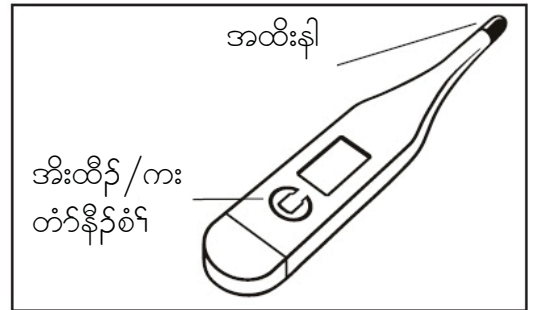


တၢ်စူးကါဒီးကွဲးတၢ်သမိမံထၢ်အကျဲ

သမံသမိးကွၢ်တၢ်ခုၣ်အနီၣ်ထီၣ်ဖဲပှၤတၢ်လၢလၢအိၣ်ဒီးတၢ်ကိၣ်ထီၣ်အကွၢ်ပနီၣ်တဖၣ်အခါ
(တၢ်ကိၣ်ထီၣ်, လၢကိၣ်, မဲာ်သၢ်ဂီၤထီၣ်, ခိၣ်ဆါ, တူၢ်ဘၣ်လၢအလီၤဘျးဒီးအဂံၢ်စၢ်)

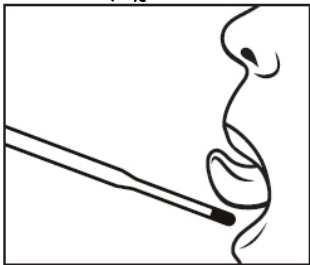
1) ကတဲာ်ကတီၤသမိမံထၢ်

- မၤကဆိၣ် သမိမံထၢ်ဒီးဆးပွၣ်ထံလၢလၢဖဲတချုးစူးကါဒီးစူးကါဝံၤအလီၤခံန့ၣ်တက့ၢ်.
- ဆိၣ်လီၤနီၣ်စံာ်လၢကအိၣ်ထီၣ်ဒီးကွဲးထၢ်သမိမံထၢ်တက့ၢ်.



2) ပာ်သမိမံထၢ်လၢထးခိၣ်ပူၤ မ့တမ့ၢ် လၢစုဒုၣ်ဖိလၢာ်။

လၢထးခိၣ်ပူၤ-



- ပာ်သမိမံထၢ်အထိးနါလၢပူၤဖိလၢာ်တက့ၢ်.
- ကးတံာ်ဃာ်ထးခိၣ်ပူၤဒီးပာ်ဃာ်သမိမံထၢ်ခိၣ်ထိးလၢပူၤဖိလၢာ်တက့ၢ်.

စုဒုၣ်ဖိလၢာ်-



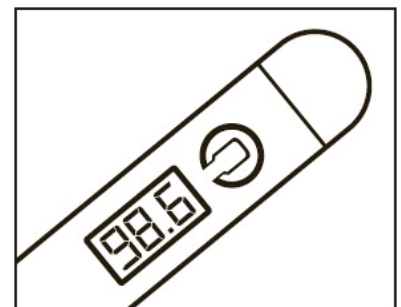
- ပာ်သမိမံထၢ်လၢတံာ်လၢပူၤတက့ၢ်.



- ပာ်လီၤစုဒုၣ်လၢတၢ်ဖိလၢာ်တက့ၢ်.
- ပာ်စုဒုၣ်လၢမိၢ်ပှၤအကဟၤတက့ၢ်.

3) ဖးသမိမံထၢ်

- ဖဲကတဲာ်ကတီၤသးဝံၤအခါနီၣ်ဂံၢ်တဖၣ်လၢသမိမံထၢ်အလီၤကကပီၤထီၣ်မ့တမ့ၢ် အကလုၢ်ကသိၣ်ထီၣ်ဝဲန့ၣ်လီၤ. ထုးထီၣ်သမိမံထၢ်ဒီးဖးတၢ်ကိၣ်နီၣ်ထီၣ်လၢတၢ်ပာ်ဖျါအိၣ်တက့ၢ်.
- တၢ်ကိၣ်တၢ်ခုၣ်နီၣ်ဂံၢ်ညီန့ၣ်အိၣ်ဖဲ 98.6 °F (ကိၣ်ပူၤ) , 97.6 °F (စုဒုၣ်) လီၤ.
- လၢတၢ်ကဖးအိၣ်ဘၣ်ဘၣ်အဂီၢ်, တဘၣ်အိၣ်ကသံၣ်မၤစ့ၤလီၤတၢ်ဆါ မ့တမ့ၢ်မၤစ့ၤလီၤတၢ်ကိၣ်တချုးကစူးကါသမိမံထၢ်န့ၣ်တဂ့ၤ.



နတၢ်ကိၣ်မ့ၢ်အိၣ်

တၢ်ကိၣ်ထီၣ်အခါပညိမ့ၢ်ဝဲန့ၣ်ခိမိၢ်ပှၤဘၣ်မၤတၢ်ဆူၣ်ဆူၣ်လၢကထီၣ်ဒီးဒုးဖျိးတၢ်ဆူၣ်ဆူၣ်ဆါနးမးအဂီၢ်န့ၣ်လီၤ. အိၣ်ဘျးအိၣ်သါ, အိၣ်ထံအါအါဒီးသိးနကကိၣ်ညါထီၣ်ချုးအဂီၢ်န့ၣ်တက့ၢ်. ဖဲနတၢ်ကိၣ်အိၣ် 100°F မ့တမ့ၢ် အါန့ၢ်အအံၤန့ၢ် ၊ ဖဲ (ကိၣ်ပူၤ) မ့တမ့ၢ် 99°F မ့တမ့ၢ် အါန့ၢ်အအံၤဖဲ (စုဒုၣ်)အခါန့ၢ်အိၣ်လၢဟံၣ်ပူၤဒီးသိးနတၢ်ဆါအသုတရၤလီၤဆူပှၤဂၤအအိၣ်န့ၣ်တဂ့ၤ. ကွဲးဒီးတၢ်ကွၢ်ထွဲဖိသၢ်လီၤသ့ၣ်တဖၣ်ကအိၣ်ဒီးတၢ်သိၣ်တၢ်သီလၢအလီၤဆီလိာ်သးဘၣ်ဃးနကပာ်နဖိလၢဟံၣ်အဂီၢ်န့ၣ်လီၤ. ဝံသးစူၤသံကွၢ်ပှၤမၤတၢ်ဖိလၢကွဲး မ့တမ့ၢ် ပှၤကွၢ်ထွဲဖိသၢ်လီၤန့ၣ်တက့ၢ်.

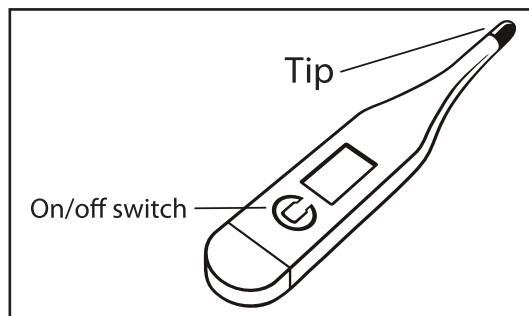
HOW TO USE A DIGITAL THERMOMETER

Check temperature when someone has the signs of a fever

(chills, feels very warm, flushed face, headache, feels tired and weak)

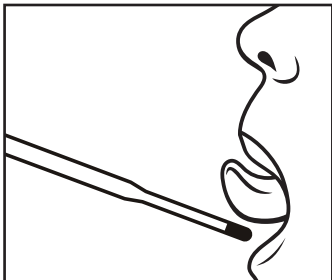
1) GET THE THERMOMETER READY

- Clean thermometer with soapy warm water before and after use.
- Press the button to turn digital thermometer on.



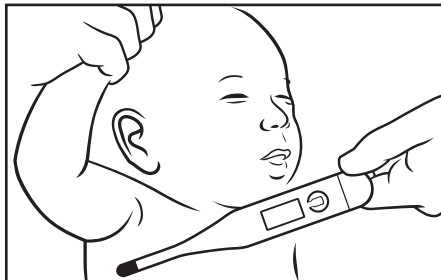
2) PLACE THERMOMETER IN MOUTH OR UNDER ARM

In the Mouth:



- Place tip of thermometer under the tongue.
- Keep the mouth closed and thermometer tip under the tongue.

Under the Arm:



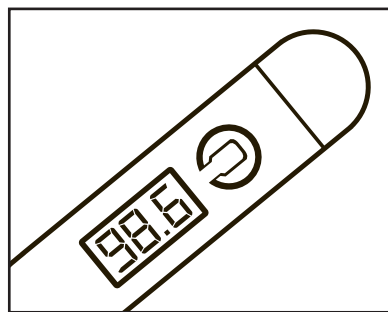
- Place the tip in the armpit.



- Bring the arm down.
- Keep the arm against the person's side.

3) READ THE THERMOMETER

- The numbers on thermometer will flash or it will beep when ready. Remove thermometer and read the temperature shown.
- Normal temperature is around: 98.6°F (mouth), or 97.6°F (arm).
- For correct reading, do not take pain or fever-reducing medicine before taking a temperature.



IF YOU HAVE A FEVER

A fever means your body is working hard to fight off an illness. Rest and drink plenty of liquids to help your body get better faster. Stay home to keep your illness from spreading to others if your temperature is: 100°F or higher (*mouth*) **or** 99°F or higher (*arm*). Schools and child care programs may have different rules about when to keep your child home. Please ask staff at your child's school or child care.

