



နကဘဉ်တုတ်ကးဘါမဲဒ်လဲဉ်

Design and preparation of cloth mask - Karen

လၢကတုကဲထီဉ်တၢ်ကံးညဉ်ကးဘါမဲဒ်အဂီၢ်နကလိဉ်ဘဉ်-

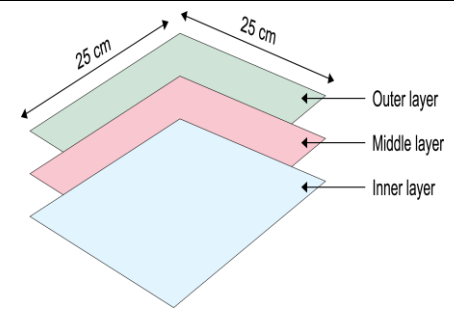
တၢ်ကးဘါမဲဒ်အဂီၢ်	အထီအလံာ်တၢ်ထီဉ်တၢ်ဒွဲး	တၢ်ကံးညဉ်အကလုာ်	တၢ်ကံးညဉ်အဒိ
အချၢတကပၤ	1 က့ကအိဉ်ဝဲ, 25 cm x 25 cm	တၢ်ကံးညဉ်လၢတီဉ်န့ၢ် (ဖိလံာ်စထၢဉ်/ဖိလံာ်ဖရီဖဲလဲ)	<ul style="list-style-type: none"> တၢ်ကံးညဉ် ထၢဉ်လၢနပူတၢ်အဂီၢ်လၢတၢ်သူက့ၤအီၤသ့ "အလွဲလါအဲး" တဖဉ် ပုၤလိဉ်ကွဲဖိကူကၤ (လၢအယုထီဉ်ချ့)
အခါသး	1 က့ကအိဉ်ဝဲ, 25 cm x 25 cm	တၢ်ကံးညဉ်အညဉ်လၢအကျဲဉ်ကျိအသး (လုာ်ဘဲကျဲဉ်ကျိဃုာ်ဖိလံာ်စထၢဉ်/ ဖိလံာ်ဖရီဖဲလဲ)	<ul style="list-style-type: none"> အကထၢအါဝဲပဉ်ဃုာ်- တၢ်ကံးညဉ် ထၢဉ်လၢနပူတၢ်အဂီၢ်လၢတၢ်သူက့ၤအီၤသ့ "အလွဲလါအဲး" တဖဉ်
အပူၤ	1 က့ကအိဉ်ဝဲ, 25 cm x 25 cm	တၢ်ကံးညဉ်လၢအစိုာ်ထံန့ၢ်(လုာ်ဘဲ)	<ul style="list-style-type: none"> တၢ်ကံးညဉ်
နါအဘျး	2 က့ကအိဉ်ဝဲ, 20 cm စုာ်စုာ်	တၢ်ကံးညဉ်လၢအယုာ်ထီဉ်သ့မ့တမ့ၢ်ပျံၤ မ့တမ့ၢ်တၢ်ကံးညဉ်အပူၤတဖဉ်	<ul style="list-style-type: none"> ဆ့ကၤယုာ်(T-shirt) ခိဉ်ဖဲးပျံၤတဖဉ်

အကါဒိဉ်- မၤလီၤတၢ်ဒိသိးတၢ်ကံးညဉ်ခဲလၢာ်ကဘျးတၢ်လိာ်အသးဒီးတၢ်တဘျးသူအီၤဘူထလၢမ့တမ့ၢ်အပူၤဟီဝဲတဂ့ၤ.
ကွၢ်သမံသမိးတၢ်ကံးညဉ်အကလုာ်တၢ်ပနီဉ်လၢတၢ်ဘျးလီၤအီၤတက့ၢ်. တၢ်ကံးညဉ်အလံာ်အထီန့ၢ်တၢ်ထီဉ်တယၢ်မၤအီၤဒီးကဘျးဝဲဒီးပုၤ
အမဲဒ်အါတက့ၢ်လီၤ.

အပတီၢ်တဖဉ်

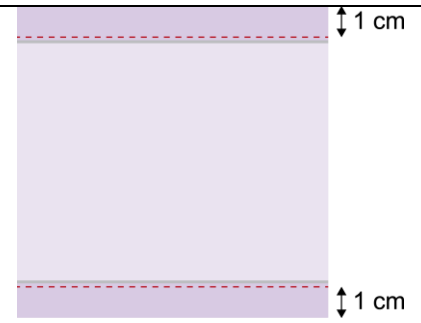
A. တံာ်တဲာ်တၢ်ကံးညဉ်သၢက့ကအိဉ်ဝဲ 25 cm x 25 cm ဝးတက့စုာ်စုာ်.

တၢ်အံၤကဲထီဉ်ဝဲအချၢ, အခါသး, ဒီးအအိပူၤအ
ကထၢဉ်ဖဉ်န့ၢ်လီၤ.

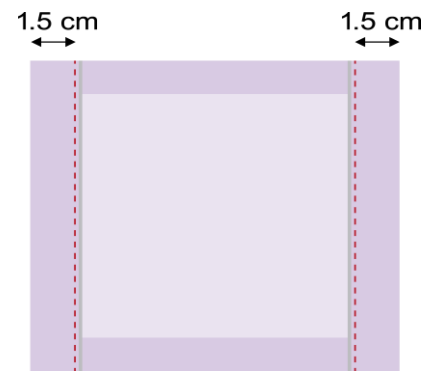


B. ကါးချးတၢ်ကံးညဉ်ကအိဉ် 1 cm လၢအဖိခိဉ်ဒီးအဖိလၢာ်ဝံၤဆးအီၤ.

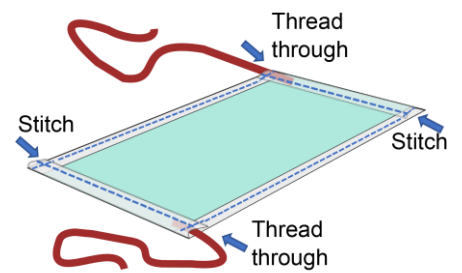
(ကွၢ်ဘၣ်တၢ်ဂီၤလၢအိၣ်ဒီးအဖျၢၣ်ပံၣ်တြၢ်ဖၣ်အသိး).



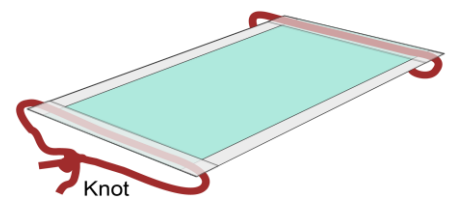
C. ကၢ်ခါးတၢ်ကံးညၢ်ကအိၣ် 1.5 cm လၢအကပၤ(ကွၢ်ဘၣ်တၢ်ဂီၤလၢအိၣ်ဒီးအဖျၢၣ်ပံၣ်တြၢ်ဖၣ်အသိး)ဝံးဆးအီၤ.



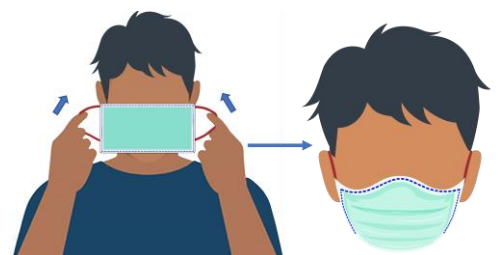
D. တၢ်န့ၣ်လီၤရီၤဘၢၣ်, ပျံၤမ့တမ့ၢ်တၢ်ကံးညၢ်အပူၤလၢအကပၤခံၣ်လၢၤ. သူထးဘျးမ့တမ့ၢ်ထးဆးတၢ်အိၣ်လၢကတုၢ်ဖျိပျံၤအဂီၢ်တက့ၢ်.



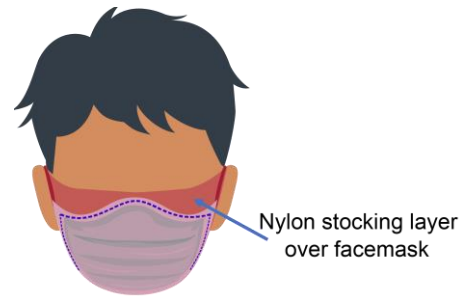
E. စၢတၢ်ပျံၤအစိးခံးပံးမ့တမ့ၢ်ဆးတၢ်အီၤတပူၤဃီတက့ၢ်.



F. ထီထီၣ်တၢ်ကးဘၢမဲၣ်လီၤတၢ်လီၤဆဲးဒ်သိးကဘၣ်ဝဲန့ၣ်မဲၣ်ဂ့ၤဂ့ၤဘၣ်ဘၣ်အဂီၢ်တက့ၢ်. ဖဲန့ၣ်ကးဘၢန့ၣ်မဲၣ်အဆၢကတီၢ်တဘၣ်ထိးန့ၣ်လၢအချၢတကပၤန့ၣ်တဂ့ၤ.



G. နမ့်အဲဒ်ဒီးမၤဘၣ်တၢ်ကးဘၢမဲၣ်သၣ်အံၤဂ့ၤဒိၣ်ထီၣ်အဂီၢ်န့ၣ်န့ၣ်အါထီၣ်ဒိၣ်ဖျိၣ်က
ပျးဘၣ်ဘူသလၣ်(န့ၣ်လိၣ်)ဝံၤစၢတၢ်အီၤလၢန့ၣ်အချၢသ့ဝဲလီၤ.



To find out more information about corona virus and how to stay safe visit
[DHHS.vic – coronavirus disease \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus)
<<https://www.dhhs.vic.gov.au/coronavirus>>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit
[DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>

For any questions

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only



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