်ဆီၣ်သနံးလၢသးနါပုၤဖိခိာ်တဖၣ်န့ၣ် တလီၤမၢ်ဝဲဒုာ်ဘၣ်
 - တူၢ်ဘၣ်တမ့ၢ်တလၢလၢနတတူၢ်ဘူဘၣ်နီတဘျီ မ့တမ့ၢ် ဂဲၤထၢာ်ထီၣ်တန့ၢ်
 - နိာ်ဖဲး မ့တမ့ၢ် မဲာ်သုာ်လၢ ထီၣ်လုးထီၣ်လါ

ယမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျါတဖၣ်ကသ့ဒ်လဲာ်.

- M Health Fairview: www.mhealthfairview.org/covid19/
- Coronavirus တၢ်ဆါဃၢ အခိာ်ထံးခိာ်ဘိတဖၣ်:
www.health.state.mn.us/diseases/coronavirus/basics.html
- နမ့ၢ်ဆိက့ၢ်န့ၣ်ကဘၣ်မၤမန့ၤလဲာ်: https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-If-You-Are-Sick_KE_HR_Karen.pdf
- တၢ်မၤကတၢ်ကွံာ် နတၢ်အိာ်ဖဲဟံာ်ပူၤထဲတဂၤတၢ်မၤ: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html
- တၢ်အံးထွဲကွၢ်ထွဲ ပုၤတဂၤလၢအိာ်ဒီး COVID-19: တၢ်ဆါဃၢ
www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html
- မံာ်နံၣ်စိထုာ် ဖုာ်စိမိၤ တၢ်ဆါဟံာ်ဖိတၢ်မၤကွၢ်(COVID-19 တၢ်ဃုာ်ညါမၤလိတဖၣ်):
clinicalaffairs.umn.edu/umn-clinical-trials

English Translation

This letter provides a written record that you were tested for COVID-19. Your result was **positive**. This means you have COVID-19 (coronavirus).

How can I protect others?

If you have symptoms, **stay home and away from others** (self-isolate) until:

- You've had **no fever**—and no medicine that reduces fever—for 1 full day (24 hours).
And...
- Your other symptoms have gotten better. For example, your cough or breathing has improved. *And...*
- At least 10 days have passed since your symptoms started. (If you've been told by a doctor that you have a weak immune system, wait 20 days.)

If you don't have symptoms: Stay home and away from others (self-isolate) until at least 10 days have passed since your first positive COVID-19 test. If you have a weak immune system, please self-isolate for 20 days.

During this time:

- Stay in your own room, including for meals. Use your own bathroom if you can.
- Stay away from others in your home. No hugging, kissing or shaking hands. No visitors.
- Don't go to work, school or anywhere else.
- Clean "high touch" surfaces often (doorknobs, counters, handles, etc.). Use a household cleaning spray or wipes. You'll find a full list on the EPA website at www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.
- Cover your mouth and nose with a mask or other face covering to avoid spreading germs.
- Wash your hands and face often with soap and water.
- Caregivers in these groups are at risk for severe illness due to COVID-19:
 - People 65 years and older
 - People who live in a nursing home or long-term care facility
 - People with chronic disease (lung, heart, cancer, diabetes, kidney, liver, immunologic)
 - People who have a weakened immune system, including those who:
 - Are in cancer treatment
 - Take medicine that weakens the immune system, such as corticosteroids
 - Had a bone marrow or organ transplant
 - Have an immune deficiency
 - Have poorly controlled HIV or AIDS
 - Are obese (body mass index of 40 or higher)
 - Smoke regularly

- Caregivers should wear gloves while washing dishes, handling laundry and cleaning bedrooms and bathrooms.
- Wash and dry laundry with special caution. Don't shake dirty laundry, and use the warmest water setting you can.
- If you have a weakened immune system, ask your doctor about other actions you should take.
- For more tips, go to www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf.

You should not go back to work until you meet the guidelines above for ending your home isolation. You don't need to be retested for COVID-19 before going back to work—studies show that you won't spread the virus if it's been at least 10 days since your symptoms started (or 20 days, if you have a weak immune system).

Employers: This document serves as formal notice of your employee's medical guidelines for going back to work. They must meet the above guidelines before going back to work in person.

How can I take care of myself?

1. Get lots of rest. Drink extra fluids (unless a doctor has told you not to).

2. Take Tylenol (acetaminophen) for fever or pain. If you have liver or kidney problems, ask your family doctor if it's okay to take Tylenol.

Take either:

- 650 mg (two 325 mg pills) every 4 to 6 hours, *or*...
- 1,000 mg (two 500 mg pills) every 8 hours as needed.
- **Note:** Don't take more than 3,000 mg in one day. Acetaminophen is found in many medicines (both prescribed and over-the-counter medicines). Read all labels to be sure you don't take too much.

For children, check the Tylenol bottle for the right dose (based on their age or weight).

3. If you have other health problems (like cancer, heart failure, an organ transplant or severe kidney disease): Call your specialty clinic if you don't feel better in the next 2 days.

4. Know when to call 911: Emergency warning signs include:

- Trouble breathing or shortness of breath
- Pain or pressure in the chest that doesn't go away
- Feeling confused like you haven't felt before, or not being able to wake up
- Bluish-colored lips or face

Where can I get more information?

- M Health Fairview: www.mhealthfairview.org/covid19/
- Coronavirus Basics: www.health.state.mn.us/diseases/coronavirus/basics.html

- What to Do If You're Sick: www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html
- Ending Home Isolation: www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html
- Caring for Someone with COVID-19: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html
- University of Minnesota clinical trials (COVID-19 research studies): clinicalaffairs.umn.edu/umn-clinical-trials