



Thĭn kaam ě dĭer ku kĕĕn jĕĕr ebĕn, yen ee kĕril apĕi pial guᑕp ě raan muk thĭn ye kĕriĕc ě pĭir – riĕl guᑕp, luĕi nhom, ciĕŋ ku yᑕk luĕi kedĕŋ.

Pial guᑕp mĕnhdu alĕu bĭ looi ye kĕn yeŋᑕ cĕ rot looi ku ye kĕŋᑕ cĭ kᑕc looi ebĕn. Thĭn tĕwĕn lawĭc ku tĕ puᑕth wĕn kuᑕny looi apĕi, yĭn alĕu ba kony tĕnĕ pial guᑕp kᑕc maanydu thok.

Yᑕk acĕ rᑕt juar apĕi ku bĭ mĭith-abuun ebĕn rĕerke piĕl, kuᑕn ku bĭk latueŋ kek kuĕnden ebĕn, tĕnĕ cᑕk yen aa thukulic tedĕ keye baai.

Mĭith juĕc anĭc ě kĕn bĭ rot looi ě tuany ee novel coronavirus (COVID-19) ku adhĭl kĕk wĕn kᑕᑕk jĕĕr ebĕn kuany ku dĭer ě kᑕc kᑕk. Kĕn alĕu bĭ ya dhᑕl piŋ ku dai yeŋᑕ cĭ rot looi ee thukulic, baai tedĕ yᑕnlaany. Yen ee kĕril apĕi ba jam wek mĭithku alᑕŋ kĕk-ken wĕn gᑕᑕrkĭ ebĕn.

Yĭn kĕn lĕu ba looi:

- Them ku ba guᑕp pĕl-piny tĕwĕn jĭem yĭ wek mĭithku ku kᑕc mac-thok.
- Jam wek mĭithku alᑕŋ ekĕdĭ keek rᑕt yᑕk thĭn. Piŋ ku nyuᑕth keek.
- Jam wek mĭithku alᑕŋ tuany COVID-19. Bĕer wĕlken cĭk thiĕc ebĕn ke dhᑕl la cᑕk tĕcĭt tĕwĕn bĭ lĕu rot. Kĕn abĭ ke kony ye luĕi riĕkden ku dhuk piny dĭer.
- Looi media bĕ kur apĕi – nyoth rot tĕnĕ media adhĭl bĭ riĕk ku dĭer apĕi juakic.
- Lui kĕk yin looi tĕnĕ kᑕc mac-thok ba reerke wee puᑕl gup. Gĕm mĭithku wĕl la cᑕk alᑕŋ ekĕdĭ bĭ kĕk ě luᑕŋ tet thĭn wĕl lĕu bĭ keek deetic, cimĕn kĕn abĭ keek gĕm luĕi ě gĕlgĕl rot.
- Nyai kaam keek etᑕk ku muk dhᑕl luĕi ebĕn tĕwĕn bĭ lĕu rot tedĕ kuᑕny bĕk kĕn yam cak. Looi kaam ye tuuk ku lᑕᑕŋ guᑕp. Naŋ kĕk gĕl wek nyĭn etᑕk.
- Tiŋ kĭit ě kĕn jĕĕr – mĭith adhĭl bĭk gup wĕl thĭn kĕn jĕĕr nĕ kuĕer wĕn tĕkic ebĕn. Kĕn adhĭl bĭk yic naŋ wĕĕric tĕnĕ keek niin-thĭn, wĕĕric gᑕᑕr cĕm, mĕar ě rĕer arotde, c.m. juĕc yic gei rot, gᑕᑕr bĕ thiᑕk kek kᑕcdĭt tedĕ ke juĕc rot ye riĕk piᑕu, agĕnygĕny ,dĭer/tedĕ riĕk
- Them ku ba pial guᑕp muk apiath.

## Kuᑕny kuĕ ku pial-guᑕp thĭn baai.

Ba luthĭn baai tĕnĕ kaam wĕn bĕaric ě pĕidĭt alĕu bĭ la bĕer dĭer ku thᑕr thĭn baai.

Yĭn yeŋᑕ lĕu ba looi:

Nyuᑕth

- Jam kek kᑕc maanydu thok alᑕŋ yeŋᑕ ee kĕn loi rot. Deetic yĕe kedĕŋ wĕn jĕĕr adhĭl bĭ dĭerden dhuk-piny.

- Kony miithku tæk alɔŋ ekədī bī keek naŋ guöm kāk wën rilic ebën thīn wathɛɛr ku nyuɔth keek apiath. Kuany kuɛr wën tækic tənë miith ku kɔcdit aci yeet tənë kāk dier wën tækic.
- Beeric ba læk keek lon reer arotdu acië bī cieŋ apɛi ku yen kërīl apɛi bɛë dhiel looi tənë pial guöpden.

#### Luoi ba looi

- Tuuk akölrīëc cimɛn cī yen gam ke dhöl wën ë dier ku nǝǝŋ dhuök piny. Awic ba kääŋ acak apiath. Kën abī yic naŋ luoi videos tuk, diër loɔr, Duëny (yoga), caath alɔŋ yöt köu ciën teda' looi kāk tuk baai.
- Guir thää ye luoi kɔc mac-thok looi ebën, luoi thukul ku thuëc. Muk dhöl dandhië apath tənë ben rot lëu.

#### Rööm

- Dɛɛt miithku puöth apɛi ku bīk rööm muk cök kek kɔc mac-thok ebën ku määhken enën në kuɛr telepun, Imeel tedä tɛwën la cök apiath arëtic, cieŋ media.
- Jam wek miithku aluöt kē keek abī yin alæk kāk yam akölrīëc ku mioc yīn kërīl apɛi ku wël emën.
- Naŋ kāk tuk ke wek kɔc mac-thok .

Takic, ayī atāk ebën tedä luoi yin looi abī yin dhiel nyai ee yeŋö yīn naŋ atæk piath apɛi tənë yīn ku kɔc mac-thok. Yīn looi ye lëu ba looi,them ku ba tīt arotdu ,kɔc kuön mac-thok ku kɔc köök, ku wīc kuony tēcīt tɛwën gǝŋr yen.