Latest update: 21/08/20

Charity 1067406

CORONAVIRUS

Reference: www.doctorsoftheworld.org.uk/coronavirus-information/

COVID-19 INFOGRAPHICS

WETIN YU FƆ DU WE YU DE SHO SAYN SE YU GƐT DI SIK?

Avɔyd pipul dɛn: lɛf na yu os fɔ **10 DEZ**

Pɔsin we de na yu os ɔ udat bin de nia yu fɔ avɔyd pipul dɛn fɔ **10 DEZ**

If yu de wit ɔda pipul dɛn fɔ os we bi ol pas 70 ia, we gɛt siriɔs wɛlbɔdi prɔblɛm fɔ lɔng tɛm, bɛlɛ uman ɔ pɔsin we i bɔdi dɔn wik, tray fɔ fɛn ɔda say fɔ mek dɛn sta fɔ **10 DEZ**

Du di tɛst fɔ Coronavirus insay 5 dez we yu de sho sayn se yu gɛt di sik

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**
ɔ 0800 028 2816 na Skɔtland.

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.

ADVAYS FƆ AVƆYD PIPUL

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

Avɔyd fɔ de nia pipul dɛn

Fala di advays fɔ strenja dɛn

Was yu an dɛn ɔltɛm

Aks pɔsin fɔ briŋ it ɛn mɛrɛsin fɔ yu

Tek paracetamol fɔ ɛp wit ɛni sayn se yu dɔn sik

Drink bɔku bɔku wata

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

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

USTƐM A FƆ KƆL NHS 111?

DIS NA FRI KƆL

Yu fil yusɛf 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

Yu kin gɛt wan intaprita fɔ yu langwej we yu ansa "yɛs" fɔ ɔl di kwɛstyɔn dɛn.