

**Mâ wingki parahni awa yamahni niningkauh tanit daknin isningpakna balna.**

## Tingta yamwa

- 1** Mâ tingki balna kidi taim bitik yak was dawi sup karak yamni suhnin ki.
- 2** Uhdana bukutwa awaskat isamhwa kat muihni kidi yaihnit naikau mita as pitni nai luh watwa atnin ki.
- 3** Tingta pâni kidi salaini dawak bik wing yamni dûwa watnin ki.
- 4** Ma tingki balna sup dawi was kau suhwas tanit kau ma muhki suknin awas ki.
- 5** Dur laihnin dîni, û panan balna, bitil, tililing dawak masin balna ulwa pani balna kidi taim bitik yak salaini yamnin ki.
- 6** Tingta yamtan pâni yak, yamah awaskat wingma parahni mawa kapat kat sirihni panabas ûni yak yawanam ki, daktar laihwi ma talnin.



**MINISTERIO DE SALUD YAK COVID-19 TANNIKA BAISA AMANGLANIN KAT (24 AWAR SAKKI NANGNIT LANIN)**

 **132**

**Mâ wingki  
parahni awa  
yamahni niningkauh  
tanit daknin  
isningpakna balna.**



# Mâ wingki parahni awa yamahni niningkauh tanit daknin isningpakna balna.

## Ûpas muihni

- 1** Mâ ûki muihni balna kidi taim bitik yak tingnina sup dawi was karak yamni suhni ki, dawak bik û yak yawaman karak, baises dî kastaman yak dawak ahni kaupak aiwaman kat bik tingma suhni ki.
- 2** Û muihni balna tanit daknin yulni, uhdana buknin awaskat isamhni kat mâ nangkitak dawi mâ tikpas karak siringkimak kau putni ki usnit yak mâ tingki balna sup dawi was karak yamni suhni ki.
- 3** Dur laihni balna, kî, û panan, tibil minit, tililing, masin ulwa pani, walabis yakisdinin dini balna bik yamni salaini yamni ki, kaput laih yamuh muihni balna kidi mai laihwas karang.
- 4** Ma tingki balna was dawi sup karak suhwas ma muhki suhni awaski.
- 5** Û muihni as wingni parahni kalawa kat, dî kasni dîni ispun dawak kap kidi silp kalanin ki witing alas yus yamni, dawak bik sup dawi was karak yamni suhni, yamah muihni kidi Ûpas muihni bitik yak laihni awas yulni.

- 6** Û muihni sukar, prisiun, wingni parahni kapat dawak isning yamahni duwa kat, isning pakna balna yulwa kidi kat yamni ki kaput laih tanit dakwarang.
- 7** Uta bila uplika nani rihka, siahka bara winka kungku munisa kaka, isti pali ansa aspitalka kau lamara sa kaka, bara waiasa doktor laki kaikbia dukiara.



## Kul ûni yak



- 1** Walabis yayal dawi ahal kidi taim bani tingnina was dawi sup karak suhni ki.
- 2** Kûl ûni pas kidi salaini dawak wing bik yamni dûwa atni ki.
- 3** Walabis yayal dawak ahal balna kidi uhdana buknin awaskat isamhni kat tinpas dawak nangitak balna siringnimak kau putni, usnit yak tingni balna was dawi sup karak yamni suhni ki.

- 4** Kûl sumayang kidi walabis yayal dawi ahal balna kidi yamah awaskat uhdana wingni parahni kalawa pa talwa atni ki, kaput kat sirihni panabas ûni kau dûwi kiunin.
- 5** Kûl sumayang balna kidi walabis yak tingnina was dawi sup karak yamni suhni yulni isningna pakwa atni ki. kainarasup wal sikbras
- 6** Dî balna yus yamda dini balna simh: mutsila, was ûni, dur panan, rawasni pâni balna, tibil, sini dawak walabis yakisdinin dîni balna kidi taim bani salaini yamni ki.

