

Advays fɔ Coronavirus (di smɔl smɔl tumbu we de gi COVID-19)

KRIO

Dis advays kɔmɔt di NHS wɛlbɔdi advays ɛn fɔ no mɔ, ɛn na advays fɔ ɛnibɔdi na di UK, ilɛk yu kɔmɔt ɔda kɔntri.

Nɔmba 8 [15.12. 2020]



Wetin de insay

Wetin na Coronavirus (COVID-19) ɛn aw a go de sef?

Wetin yu fɔ du we yu de sho sayn se yu gɛt di sik?

Advays fɔ avɔyd pipul, fɔ famili dɛn we sɔntɛm dɛn gɛt coronavirus (COVID-19)

Aw lɔng a fɔ fala di advays fɔ avɔyd pipul dɛn?

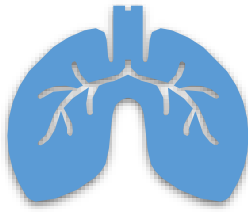
Ustɛm a fɔ kɔl NHS 111?

Aw a fɔ kɔl NHS 111?

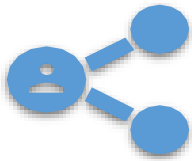
Wetin a fɔ du we a de wɔri bɔt mi pepa dɛn?

Wetin a kin du fɔ ɛp stɔp di Coronavirus (COVID-19) fɔ prɛd?

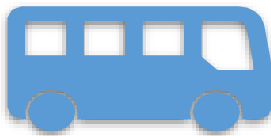
Wetin na Coronavirus (COVID-19) ɛn aw a go de sef?



COVID-19 na nyu sik we kin afɛkt yu lɔng, wetin yu tek yuz blo ɛn ɔda pat dɛn na yu bɔdi. Di sik de kɔmɔt frɔm wan smɔl smɔl tumbu we dɛn kɔl coronavirus.



Yu kin de sef we yu nɔ de nia pipul we nɔ de wit yu na di sem os, ɛn bay we yu de du ɔl wetin yu ebul fɔ du fɔ kip yusef klin fɔ ɛp stɔp di coronavirus fɔ prɛd. Dis kin get fɔ du wit ɔlman, ilɛksɛf i big ɔ smɔl, ilɛk yu nɔ si sayn se yu get di coronavirus ɔ yu nɔ get ɔda wɛlbɔdi prɔblɛm.



Aw fɔ yuz transpɔt: If i de pɔsibul yu nɔ fɔ yuz transpɔt, mek yu tray fɔ rayd baysikul, de waka ɔ drayv motoka. If yu nid fɔ de yuz transpɔt, tray fɔ yuz am di tɛm we bɔku pipul dɛn nɔ de ɛn kip fa frɔm pipul dɛn. Yu fɔ yuz sɔntin kɔba yu fes insay transpɔt. I de impɔtant fɔ mek yu fala dis advays, if yu nɔ do am dɛn kin mek yu pe.



Kɔntinyu fɔ wok: Yu fɔ kɔntinyu fɔ wok frɔm yu os if i pɔsibul. If yu nid fɔ kɔmɔt fɔ go wok, yu fɔ mek sho se yu ɛn pipul dɛn fɔ yu os nɔ sho sayn se dɛn get di sik. We nɔbɔdi sho sayn se dɛn get di sik, yu kin go wok we yu kip 2 mita fa frɔm oda pipul dɛn ɛn yu was yu an dɛn ɔ kip yu an dɛn klin ɔltɛm. Yu kin aks yu bɔsman aw fɔ kip sef ɛn if dɛn get tin yu kin wɛr fɔ protɛkt yusef na yu wokples.



Sɔntɛm di polis ɛn sojaman dɛn go kɔntrol fɔ mek pipul obe di lɔ, ɛn fɔ mek sho se tin fɔ it ɛn ɔda impɔtant tin dɛn go rich pipul we nɔ get pɔsin fɔ ɛp dɛn.



Yu kin dawnlod di program fɔ yu fon so yu go de sef. Di program go mek yu no we yu dɔn de nia ɔda pɔsin we dɔn get corona. We yu tɛst sho se yu get corona, i go ɛp yu no di pipul we bin de nia yu ɛn yu no go mis ɛnibɔdi. Bɔt nɔbɔdi go ebul si yu nɔmba ɔ yu nem.



We yu de fɔ Inland ɛn Wales, dawnlod **NHS COVID-19 App**. Di program de fɔ ɛnibɔdi we dɔn pas 16 ia. Fɔ no mɔ, dis mɛsej de fɔ 11 langwej: <https://covid19.nhs.uk/information-and-resources-translated.html>



We yu de fɔ Skɔtland, yu kin dawnlod **Protect Scotland App**. Di program de fɔ ɛnibɔdi we dɔn pas 16 ia. Fɔ no mɔ: <https://www.protect.scot/>



We yu de fɔ Nɔtan Ayriland, yu kin dawnlod **StopCOVID NI Proximity App**. Di program de fɔ ɛnibɔdi we dɔn pas 11 ia. Fɔ no mɔ: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-stopcovid-ni-proximity-app>

Chɛk wit di wan dɛn we de oba yu fɔ yu eria fɔ no if yu ebul kɔmɔt ɛn waka waka.

Fɔ Inland,	https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing
Fɔ Skɔtland,	https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/
Fɔ Wales	https://sanctuary.gov.wales/covid-19
Fɔ Nɔtan Ayriland,	https://www.health-ni.gov.uk/publications/guidance-accompany-health-protection-coronavirus-restrictions-no-2-regulations-northern-ireland-2020

Wetin yu fɔ du we yu de sho sayn se yu gɛt di sik?

If yu gɛt:

- fiva, we yu chɛst ɔ yu bak de fil wam
- we yu gɛt wan nyu kɔf we de pan yu ɔltɛm, i nɔ de gri lɛf
- we yu nɔ ebul tes ɔ smɛl igen, ɔ yu tes ɛn smɛl dɔn de chenj ɛn nɔ de nɔmal igen



Yu nɔ fɔ westɛm fɔ fala wetin de dɔŋ ya:



Avɔyd pipul dɛn: lɛf na yu os fɔ lɛk 10 dez ɛn fala di **Advays fɔ avɔyd pipul dɛn we sɔntɛm dɛn gɛt coronavirus.** Pɔsin we de na yu os ɔ udat bin de nia yu fɔ avɔyd pipul dɛn fɔ 10 dez.

Du di tɛst fɔ Coronavirus insay 5 dez we yu de sho sayn se yu gɛt di sik: ɛnibɔdi kin du di tɛst fɔ fri fɔ no if dɛn get di coronavirus we dɛn sho sayn se dɛn get di sik. Dɛn get 2 we dɛn fɔ du di tɛst. Dɛn kin kam wit di tɛst fɔ yu os, ɔ yu kin go di ples usay dɛn de mek tɛst fɔ pipul dɛn. Yu go get di tɛst pepa lɛk tɛks mɛsej, imel ɔ fon kɔl.

Du di tæst fə Coronavirus



Fə buk tæm ə mek am fə intanet go na di wæbsayt <https://www.nhs.uk/ask-for-a-coronavirus-test> If yu nɔ ebul fə yuz intanet, kəl 119 fə **England, Wales** ɛn **Nɔtan Ayriland** ə 0800 028 2816 na **Skotland**.



If yu tæst sho se yu nɔ gət di coronavirus: yu kin stɔp fə avɔyd pipul dæn we yu de fil fayn ɛn yu nɔ de sho sayn se yu gət di sik. Oda pipul dæn fə yu os ə udat bin de nia yu dænsɛf kin stɔp fə avɔyd pipul dæn.



If yu tæst sho se yu gət di coronavirus: yu fə avɔyd pipul dæn te di 10 dez dɔn, ɛn əlman fə yu os ə udat bin de nia yu fə kɔntinyu fə avɔyd pipul dæn te di 10 dez dɔn. Di savis we de fala pipul we gət coronavirus go kəl yu fə aks yu fə ɛp fə stɔp di coronavirus fə prɛd. Dæn go de aks yu usay yu bin de go dæn dez ya ɛn udat bin de nia yu. Dis de impɔtant fə nɔ udat go nid fə avɔyd pipul dæn ɛn lef fə os fə lɛk 10 dez ə pas.

Fə nɔ mɔ:

Fə Skotland, <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-coronavirus-service/>

Fə Nɔtan Ayriland, <https://www.publichealth.hscni.net/publications/test-trace-protect-step-step-guide-and-translations>

Advays fə avoyd pipul, fə famili dən we səntəm dən gət coronavirus



Nə go wok, skul, dəkətə
əpreshən, famacy ə ospitul



Yuz difrən pləs dən (təylət,
kichin), ə klin dən afta pəsin
dən yuz am.



Avoyd fə de nia pipul dən



Aks pəsin fə brij it en
mərsin fə yu



Fala di advays fə strenja dən



Yu fə slip yu wangren fə di
bed, if i pəsilbul



Was yu an dən ɔltəm



Drink bəku bəku wata



Tek paracetamol fə ɛp wit
ɛni sayn se yu dən sik

I de impətant fə mek yu fala dis advays, if yu nə do am dən kin mek yu pe.

Fə no mə go na di wəbsayt:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Aw long a fo fala di advays fo avoyd pipul den?

- Enibodi we sho sayn se i get di sik fo lef na os en avoyd pipul den fo lek 10 dez.
- If yu de wit oda pipul den fo os, den bak fo lef na os en avoyd pipul den fo lek 10 dez, dis go mek di sik no de pred na do.
- Bot, if enibodi na yu os de sho sayn se i get di sik, den fo lef na os en avoyd pipul den fo lek 10 dez from di de we di sayn don stat. Ivin if i min sey den fo lef na os pas 10 dez.
- If yu de wit oda pipul den fo os we bi ol pas 70 ia, we get sirios welbodi problem fo long tem, bele uman o posin we i bodi don wik, tray fo fen oda say fo mek den sta fo 10 dez.

Ustem a fo kol NHS 111?

- yu fil yusef sik so yu no ebul fo du normal tin den, lek wach telivishon, yuz fon, rid o komot from di bed
- yu fil se yu no ebul bia wit di sik fo os
- yu sik don de wos

Aw a fo kol NHS 111?

Yu kin yuz di NHS 111 intanet coronavirus savis (<https://111.nhs.uk/covid-19>) fo lan wetin fo du. We yu no ebul fo fen di intanet savis yu kin kol 111 (dis na fri kol). Yu kin get wan intaprita fo yu langwej we yu ansa "yes" fo ol di kwestyon den.

Wetin a fo du we a de wari bot mi pepa den?

Pipul den we komot oda kontri fo kam **England**, dat min se enibodi we tap fo UK en i no get pepa, no go pe fo:

- test fo coronavirus (ilek di test sho se yu no get di coronavirus)
- tritment fo coronavirus – bot if yu stat tritment en di test sho se yu no get di coronavirus, sontem den go chaj yu fo eni tritment yu du afta yu don no se yu no get di coronavirus
- tritment fo pikin den we get multisystem inflammatory syndrome

No ofisa we kontrol pepa den go de we yu nid test o tritment fo COVID-19 nomo.

Wetin a kin du fo ep stop di Coronavirus fo pred?

- Mek sho se yu was yu an den oltem, yuz sop en wata fo lek 20 sekon den
- Fala advays we den gi fo de sef en redi
- Du wetin komon na di eria we yu de fo fala di advays fo koba yu fes en kip 2 mita fa from pipul den we no de na di sem os wit yu.

Fo no mo:

- NHS Advays: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- WHO Advays: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>