

တၢ်ရၤလီၤတၢ်ကစီၣ်

လၢတၢ်ကရၤလီၤတၢ်ကစီၣ်တၢ်ပုၤအဂီၢ်

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(လူး(ခ) (LINK) လၢတၢ်ကရၤလီၤတၢ်ကစီၣ်အဂီၢ်

ကကျၢ်တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ပုၤတၢ်မူတၢ်ဒါ ဟ့ၣ်သဆၣ်ထီၣ်လၢ တၢ်ကဆဲးကသံၣ်ဒီသဒါ ဒီးတၢ်ဆဲးဆူၣ်ထီၣ်ကသံၣ်အဂီၢ်တူၢ်စထၢၣ်လၢ ကကြိၣ်ဆါ COVID-19 Omicron အကလုာ်အဂီၢ်

HILLSBOROUGH, N.C. ယန့ၤအါရီၤ 5, 2022 — COVID-19 အတၢ်ဂ့ၢ်တဖၣ် အါထီၣ် 587% စးထီၣ်လၢ နီၣ်ဂ့ၢ်တၢ် အကတၢ် ဖဲ Orange ခိထံၣ် ဟီၣ်ကဝီၤအပူၤ, ယုၣ်ဒီး တၢ်ပၤဖျါတၢ်ဂ့ၢ်အသီအိၣ်ထီၣ် 1,010 ခါလၢ အပူၤကွၢ်တၢ်န့ၣ်လီၤ. Orange ခိထံၣ် ဟီၣ်ကဝီၤ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ အပူၤ တၢ်မူတၢ်ဒါတဖၣ် ဟ့ၣ်ဂံၢ်ဟ့ၣ်ဘိကကျၢ်တဖၣ်လၢ ကခါထီၣ် ခိၣ်ခါမၤ တၢ်မၤ အပတီၢ်တဖၣ် ခဲအံၤလၢ ကဒီသဒါလီၤအနီၣ်ကစၢ်အသးဒီး ပုၤအဂၤ တဖၣ် လၢကဟးဆူးတၢ်အိၣ်သးဖဲတၢ်ဆါဟံၣ်တဖၣ် ပုၤဒီးပုၤဆါဒီး ပုၤဟ့ၣ် တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အပူၤမၤတၢ်ဖိလၢ အလီၤဟ့ၣ်လီၤတၢ်တဖၣ် န့ၣ်လီၤ.

တၢ်ဆါလၢအကဲထီၣ်သးအါတက့ၢ်န့ၣ် ဟဲခိဖျါအသးလၢ အိၣ်မဲၣ်ခရီ (Omicron) လၢအဘၣ်ကူတၢ်ဂၢ်ဂၢ်, လၢအရၤလီၤအသးချ့သးဒီး တၢ်မုၢ်လၢလၢလၢ ကဒုးကဲထီၣ် COVID-19 တၢ်ဆါသကြိၣ် အတၢ်ဘၣ်ကူတၢ်ဂၢ်ဂၢ်အါကတၢ်လၢ န့ၣ်လၢအကဟံတဖၣ်လီၤ. တၢ်ဆဲး ကသံၣ်ဒီသဒါဒီးတၢ်ဆဲးဆူၣ်ထီၣ်ကသံၣ် တူၢ်စထၢၣ်လၢ ကဒီသဒါ COVID-19 န့ၣ် မုၢ်ဒီးဒုၣ်တၢ် ကျဲအဂ့ၢ်ကတၢ်တဘိလၢ ကဒီသဒါ အကစၢ်အသးလၢ တၢ်ဆူးတၢ်ဆါလၢအန့ၣ်, တၢ်ဘၣ်ထီၣ် တၢ်ဆါဟံၣ်, ဒီးတၢ်သံတၢ်ပုၤတဖၣ်န့ၣ်လီၤ. တၢ်အုၣ်သးလၢ အခိၣ်ထံးတခါ ပၤဖျါထီၣ်လၢ ကသံၣ်တူၢ်စထၢၣ်လၢ အဟ့ၣ်ဆူၣ်ထီၣ်တၢ်အဂီၢ်တဖၣ် ဟ့ၣ် တၢ်ဒီသဒါ အိၣ်မဲၣ်ခရီ (Omicron) လၢအကြးအဘၣ်အဂီၢ် န့ၣ်လီၤ.

တၢ်ဂီၢ်ခါတဘျီအံၤ ပုၤကိးဂၤဒဲးကြး-

- ဆဲးကသံၣ်ဒီသဒါဒီးတၢ်ဆဲးဆူၣ်ထီၣ်ကသံၣ်အဂီၢ်- ဆဲးကသံၣ်ဒီသဒါခဲအံၤ, ပၤယုၣ်ဒီး တၢ်မၤန့ၢ် တၢ်ဆဲးဆူၣ်ထီၣ် COVID-19 ကသံၣ် ဒီသဒါတူၢ်စထၢၣ် တသ့ဖဲအသ့ဖဲ န့ၣ်ဒီးန့ၢ်ဘၣ်အိၣ်သ့န့ၣ်တက့ၢ်. တၢ်အံၤအရ့ဒိၣ်လၢ ပုၤလၢအသးအိၣ် 65 န့ၣ် ဆူအဖီခိၣ်, ပုၤလၢ အအိၣ် ပၤဒီး တၢ်ဆါဒီး တၢ်အိၣ်ဆူၣ်အိၣ်ချ့တၢ်ကွၢ်ထွဲ အပူၤမၤတၢ်ဖိတဖၣ်အဂီၢ်န့ၣ်လီၤ. Moderna ဒီး Pfizer COVID-19 ကသံၣ် ဒီသဒါ တဖၣ်န့ၣ်မ့ၢ် တၢ်ယုၤထၢအဂ့ၢ်ကတၢ်လၢပုၤအါတက့ၢ်အဂီၢ်န့ၣ်လီၤ. တၢ်ဒီသဒါအါထီၣ် အိၣ်ယုၣ်ဒီးတၢ်ဆဲးတီးကွၢ်ကသံၣ် ဒီသဒါ န့ၣ်လီၤ.
- တၢ်သမံသမိးကွၢ်န့ၣ်သး- န့ၣ်မုၢ်အိၣ်ဒီး COVID-19 တၢ်ဆါကွၢ်ပနီၣ်တမံလၢလၢ မ့တမ့ၢ် အိၣ်တူၢ်စထၢၣ်ဒီး ပုၤတဂၤလၢ လၢ အိၣ်ဒီး COVID-19 တၢ်ဘၣ်ဂၢ်အယံ သမံသမိးကွၢ်န့ၣ်သးတက့ၢ်.
- နီၣ်ကးဘၢမဲၣ်ကိၣ်ပုၤ- သိးတၢ်ကးသးဒါမဲၣ်သ့ၣ်ဖဲ န့ၣ်မုၢ်အိၣ်လၢပုၤကကျၢ်ကျါလၢ တၢ်သ့ၣ်ထီၣ်အပူၤ, ဖဲန့ၣ်ဆဲး ကသံၣ် ဒီသဒါ မုၢ်ဝံၤ အခါဒုၣ်လဲၣ်န့ၣ်တက့ၢ်. မုၢ်သ့န့ၣ်, သိးနီၣ်ကးဘၢမဲၣ်လၢ တၢ်သိးအိၣ်လၢကသံၣ်ကသီအပတီၢ် လၢက မၤန့ၢ်အါထီၣ် တၢ်ဒီသဒါအဂီၢ်, ဒ်အမုၢ်နီၣ်ကးဘၢမဲၣ်လၢ တၢ်စူးကါအိၣ်ဖဲတၢ်ကူးကွဲးတၢ်အခါ, နီၣ်ကးဘၢမဲၣ်လၢ တၢ် စူးကါအိၣ်လၢ ကသံၣ် ကသီတၢ်မၤလီၢ်, KN95, မ့တမ့ၢ် N95 တဖၣ်တက့ၢ်.
- ဟးဆူးတၢ်ပၤဖျါထီၣ်သး ဒီအုၣ်ဒီထီၣ်- အိၣ်မဲၣ်ခရီ (Omicron) ရၤလီၤအသးချ့သးဖဲ တၢ်လီၢ်ဖဲပုၤလၢအဆဲး ကသံၣ် ဒီသဒါတဖၣ် ပၤဖျါထီၣ်ထီၣ်အသးအလီၢ်ဒီးဖဲတၢ်လိၣ်ဘၣ်လၢ ကအိၣ်ဒီးတၢ်အုၣ်သးလၢတအိၣ်ဒီးတၢ်ဆါဘၣ်န့ၣ်လီၤ.

တၢ်ဒီသဒါအါထီၣ်သးန့ၣ် အရ့ဒိၣ်အါထီၣ်ခဲအံၤ

Renee Price, လၢအမုၢ် Orange ခိထံၣ်ဟီၣ်ကဝီၤ ကမံးတံၣ်မိၢ်ပုၤ (Orange County Board of Commissioners) အ ပုၤပၤလီၢ်ဆူၣ်နီၤ တဲဝဲဒၣ်, “အိၣ်မဲၣ်ခရီ (Omicron) န့ၣ်မုၢ်တၢ်လၢအဘၣ်ကူတၢ်ဂၢ်ဂၢ်ချ့ဒိၣ်မး- လၢတၢ်န့ၣ်အယံ, နီၣ်ကးဘၢမဲၣ်လၢ အဘၣ်လိၣ်သးဒီးမဲၣ်ဂ့ၢ်ဒီး အိၣ်ဒီးအကံၢ်အစီလၢအဂ့ၢ်တဖၣ်န့ၣ် မုၢ်တၢ်လၢအရ့ဒိၣ်သပုၤကတၢ်န့ၣ်လီၤ. တၢ်သိးနီၣ်ကးဘၢမဲၣ်န့ၣ် တမ့ၢ်တၢ်လၢအသီဘၣ်. နီၣ်ကးဘၢမဲၣ်သ့ၣ် တဖၣ်န့ၣ် မုၢ်ကျဲအဂ့ၢ်ကတၢ်အကျါတဘိလၢ ကပၤပနီၣ် COVID-19 တၢ်ဆါအတၢ်ရၤလီၤအသးလီၤ.” “မုၢ်လၢအိၣ်မဲၣ်ခရီ (Omicron) အါထီၣ် အယံ, ပကဘၣ်အိၣ်ဒီး တၢ်ပလီၢ်သ့ၣ်ပလီၢ်သးဒီး အိၣ်ဒီးတၢ်ဂ့ၢ်ကျဲးစးဒိၣ်ဒိၣ်မုၢ်မုၢ်န့ၣ်လီၤ. ဝံသးစူးအိၣ်ဒီး တၢ်ပလီၢ်သ့ၣ်ပလီၢ်သးခိဖျါ တၢ်သိး နီၣ်ကးဘၢမဲၣ်ဒီးသိးအိၣ်ဘၣ်ဘျီဘၣ်ဒါန့ၣ်တက့ၢ်.”

Orange ခိထံၣ်ဟီၣ်ကဝီၤ တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အပူၤန့ၣ်တၢ် Quintana Stewart စံးဝဲ, “ပုၤမုၢ်သိးနီၣ်ကးဘၢမဲၣ်ဒီး ဟးဆူး တၢ်ပၤဖျါထီၣ်သးဒီး ကရူၢ်လၢတၢ်သ့ၣ်ထီၣ်အပူၤန့ၣ်, ကမၤစၢၤဒ်သိးကမၤစၢၤလီၤ တၢ်ဆါကဲထီၣ်သးအဂီၢ်န့ၣ်လီၤ. ခဲအံၤပတၢ်သမံသမိးတၢ်လၢ တၢ်ဆါအိၣ်အမူးကယၤန့ၣ် မုၢ် 11.2% ဒီးတၢ်အံၤအါန့ၢ်ဒိ တၢ်ပလီၢ်လၢ ပပၤလီၢ်အိၣ် 5% မ့တမ့ၢ် အဖီလၢန့ၣ်လီၤ. အရ့ဒိၣ်လၢ ပကမၤစၢၤလီၤတၢ်ဆါအတၢ်ကဲထီၣ်သးဒီး မၤလီၤတၢ်လၢ ပကဆဲးမၤန့ၢ်တၢ်ဆါဟံၣ်အတၢ်ကွၢ်ထွဲပ လိၣ်ဘၣ်အိၣ်, လၢအမုၢ် COVID-19 မုၢ်ဂ့ၢ် တၢ်ဆါအဂၤတဖၣ်လၢ အကဲထီၣ်တၢ်လီၤပုၤ လၢသးသမူအဂီၢ်လၢ အလိၣ်ဘၣ် တၢ်ဆါဟံၣ်အတၢ်ကွၢ်ထွဲအဂီၢ်အခါန့ၣ်လီၤ.”

နီၣ်ကးဘၢမဲၣ်လၢအကံၢ်စီၣ်ဒိၣ်တဖၣ်

စူးကဲနီကးဘာမဲင်လာ အိၣ်ဒီးကံၣ်စီလူအဂ့ၤကတၢၢ်ဒီး အဘၣ်လိၣ်ဂ့ၤဂ့ၤလာ နမၤန့ၣ်အီၤသ့၊ လီၤဆီၣ်တၢ်ဖဲ တၢ်အိၣ်သးလာအိၣ်ဒီး တၢ်ဘၣ်ယိၣ် လၢအအါတဖၣ်ဒီး နမ့ၢ်အိၣ်အါထီၣ်ဒီး တၢ်ဘၣ်ယိၣ်လၢ နကမၤန့ၣ်တၢ်ဆါလၢအနးအဂီၢ်အခါန့ၣ်လီၤ. တၢ်ဂ့ၢ်လၢအလိၣ်ဘၣ်တၢ်ဒီသဒါလၢအဂ့ၤန့ၣ် ပုၣ်ယုၣ်ဒီး တၢ်အိၣ်ဘူးအိၣ်တံၢ်ဒီး အိၣ်ဆိးဘၣ်ယံၣ်ယံၣ်ဒီး ပုၤလၢပတသ့ၣ်ညါလၢမ့ၢ် အဆဲးကသံၣ်ဒီသဒါခါတဆဲးခါ, အိၣ်လၢတၢ်သ့ၣ်ထီၣ်အပူၤလၢ အိၣ်ဒီးပုၤဂီၢ်မ့ၢ်အါဂၤ, ဒီးကမ့ၢ်ဝဲစိၣ်တီဆုၢ် (လီၤဆီၣ်တၢ်ဖဲအိၣ်စီၤစုၤယံၣ်လိၣ်သးတသ့အခါ), ဒီးမၤတၢ်လၢ တၢ်မၤဖဲပုၤထီၣ်လိၣ်သးဒီး ပုၤအါဒိ အါဂၤအခါန့ၣ်လီၤ.

နီၣ်ကးဘာမဲင်လာအကံၣ်စီဂ့ၤတဖၣ်, လၢတၢ်ရၣ်လီၤအီၤ, တဖၣ်မ့ၢ်ဝဲ-

- **N95, KN95 ဒီး KF94.** နီၣ်ကးဘာမဲင်လာ တၢ်သ့ၣ်စူးကဲၣ်အီၤတဖၣ်န့ၣ် ဂ့ၤလၢကဒီသဒါ ဘဲရး(စ)တၢ်ဆါဒီး ခဲအံၤကမ့ၢ်တဖၣ် မၤန့ၢ်အီၤသ့န့ၣ်လီၤ. တၢ်ဘၣ်ဆီတလဲန့ၣ် ဒီးသန့ၤထီၣ်အသးလၢ တၢ်စူးကဲၣ်ပုၤဘျီအဖိခိၣ်န့ၣ်လီၤ. နီၣ်ကးဘာမဲင်တဖၣ်အံၤ အပူၤ ဒိၣ်န့ၢ် တၢ်အဂၤတဖၣ်လီၤ. ပလီၢ်သးလၢ တၢ်မၤအယီၢ်အဘျီအတူးတဖၣ်တက့ၢ်.
- **နီၣ်ကးဘာမဲင်လာ တၢ်သိးအီၤလၢတၢ်ဆါဟံၣ်ဖဲတၢ်ကူးကွဲးတၢ်အခါ.** နီၣ်ကးဘာမဲင်လာ တၢ်သ့ၣ်စူးကဲၣ်အီၤသ့တဖၣ်အံၤ တၢ်ကြး သမံသမိးကွဲးအီၤလၢ မ့ၢ်ထီၣ်ဘးဒီးထံကီၢ်တၢ်ပၣ်ပနီၣ်အပတီၢ်ခါန့ၣ်လီၤ (ASTM 2/3).
- **တၢ်ကံးညၣ်နီၣ်ကးဘာမဲင်လာ အစ့ၤကတၢၢ်အိၣ်ခံကထၢ.** တၢ်သိးနီၣ်ကးဘာမဲင်လာ တၢ်သ့ၣ်စူးကဲၣ်အီၤသ့လၢ တၢ်ကံးညၣ်နီၣ်ကးဘာမဲင် အဖိလၢသ့န့ၣ်လီၤ. (တၢ်နီၣ်- တၢ်တကြးသိးဒီကထၢ N95/KN95 နီၣ်ကးဘာမဲင်ဒီး နီၣ်ကးဘာမဲင်အဂၤတဖၣ်န့ၣ်ဘၣ်.)

နီၣ်ကးဘာမဲင်လာအကျိၤ, လၢအိၣ်ဒီး တၢ်လီၢ်လီၤဟံၣ်လၢနမဲၣ်သ့ၣ် မ့တမ့ၢ် နန့ၣ်ဒါအဘၣ်စၢၤတဖၣ်န့ၣ်, တကဲထီၣ်တၢ်မၤစၢၤလၢ တၢ်ဒီသဒါ နုၤ မ့တမ့ၢ် ပုၤအဂၤတဖၣ်ဘၣ်. လၢနကလဲၤကွဲးဘၣ်တၢ်ဟ့ၣ်ကွဲးတဖၣ်အံၤအဂီၢ်, လဲၤကွဲးဖဲ တၢ်နီၣ်ကျဲၤလၢ တၢ်ကမၤဂ့ၤထီၣ် တၢ်သိးနီၣ်ကးဘာမဲင်သ့ၣ်လၢ အမဲရကၤတၢ်ဖိၣ်ကျဲၤပၤဆုၢ်ဒီး တၢ်ဒီသဒါတၢ်ဆူးတၢ်ဆါ ([U.S. Centers for Disease Control and Prevention \(CDC\)](#)) အအိၣ်န့ၣ်တက့ၢ်.

နမ့ၢ်ထံၣ်ပုၤတဂၤဂၤလၢ တအိၣ်ဒီးနီၣ်ကးဘာမဲင်သ့ၣ်ဘၣ်အယိ, ပၣ်လၢအဝဲသ့ၣ် အိၣ်ဒီးတၢ်ဂ့ၢ်အဂ့ၤလၢ တသိးဝဲဘၣ်ဒီး အိၣ်စီၤစုၤယံၣ်ထီၣ်ဒီး ပုၤဝဲန့ၣ်တက့ၢ်.

လၢနကမၤန့ၢ်အါထီၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃး နီၣ်ကးဘာမဲင်အဂီၢ် လဲၤကွဲးဖဲ အီၤရဲထီၣ်ဟီၣ်ကဝီၤ တၢ်အိၣ်ဆူၣ်အိၣ်ချဲဝဲကျိၤ (**Orange County Health Department**) [နီၣ်ကးဘာမဲင်သးအလံၣ်ကဘျီအပူၤတက့ၢ်.](#)

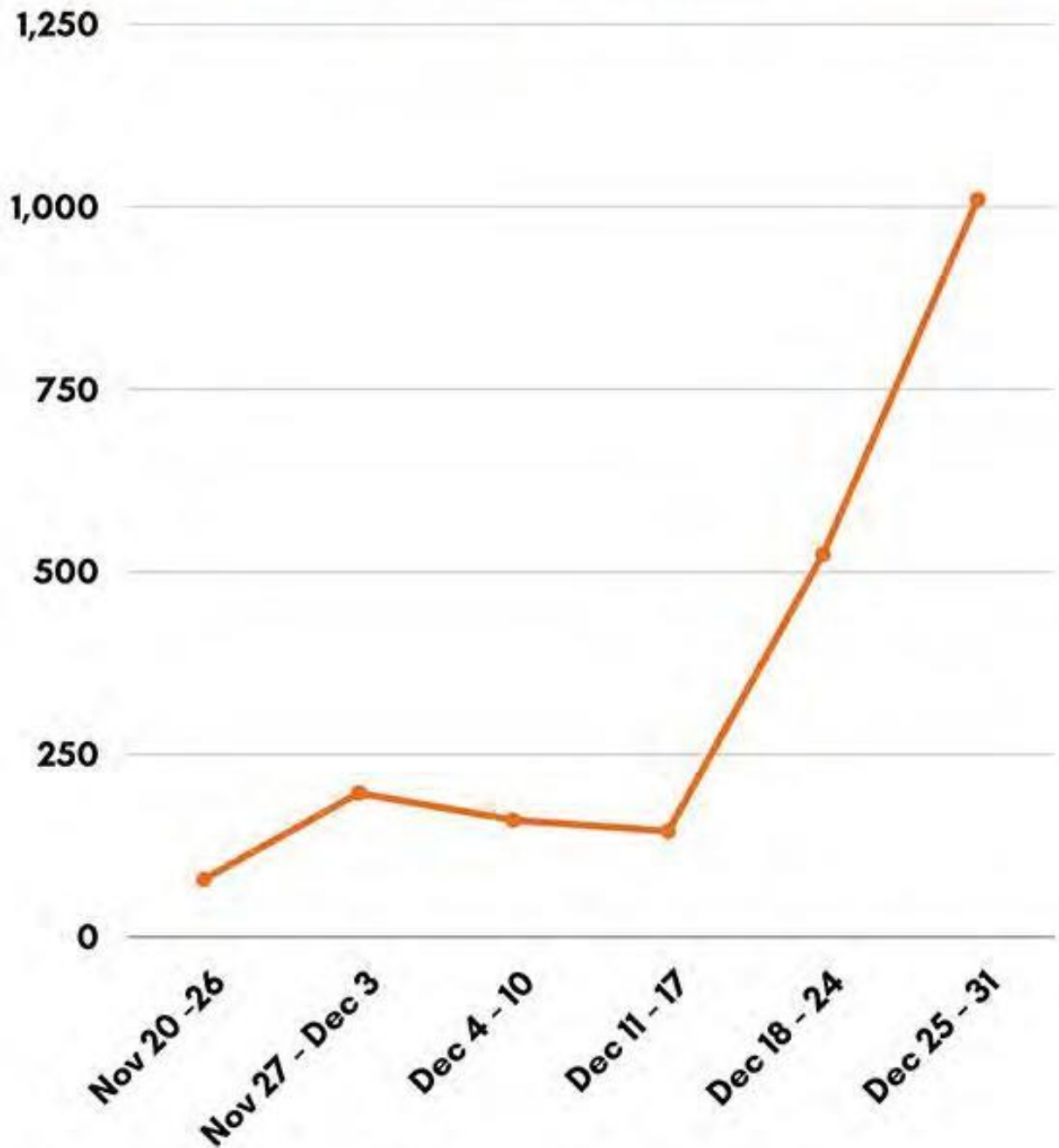
လုး(ခ) (Links) လၢအဘၣ်ထွဲတဖၣ်

- လဲၤကွဲးဖဲ ကလဲၤထံးခၣ်ရိၣ်လဲၣ်န့ၣ်တၢ်အိၣ်ဆူၣ်အိၣ်ချဲဒီး ပုၤကညီတၢ်မၤစၢၤတၢ်မၤ (**North Carolina Department of Health and Human Services**) ပုၤယဲၤသန့ၤလၢ ကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃး [တၢ်ဆဲးဆူၣ်ထီၣ်ကသံၣ်အဂံၢ်ဘူးစထၢၣ် \(boosters\)](#) ဒီးတၢ်ဆဲးအါထီၣ် [ကသံၣ်ဖျၢၣ်တဖၣ်တက့ၢ်.](#) တၢ်ထံၣ်န့ၢ်အါထီၣ် တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးကသံၣ်ဒီသဒါလၢဖိသ့ၣ်တဖၣ်အဂီၢ်သ့ [ဖဲအံၤ စ့ၢ်ကီးန့ၣ်လီၤ.](#)
- လၢနကယုၣ်န့ၢ် တၢ်ဆဲးကသံၣ်ဒီသဒါ အလီၢ်အကျဲ, မ့တမ့ၢ် လၢကဒီးန့ၢ်အါထီၣ်ဘၣ်ဃး **COVID-19** ကသံၣ်ဒီသဒါလၢ **North Carolina** အပူၤအဂီၢ်, လဲၤကွဲးဖဲ [MySpot.nc.gov](#) မ့တမ့ၢ် ကိးကီၢ်စဲၣ်အ **COVID-19 Vaccine Help Center** လၢတလၢၣ်ဘျီလၢၣ်စုၤဖဲ **888-675-4567** တက့ၢ်.
- လဲၤကွဲး အီၤရဲထီၣ်ဟီၣ်ကဝီၤတၢ်အိၣ်ဆူၣ်အိၣ်ချဲဝဲကျိၤ (**Orange County Health Department**) အပုၤယဲၤသန့ၤလၢ ကမၤန့ၢ် တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ထွဲ [ကသံၣ်ဒီသဒါ, တၢ်ဆဲးဆူၣ်ထီၣ်ကသံၣ်အဂံၢ်ဘူးစထၢၣ်တဖၣ် \(boosters\), တၢ်သမံသမိး မၤကွဲးသး ဒီးနီၣ်ကးဘာမဲင်တဖၣ်အဂ့ၢ်တက့ၢ်.](#)

တၢ်ဂီၤလၢအဘၣ်ထွဲတဖၣ်

- တန့်တဘျီ COVID-19 တၢ်ဆါလၢအကဲထီၣ်သးဖဲ Orange ဒိထံၣ်, North Carolina စးထီၣ်ဖဲ နီၣ်ဂ့ၢ်ဘၢၣ်. 20 တ့ၢ် ဒံၣ်ဖဲဘၢၣ်.31, 2021 အနီၣ်ဂံၢ်စရီ

Weekly COVID-19 Case Count for Orange County, North Carolina from November 20 to December 31, 2021



- တၢ်ကဘၣ်သးနီၣ်ကးဘၢမဲၣ်ဒ်လဲၣ်- [အဲကလံး](#), [စပုၣ်ကီၣ်](#), [တၢ်ရှးကီၣ်](#), [ပယီၤကီၣ်](#), ဒီး [ကညီ](#)

WEAR IT CORRECTLY
TO PROTECT YOURSELF AND OTHERS

Completely cover the nose and mouth with the face covering.
Be sure it fits snugly against the side of the face.

Incorrect examples:
 - Nose & mouth are not covered.
 - Nose is not covered.
 - Mask is too loose.

ORANGE COUNTY HEALTH DEPARTMENT
orangecountync.gov/Masks

- တၢ်ကံးညၢၣ်နီၣ်ကးဘၢမဲၣ်တဖၣ် မၤတၢ်တုၤလီၤတီၤလီၤထဲလဲၣ်- [အဲကလံး](#), [စပုၣ်ကီၣ်](#), ဒီး [တၢ်ရှး](#)

How effective are cloth masks?

COVID-19 is a new virus and we are still learning much about it, including the most effective ways to prevent its transmission.
 There is evidence that wearing a cloth mask provides protection to both the individual wearing it as well as others around them.

MASK EFFECTIVENESS
 We have learned that as many as 40% of people infected with the virus that causes COVID-19 may have no symptoms. But when they talk, cough or sneeze, they spread the virus to others in the form of respiratory droplets.
 Masks keep the droplets inside the mask, which is important due to the high number of people who are infected but don't show symptoms or their symptoms have not yet occurred.

INCREASE EFFECTIVENESS
 Use multiple layers of fabric. Use fabric combinations like cotton-silk, cotton-chiffon, or cotton-flannel. High thread count fabrics are most effective.
 Keep your mask clean. Wash your cloth mask after each use, or at least daily. It's best to wash in hot water, but if you can't, make sure to dry it using the hot setting of your dryer.
 Test your mask fabric by holding it up to the light. If you can easily see the outline of the individual fibers, it's not going to make a great filter.

AVOID
 GAPS: Your mask should fit snugly but not so tight that it impairs your breathing. The idea is to trap your droplets inside the mask and prevent them from seeping out the sides. Wear it over your nose and mouth as they produce the droplets.
 VALVES, BANDANAS AND GAITERS: Do not use masks with exhalation valves. The valve releases your droplets into the air, so it does not protect others if you're contagious. Both bandanas and gaiters break up the particles and allow them to slip out the sides.

Children under 2, anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the masks without help should NOT use cloth face coverings.

Remember, face coverings should cover both the nose and mouth and fit snugly but comfortably against the sides of the face.

ORANGE COUNTY HEALTH DEPARTMENT
www.orangecountync.gov/Masks

- ယကဘၣ်သးနီၣ်ကးဘၢမဲၣ် ခံကထာဇါ- [အဲကလံး](#), [စပုၣ်ကီၣ်](#), ဒီး [တၢ်ရှး](#)

Should I double mask?



COVID-19 spreads primarily from person to person through respiratory droplets that spread into the air when you cough, sneeze, talk, shout, or sing. Cloth masks reduce the spray of droplets when worn over the nose and mouth.

INCREASE EFFECTIVENESS

Use **multiple layers of fabric or double mask**. The fabric combinations like cotton-silk, cotton-chiffon, or cotton-flannel. High thread count fabrics are most effective. Wearing two masks can increase effectiveness. Wearing a cloth mask on top of a surgical mask mimics the filter-cloth combo found to be more protective in studies. The surgical mask acts as a filter and the cloth mask provides an additional layer of protection while improving the fit.

Keep your mask clean. Wash your cloth mask whenever it gets dirty or at least daily. Include your mask with your regular laundry. Use regular laundry detergent and the appropriate settings according to the fabric label.



MASK EFFECTIVENESS

Many people infected with the COVID-19 virus never develop symptoms, but they may still transmit the disease. Others who become sick can transmit the disease before any symptoms begin.

Masks are proven effective at protecting both the wearer and everyone around them. Combined with social distancing, masks offer the most effective method at slowing the spread.



AVOID

GAPS: Your mask should fit snugly but not so tight that it impairs your breathing. The idea is to trap your droplets inside the mask and to not let them seep out the sides of the mask. This is why it is so important to wear it over your nose and mouth as they produce the droplets.

VALVES: Do not use masks with exhalation valves. The valve makes it easier to breathe out, but it also releases your droplets into the air, so it doesn't protect others if you're contagious. Protecting others is the primary reason to wear a mask.



Children under 2, anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the masks without help should **NOT** use cloth face coverings. **Remember, face coverings should cover both the nose and mouth and fit snugly but comfortably against the sides of the face.**

Test your mask fabric by holding it up to the light. If you can easily see the outline of the individual fibers, it's not going to make a great filter.



www.orangecountync.gov/Masks

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