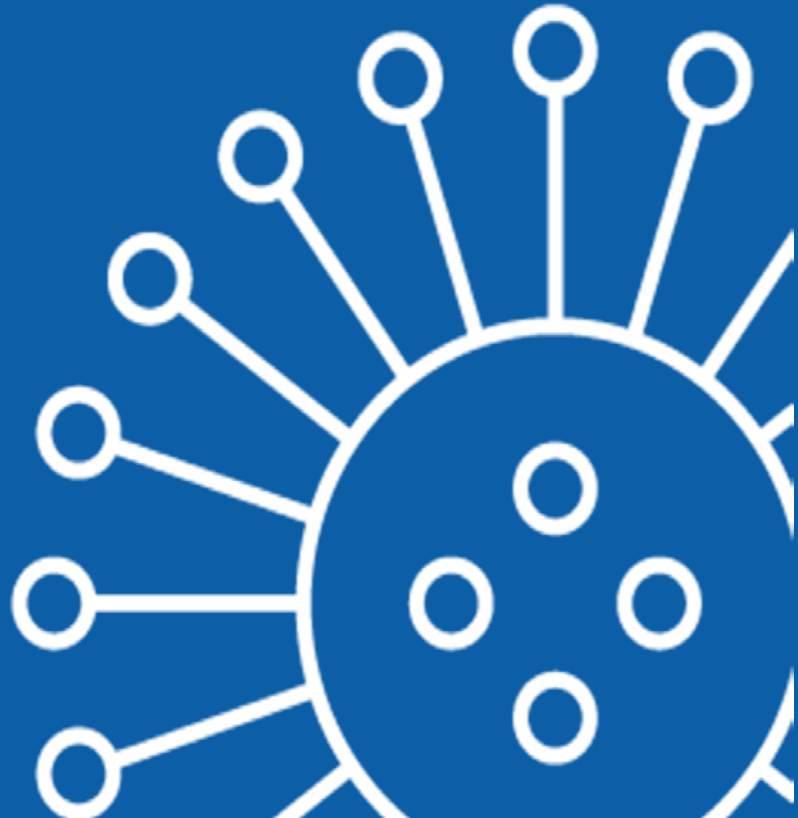


# Advays fɔ Coronavirus (di smɔl smɔl tumbu we de gi COVID-19)

## 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.



## Wetin de insay

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

Wetin yu fo du we yu de sho sayn se yu get di sik?

Advays fo avoyd pipul, fo famili den we sontem den get coronavirus (COVID-19)

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

Ustem a fo kol NHS 111?

Aw a fo kol NHS 111?

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

Wetin a kin du fo ep stop di Coronavirus (COVID-19) fo pred?

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

COVID-19 na nyu sik we kin afekt yu long, wetin yu tek yuz blo en oda pat den na yu bodi. Di sik de komot from wan smol smol tumbu we den kol coronavirus.

Yu kin de sef we yu no de nia pipul we no de wit yu na di sem os, en bay we yu de du ol wetin yu ebul fo du fo kip yusef klin fo ep stop di coronavirus fo pred. Dis kin get fo du wit olman, il eksef i big o smol, ilek yu no si sayn se yu get di coronavirus o yu no get oda welbodi problem.

- **Aw fo yuz transpot:**

If i de posibul yu no fo yuz transpot, mek yu tray fo rayd baysikul, de waka o drayv motoka. If yu nid fo de yuz transpot, tray fo yuz am di tem we boku pipul den no de en kip fa from pipul den. Yu fo yuz sಂತin koba yu fes insay transpot.

I de impotant fo mek yu fala dis advays, if yu no do am den kin mek yu pe.

- **Kontinyu fo wok:**

Yu fo kontinyu fo wok from yu os if i posibul. If yu nid fo komot fo go wok, yu fo mek sho se yu en pipul den fo yu os no sho sayn se den get di sik. We nobodi sho sayn se den get di sik, yu kin go wok we yu kip 2 mita fa from oda pipul den en yu was yu an den o kip yu an den klin oltem.

Yu kin aks yu bosman aw fo kip sef en if den get tin yu kin wer fo protekt yusef na yu wokples.

Sಂತem di polis en sojaman den go kontrol fo mek pipul obe di lo, en fo mek sho se tin fo it en oda impotant tin den go rich pipul we no get posin fo ep den.

Di govmment don ridyus di lo fo get-to-geda den. Bot, sಂತem lo go de na yu eria bikos di nombra of pipul we get Corona de ad. Chék wit di wan den we de oba yu fo yu eria fo no if yu ebul komot en waka waka.

## 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 14 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 gɛt di coronavirus we dɛn sho sayn se dɛn gɛt di sik. Dɛn gɛt 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 gɛt di tɛst pepa lɛk tɛks mɛsej, imel ɔ fon kɔl.

Fɔ buk tɛm ɔ mek am fɔ intanɛt go na di wɛbsayt <https://www.nhs.uk/ask-for-a-coronavirus-test>

If yu nɔ ebul fɔ yuz intanɛt, kɔl **119** fɔ **England, Wales** ɛn **Nɔtan Ayriland** ɔ **0800 028 2816** na **Skɔtland**.

**If yu tɛst sho se yu gɛt di coronavirus:** yu fɔ avɔyd pipul dɛn te di 10 dez dɔn, ɛn ɔlman fɔ yu os ɔ udat bin de nia yu fɔ kɔntinyu fɔ avɔyd pipul dɛn te di 14 dez dɔn.

Di savis we de fala pipul we gɛt coronavirus go kɔl yu fɔ aks yu fɔ ɛp fɔ stɔp di coronavirus fɔ prɛd. Dɛn go de aks yu usay yu bin de go dɛn dez ya ɛn udat bin de nia yu. Dis de impɔtant fɔ no udat go nid fɔ avɔyd pipul dɛn ɛn lɛf fɔ os fɔ lɛk 10 dez ɔ pas.

**If yu tɛst sho se yu nɔ gɛt di coronavirus:** yu kin stɔp fɔ avɔyd pipul dɛn we yu de fil fayn ɛn yu nɔ de sho sayn se yu gɛt di sik. Oda pipul dɛn fɔ yu os ɔ udat bin de nia yu dɛnsɛf kin stɔp fɔ avɔyd pipul dɛn.

## Advays fɔ avɔyd pipul, fɔ famili dɛn we sɔntɛm dɛn gɛt coronavirus



Nɔ go wok, skul, dɔktɔ  
ɔpreshɔn, famacy ɔ ɔspitul



Yuz difrɛn plɛs dɛn (tɔylɛt,  
kichin), ɔ klin dɛn afta pɔsin  
dɛn yuz am.



Avɔyd fɔ de nia pipul dɛn



Aks pɔsin fɔ briŋ it ɛn  
mɛrɛsin fɔ yu



Fala di advays fɔ strenja dɛn



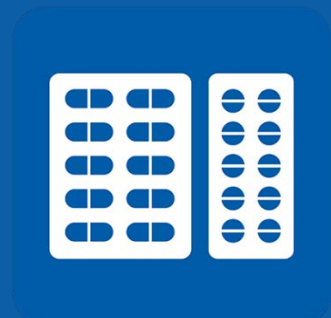
Yu fɔ slip yu wangren fɔ di  
bed, if i pɔsibul



Was yu an dɛn ɔltɛm



Drink bɔku bɔku wata



Tek paracetamol fɔ ɛp wit  
ɛni sayn se yu dɔn sik

Nɔ westɛm fɔ aks fɔ wan coronavirus tɛst we yu de sho sayn se yu gɛt di sik (yu fɔ  
du di tɛst insay 5 dez): <https://www.nhs.uk/ask-for-a-coronavirus-test>. Yu go nid fɔ  
gi yu fon nɔmba ɛn gɛt fon we de wok fɔ le dɛn sɛn yu di tɛst pepa lɛk tɛks mɛsej.

Fɔ no mɔ go na di wɛbsayt: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

## Aw long a fɔ fala di advays fɔ avɔyd pipul dɛn?

- Ɛnibɔdi we sho sayn se i gɛt di sik fɔ lɛf na os ɛn avɔyd pipul dɛn fɔ lɛk 10 dez.
- If yu de wit ɔda pipul dɛn fɔ os, dɛn bak fɔ lɛf na os ɛn avɔyd pipul dɛn fɔ lɛk 14 dez, dis go mek di sik nɔ de prɛd na do.
- Bɔt, if ɛnibɔdi na yu os de sho sayn se i gɛt di sik, dɛn fɔ lɛf na os ɛn avɔyd pipul dɛn fɔ lɛk 10 dez frɔm di de we di sayn dɔn stat. Ivin if i min sey dɛn fɔ lɛf na os pas 14 dez.
- If yu de wit ɔda pipul dɛn fɔ os we bi ol pas 70 ia, we gɛt sirɔs wɛlbɔdi prɔblɛm fɔ long tɛm, bɛlɛ uman ɔ pɔsin we i bɔdi dɔn wik, tray fɔ fɛn ɔda say fɔ mek dɛn sta fɔ 14 dez.

## Ustɛm a fɔ kɔl NHS 111?

- yu fil yusef sik so yu nɔ ebul fɔ du nɔmal tin dɛn, lɛk wach tɛlivishɔn, yuz fon, rid ɔ kɔmɔt frɔm di bed
- yu fil se yu nɔ ebul bia wit di sik fɔ os
- yu sik dɔn de wɔs

## Aw a fɔ kɔl NHS 111?

Yu kin yuz di NHS 111 intanɛt coronavirus savis (<https://111.nhs.uk/covid-19>) fɔ lan wetin fɔ du. We yu nɔ ebul fɔ fɛn di intanɛt savis yu kin kɔl 111 (dis na fri kɔl). Yu kin gɛt wan intaprita fɔ yu langwej we yu ansa "yɛs" fɔ ɔl di kwɛstyɔn dɛn.

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

Pipul dɛn we kɔmɔt ɔda kɔntri fɔ kam **England**, dat min se ɛnibɔdi we tap fɔ UK ɛn i nɔ gɛt pepa, nɔ go pe fɔ:

- tɛst fɔ coronavirus (ilɛk di tɛst sho se yu nɔ gɛt di coronavirus)
- tritment fɔ coronavirus – bɔt if yu stat tritment ɛn di tɛst sho se yu nɔ gɛt di coronavirus, sɔntɛm dɛn go chaj yu fɔ ɛni tritment yu du afta yu dɔn no se yu nɔ gɛt di coronavirus
- tritment fɔ pikin dɛn we gɛt multisystem inflammatory syndrome

Nɔ ɔfisa we kɔntrol pepa dɛn go de we yu nid tɛst ɔ tritment fɔ COVID-19 nɔmɔ.

## Wetin a kin du fɔ ɛp stɔp di Coronavirus fɔ prɛd?

- Mek sho se yu was yu an dɛn ɔltɛm, yuz sop ɛn wata fɔ lɛk 20 sekɔn dɛn
- Fala advays we dɛn gi fɔ de sef ɛn rɛdi
- Du wetin kɔmɔn na di eria we yu de fɔ fala di advays fɔ kɔba yu fes ɛn kip 2 mita fa frɔm pipul dɛn we nɔ de na di sem os wit yu.

Fɔ nɔ mɔ:

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