

	English	Karen
Social post 1: "Mosquito alert"	<p>Mosquitoes can carry diseases. Your best protection is to avoid mozzie bites.</p> <p>Use mosquito repellents containing Picaridin or DEET on all exposed skin; and limit your time outdoors if lots of mosquitoes are about.</p> <p>More information https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</p>	<p>ပစီတဖန်စိပ်ဝဲတၢ်ဆူးတၢ်ဆါတဖန်သ့လီၤ.</p> <p>န့တၢ်ဒီသဒါအဂ့ၤကတၢၢ်တခါမွၢ်ဝဲဒ်သိးကဟးဆဲးပစီအတၢ်အုၣ်ဘၣ်တဖန်န့ၣ်လီၤ.</p> <p>သ့ဘၣ်ပစီကသံၣ်ဒီသဒါတၢ်တဖန်လၢအပၣ်ဃုၣ် ဖံၤခါရံၣ်ဒ်(န) (Picaridin) မ့တမ့ၢ် DEET ဖဲဖဲးဘၣ်လၢအအိၣ်ဖျါအလီၤ, ဒီးမၤစ့ၤလီၤတၢ်ဆါကတီၢ်လၢကအိၣ်လၢတၢ်ချါဖဲပစီမ့ၢ်အိၣ်အါဝဲအလီၢ်န့ၣ်တက့ၢ်.</p> <p>လၢတၢ်ဂ့ၢ်အါထီၣ်အဂီၢ် https://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease</p>
Social post 2: "Mosquitoes can carry serious disease"	<p>Mosquitoes can spread viruses like Ross river virus, and Japanese encephalitis virus. Avoid mosquito bites.</p> <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>ပစီတဖန်သလၢ်လီၤဝဲတၢ်ဆါအဃၢ်ဒ်အမ့ၢ် ရီး(စ)ထံကျိတၢ်ဆါအဃၢ် (Ross river virus), ဒီး ယပၣ်အဲ(န)စဲဖါလံထံး(စ)J(apanese encephalitis)</p> <p>တၢ်ဆါအဃၢ်တဖန်န့ၣ်လီၤ.</p> <p>ဟးဆဲးပစီအတၢ်အုၣ်ဘၣ်တဖန်တက့ၢ်.</p> <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>

<p>Social post 3: "Stop mosquitoes from breeding"</p>	<p>Mozzies love to breed in stagnant water. Reduce pools of water in and around backyards where you can. Protect yourself and your family from mosquito bites. https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>ပစီတဖုန်ဖးထီၣ်လၢထံဂၢ်တပၢ်အလီၣ်မုၢ်မးန့ၣ်လီၤ. မၤစ့ၤလီၤထံကလိၣ်တဖုန်ဖဲနဟံၣ်အပူၤမ့တမ့ၢ်အကပိၣ်ကပၤတဖုန်ဖဲနမၤသ့အလီၣ်တက့ၢ်. ဒီသဒါနသးဒီးနဟံၣ်ဖိဃီဖိလၢပစီၤအတၢ်အ့ၣ်ဘၣ်တဖုန်န့ၣ်တက့ၢ် https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>
<p>Social post 4: "Playing sport this weekend?"</p>	<p>If you're heading outdoors this long weekend enjoy yourself but remember to avoid mosquito bites. Mosquitoes can spread many diseases so:</p> <ul style="list-style-type: none"> • Cover up: wear long, loose fitting, light coloured, clothing. • Apply: mosquito repellent that contains picaridin or DEET. Reapply often. <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>	<p>ဖဲနွံအကတၢ်အသီယံၣ်တဘျီအံၤနမ့ၢ်လဲၤဟးဆူတၢ်ချၢန့ၣ်မုၢ်လၢသးဖုံဘၣ်တက့ၢ်ဘၣ်ဆၣ်သ့ၣ်နီၣ်ထီၣ်လၢကဟးဆွဲးပစီၤအတၢ်အ့ၣ်ဘၣ်တဖုန်တက့ၢ်. ပစီၤတဖုန်သလၣ်လီၤတၢ်ဆါတဖုန်အါမံၤအဃီ,</p> <ul style="list-style-type: none"> • ကးဘၢနသး, ကူကၤတၢ်ကူတၢ်ကၤလၢအထီ, ကလံကလၢ အလွဲၢ်စၢ်တဖုန်တက့ၢ်. • ဖူလီၤ- ပစီၤကသံၣ်ဒီသဒါတၢ်တဖုန်လၢအပၣ်ဃုၣ် ဖံၤခါရံဒံ(န) (Picaridin) မ့တမ့ၢ် DEET တက့ၢ်. ဖူကဒါက့ၤအီၤတလီၢ်လီၢ်တက့ၢ်. <p>https://www.betterhealth.vic.gov.au/protectyourself-mosquito-borne-disease</p>

