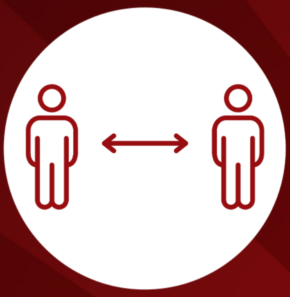
ဆိမိၣ်လၢတၢ်လိၤကိၢ်ဘၣ်သမုၣ်တိးကွ့တၢ် ဆါအံၤမၤဘၣ်ဒိနၤတန့ၢ်ဘၣ်န့ၣ်ဧါ.

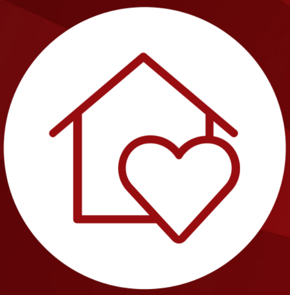
တိးကွ့တၢ်ဆါအံၤတကွၢ်မဲာ် နဲနမ့ၢ်မတၢၤ မ့တမ့ၢ်နအိၣ်ဟဲဖဲလဲၣ်–ခီၣ်ထံးနအိၣ်ဟဲဖဲလဲၣ်ဘၣ်, မၤဘၣ်ဒိဆါနတၢ်အိၣ်မူသ့ဝဲန့ၣ်လီၤ.
ဘၣ်ဆၣ်သနာ်က့တိးကွ့တၢ်ဆါအံၤမ့တၢ်တခါလၢပဒီသဒၢအီၤသ့ဝဲ–တၢ်လၢနဘၣ်မၤအိၣ်ဒၣ်ထဲနဘၣ်လဲၤဆဲးကသံၣ်ဒီသဒၢတနံၣ်တဘျီဧိၤန့ၣ်လီၤ.

တၢ်ဒြီဒီသဒၢတိးကွ့လၢအဂၤတခီမ့ၢ်နမၤသ့တၢ်မနုၤတမံၤဒ်းလဲၣ်.



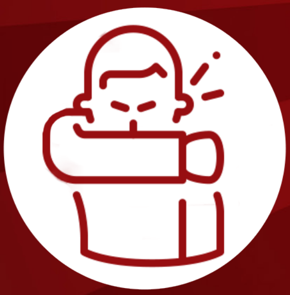
တၢ်အိၣ်စီၤစုၤယံာ်ဒီးပှၤဂၤ

မ့ၢ်နသ့ၣ်ညါပှၤအိၣ်တဆူၣ်ဘၣ်အိၣ်တဂၤဂၤဧါ. အိၣ်စီၤစုၤဒီးပှၤဆိးက့တံာ်လၢအဘျါက့ၤတစုတက့ၢ်. တသ့ဖဲအသ့စူးကါ ယၢ–ခီၣ်ယီၢ်တၢ်အိၣ်စီၤစုၤယံာ်လိာ်သးတက့ၢ်.



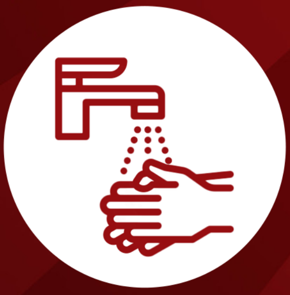
အိၣ်လၢဟံၣ်

နမ့ၢ်အိၣ်ဒီးတၢ်ဆါပနီၣ်က့ၢ်ဂီၤဒ်အမ့ၢ်တၢ်လိၤကိၢ်, တၢ်ကူး,တၢ်ကဆဲမ့တမ့ၢ်တၢ်လီၤဘှံးလီၤတီၤ,
အိၣ်လၢဟံၣ်အိၣ်ယံၤလၢတၢ်မၤ, ထိၣ်ကၠိမ့တမ့ၢ်တၢ်ဟူးတၢ်ဂဲၤတမံၤဂ့ၤတမံၤဂ့ၤ ဖဲအသ့ထဲကသ့န့ၣ်တက့ၢ်.



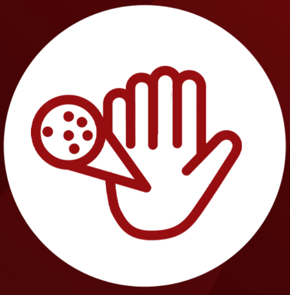
ထီယာ်တၢ်ကးဘၢနါဒ့တက့ၢ်

တိးကွ့တၢ်ဆါအံၤရၤလီၤအသးညီသဒၣ် ခီဖျိတၢ်ကူးဒီးတၢ်ကဆဲ,
လၢတၢ်န့ၣ်အယိဖဲနကူးကဆဲခါကးဘၢဘၣ်နကိာ်ပူၤနါဒ့ဒီးစုနာၣ်ခံတက့ၢ်.



သ့းနစု

တိးကွ့ရၤလီၤအသးသ့ခီဖျိတၢ်တကဆှဲကဆိုအလိၢ်ဖီခိၣ်, လၢတၢ်န့ၢ်အယိ ဟ်နစုတဖၣ်ကဆှဲကဆို
ခီဖျိသ့အီၤခဲအံၤခဲအံၤဒီးချံသိဒီးထံကလၢၤကလၢၤမ့တမ့ၢ်တၢ်သ့စုကသံၣ်လၢ ဘၣ်တၢ်မၤအီၤဒီးသံးန့ၣ်တက့ၢ်.



ဟးဆှံးတၢ်ထိးဘၣ်နမဲာ်သၣ်

နစုမ့ၢ်ထိးဘၣ် မဲာ်ဖံးခိၣ်လၢ အတကဆှဲကဆိုန့ၣ်, မ့တမ့ၢ်ဘၣ်လၢနသ့စုဝံာ်တစုဘၣ်န့ၣ် မၤလီၤတံၢ်လၢ ကဟးဆှံးထိး
ဘၣ်နမဲာ်ချံ, နါဒ့ မ့တမ့ၢ်ကိာ်ပူၤန့ၣ်တက့ၢ်.

SOUTH DAKOTA
DEPARTMENT OF HEALTH

ဘၣ်တၢ်ဆီၣ်ထွဲမၤစၢၤအီၤလၢ စီးဒခိၣ်တၣ်ဆူၣ်ချ့ဝဲၤ ကျိၤ **(South Dakota Department of Health)**