Covid-19 ka˅ kaw-eh˅ se˅ tcaw^-eu ba˅ da neh pyeu˄ la˅ nya-eu ma˅ mui˅-eu je˅-a˅,

1 *Gha˅ doe˅ doe˅-eu haw˅-eu u˅ du˅ kaw˄-eu*

2 *Phya˅-eu/ghaw˅ maw˅ lah˅ la˅-eu*

3 *Yaw ga^ ga^ phya˅ phya˅-eu*

4 *Ja^ gha˅ tcaw^-eu˅ pheh˅ tsah˅-ah˅ na˅-eu (ma˅) phu˅ la˅-eu*
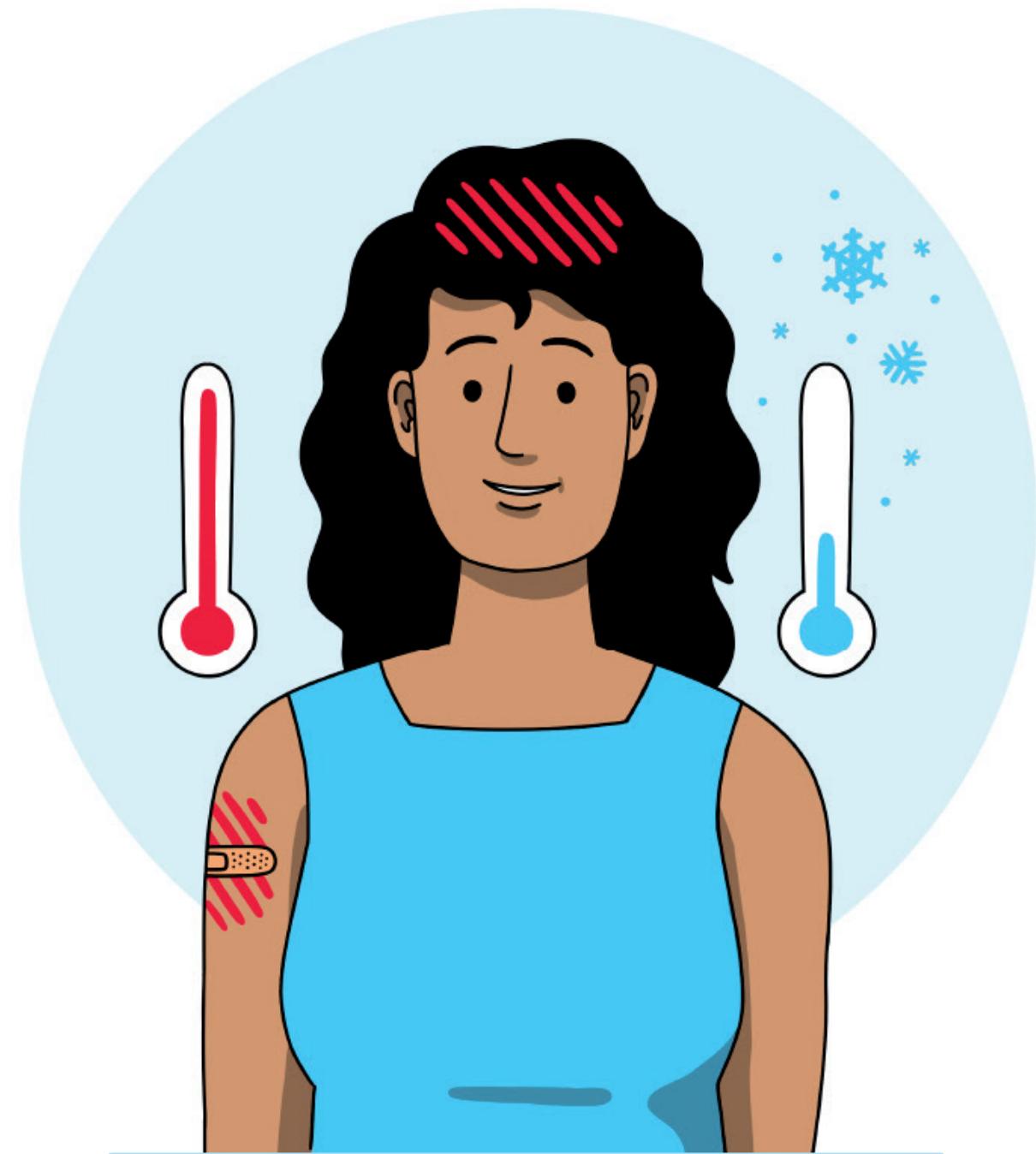
Mya˅ hti˅ pa^ la˅ ta^ phaw eh˅ hta˅-eu˅ na˅ gaw˅ a˅ gheh˅ heu deu˅ pyeu˄ la˅-aw˅ a˅ yam˅ ma˅ myah˅ la˅ qhoe˅ hta˅ le˅-eu meh.

Ka˅ kaw-eh˅ se˅ tcaw^ gha˅-aw˅ 24 na˅ li˅ dzeh˅-i˅-aw˅ mi˅ tsa pha˅ na˅ dzeh˅ la˅ na˅ (ma˅) ui cui^ mya^ nah keu^ ni ma˅ hta˅ le˅ na˅ ja^ gha˅ la^ sa^-eu phaw haw-eu pya^-eu tsaw˅ ha˅/sa˅ la˅ gho˅-ah˅ ngeh˅ chaw˅-aw˅.

Na˅ gaw˅ a˅ gheh˅ hti˅ pa^ na deu˅-ah˅ ja^ gha˅ ah˅ du˅-ah˅ zeu˅ za nya qaw˄ ja^ gha˅ la^ sa^-eu phaw haw-eu pya^-eu tsaw˅ ha˅/sa˅ la˅ gho˅-ah˅ je˅ hu ngeh˅ chaw˅-aw˅.
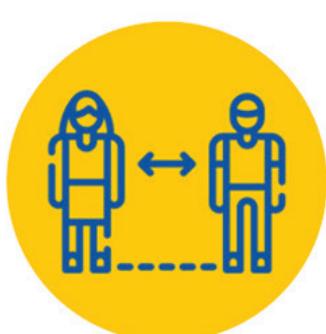
Baw ma na˅-eu (ma˅) boe˅ phya baw-eu tsaw˅ ha˅ deu˅-a˅, la˄ o^ phaw eh˅ hta˅-eu˅ ja^ gha˅ deu˅ daw˅ ngeh ga˅ kaw^ hti˅ deu˅ na-ah˅ chaw hteh-eu gha˅ du˅ lo˅ meh.

- **Ibuprofen**
- **Aspirin**
- **Antihistamines**

Daw˅ taw^ lu˄ chaw hteh-eu la˅ qhoe˅ hti˅ kaw^ lo˄-eh˅ la^ qhm˅-aw˅.

Sa˅ bya˅ haw˅-eu i˅ cu˄ neh dzui˄ shaw˅-aw˅.

Hti˅ gha˅ hti˅ gha˅ yaw ghaw˅ ghaw˅-eh˅ jaw˅-aw˅.

Qha˅ meh haw˅-eu na˅ meh˅ meh˅ tsah˅ tsah˅-aw˅.
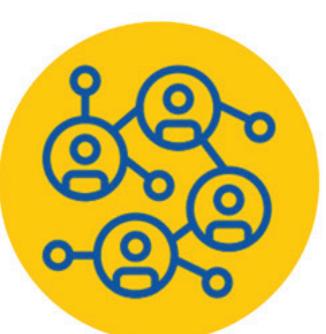
Daw˅ pheh tu^ ni jaw˅ ya˅-eu˅ deu˅-ah˅ chaw tse˅ haw-aw˅.

Yaw ceu^ ceu^-eh˅ jaw˅-aw˅.

Ja˅ leh˅ yaw mui˅-eh˅ za ni hta˅-aw˅.

Ka˅ kaw-eh˅ se˅ tcaw^-aw˅.