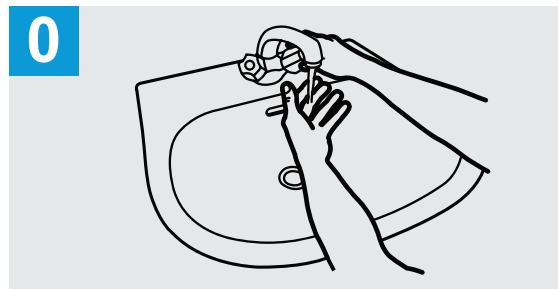


# Mihtam klin Muns

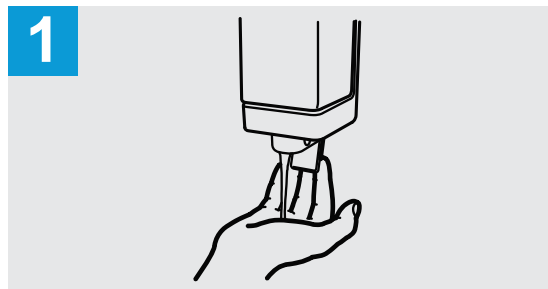


## LÎ, SUP WAL

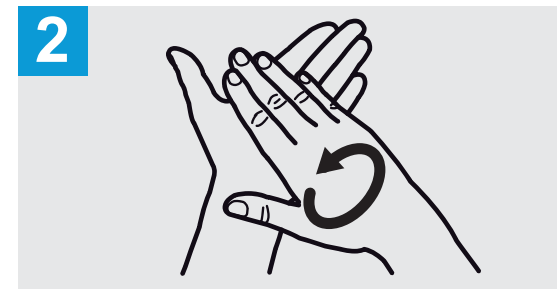
 Taim an pitka daukaia sma: **40-60 segundos**



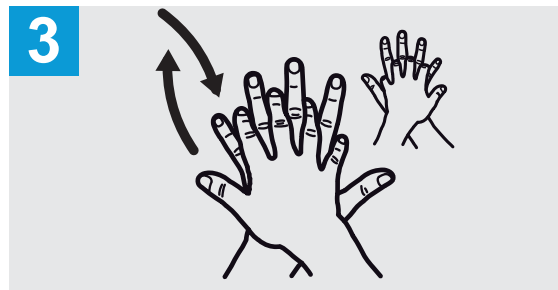
**0** Mihtam Lî wal bus.



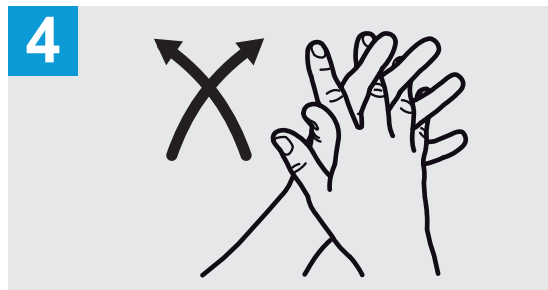
**1** Mihtam bila na sup ailal bris bara mihtam bila sut yukaia pitka



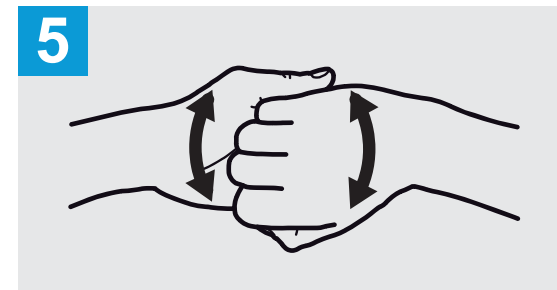
**2** Mihtam bila ba, pana pana, siks



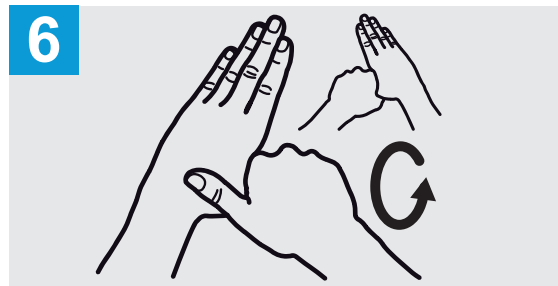
**3** Mihtam bila wal, mistam wala ra tarkika alki sikbi sikbi, pana pana daunks



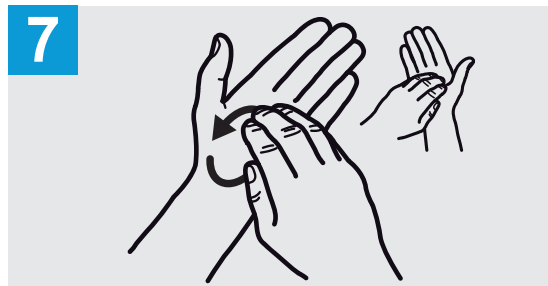
**4** Mihtam bila ba pana pana sikbi, mihtam kulkaia nani bilka, sikbaia



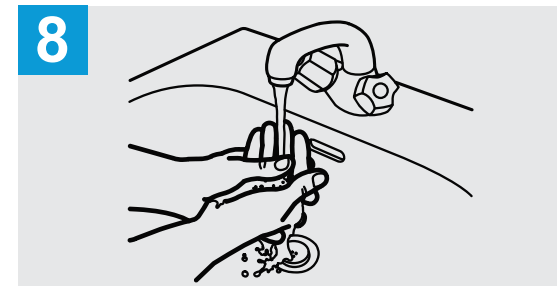
**5** Mihtam kulkaia nani piska bani bana amsmala nani pana pana alki siks



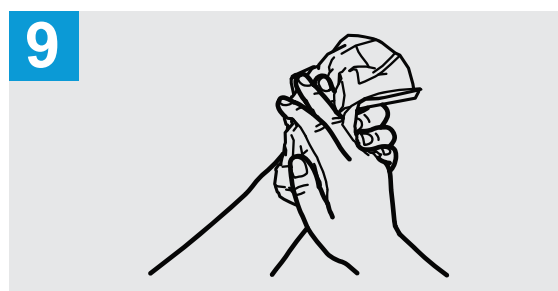
**6** Mihtam tarkika ba raun alki siks pana pana siks



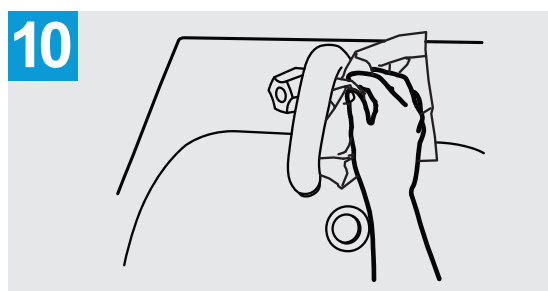
**7** Mihtam bila ba alki kurbi baku, raun nani dauki siks



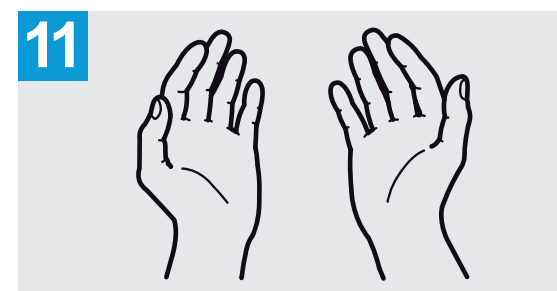
**8** Mistam Lî klin wal sikbi saks



**9** Tahwil klin kum wal mihtam diks



**10** Sin tahwilka wal Lî takiwaika bu praks



**11** Mihtam ba na minit lika pain klin sa

**Mihtam klin bri kaia ba, kiknis naniaiki takaskaia kau hilp munisa COVID-19 sat baku**

[www.paho.org/coronavirus](http://www.paho.org/coronavirus)