

Advays fɔ Coronavirus (di smɔl smɔl tumbu we de gi Covid19)

KRIO

COVID-19 na nyu sik we kin afekt yu long ɛn wetin yu de tek yuz blo. Di sik de kɔmɔt frɔm wan smɔl smɔl tumbu we den kɔl coronavirus.

Ɔlman fɔ lef na os fɔ ɛp stɔp dis coronavirus fɔ pred.

Dis kin get fɔ du wit ɔlman, ileksef i big ɔ smɔl, ilek yu nɔ si sayn se yu get di coronavirus ɔ yu nɔ get ɔda welbɔdi problem.

Yu kin lef yu os nɔmɔ we:

- yu de go na makit fɔ bay bay di tin den we yu rili nid
- fɔ mek ɛksasayz, lek fɔ rɔn, waka ɔ rayd baysikul, bɔt fɔ du am yu wangren ɔ wit ɔda pipul na yu os
- fɔ yu welbɔdi biznes, lek fɔ go famacy ɔ fɔ go lef impɔtant tin den fɔ pɔsin we nɔ ebul kɔmɔt
- fɔ go wok, bɔt da kayn wok we rili impɔtant fɔ du

If yu get:

- fiva, we yu chest ɔ yu bak de fil wam
- we yu get wan nyu kɔf we de pan yu ɔltɛm, i nɔ de gri lef

yu fɔ lef na os ɛn fala di "advays fɔ avɔyd pipul den, fɔ famili den we sɔntɛm den get coronavirus".

Den dɔn stɔp wi fɔ gɛda ɛn jɔyn ɔda pipul den we i pas 2 pipul fɔ usay bɔku pipul den de, dis wan min rilijɔn savis den bak, bɔt nɔtɔ bɛrin. I de impɔtant fɔ mek yu fala dis advays, if yu nɔ do am den kin mek yu pe.

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

Dis coronavirus dɔn mek den lef fɔ sɔm tɛm fɔ mek pɔsin we de bel go ripɔt na di ɔfisa we kɔntrol pepa den. Yu go get wan tɛks mɛsej we go sho yu di nɛks tɛm we yu get fɔ go ripɔt. Fɔ no mɔ bɔt di chenj den we go apin fɔ di program fɔ protɛkt pipul we rɔn kɔmɔt ɔda kɔntri den, fɔ go na di websayt we na:

<https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/>

Us pipul den de fo denja pas bay dis coronavirus?

Coronavirus kin mek enibodi sik sirios wan, bot som pipul de pan denja pas den komin den.

Fo egzampul, sontem yu de fo denja from coronavirus we yu:

- don du opreshon fo chenj wan pat pan yu bodi fo oda wan
- yu de tek som kayn tritment fo kansa
- yu get blod o bon midul kansa, lek leukaemia
- yu get sirios problem wit yu long, lek sik we go ambog aw yu de blo (cystic fibrosis o asthma)
- yu get sik we i de mek am de izi fo le yu get sik we de pred
- yu de tek meresin we de mek yu bodi wik
- if yu na bele uman en yu get wan sirios problem wit yu at

If yu fil se yu de pan wan den grup den we wi don tok bot op en yu no bin get eni leta from yu welbodi tim o yu dokto no eva kol yu bay Sonde, 29 Mach 2020, yu fo tel yu dokto o di men posin we de kia fo yu na di ospitul. If yu no get dokto, yu fo kol DOTW UK fo sopot: **0808 1647 686** (di kol na fri) o imel clinic@doctorsoftheworld.org.uk

Aw yu fo protekt yusef we yu de fo denja from di coronavirus

If yu de fo denja fo sik sirios wan from coronavirus, oda tin den de fo mek yu du fo mek yu no get am.

Den wan ya kin bi:

- lef na yu os, yu no fo komot fo go bay bay na makit, bay meresin o du eksasayz
- if i de posibil, yu fo de fa from oda pipul na yu os bay 2 mita (6 fit)

Aks yu padi den, famili den o neba den fo bay bay na makit en bay meresin fo yu. Den fo lef den tin den na do.

We yu nid ep fo get important tin den lek it, yu ebul [rejista fo get coronavirus sopot](#).

Wi de advays yu gud gud wan fo lef na os oitem en avoyd eni fes-to-fes tok fo 12 wik den from di tem we yu don de get yu leta.

[Rid ol di advays aw fo protekt yusef if yu de na denja from coronavirus na GOV.UK.](#)

Advays fɔ avɔyd pipul, fɔ famili den we sɔntem den get coronavirus



No go wok, skul, dɔktɔ ɔpreshɔn,
famacy ɔ ɔspitul



Yuz difren ples den (tɔylet, kichin), ɔ
klin den afta pɔsin dɔn yuz am.



Avɔyd fɔ de nia pipul



Aks pɔsin fɔ briŋ it en mɛresin fɔ yu



No welkɔm strenja fɔ yu os



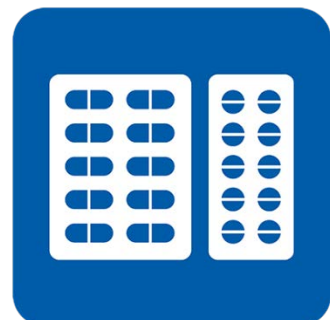
Yu fɔ slip yu wangren fɔ di bed, if i
pɔsibul



Was yu an den ɔltɛm



Drink bɔku bɔku wata



Tek paracetamol fɔ ɛp wit eni sayn
se yu dɔn sik

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

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

- Enibɔdi we sho sayn se i get di sik fɔ lef na os ɛn avɔyd pipul dɛn fɔ lek 7 de dɛn.
- If yu de wit ɔda pipul dɛn fɔ os, dɛn bak fɔ lef na os ɛn avɔyd pipul dɛn fɔ lek 14 de dɛn, dis go mek di sik nɔ de prɛd na do.
- Bɔt, if enibɔdi na yu os de sho sayn se i get di sik, dɛn fɔ lef na os ɛn avɔyd pipul dɛn fɔ lek 7 de dɛn frɔm di de we di sayn dɔn stat. Ivin if i min sey dɛn fɔ lef na os pas 14 de dɛn.
- If yu de wit ɔda pipul fɔ os we bi ol pas 70 ia, we get sirios 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 de dɛn.
- If di pipul dɛn jɔs get fɔ de togɛda, tray fɔ kip fa frɔm dɛnsɛf if i pɔsibul.

Ustɛm a fɔ kɔl NHS 111?

- yu fil yusɛf sik so yu nɔ ebul fɔ du nɔmal tin dɛn, lek 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
- di sik nɔ de bɛtɛ afta 7 de dɛn

Aw a fɔ kɔl NHS 111?

Yu kin yuz di [NHS 111 intanet coronavirus savis](#) fɔ lan wetin fɔ du. We yu nɔ ebul fɔ fɛn di intanet savis yu kin kɔl 111 (dis na fri kɔl). Yu kin aks fɔ wan intaprita fɔ yu langwej.

Wetin gɛt fɔ apin we a de wɔri bɔt mi pepa dɛn?

ɔl NHS savis dɛn fɔ coronavirus na fri fɔ enibɔdi ilek uskayn pepa dɛn gɛt fɔ UK. Dis min di tɛst ɛn tritment fɔ coronavirus, ilek di test sho se yu nɔ get di sik. Dɛn dɔn advays NHS ɔspitul dɛn nɔ fɔ chɛk pipul dɛn pepa dɛn fɔ le dɛn get di test ɔ du di tritment fɔ coronavirus.

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

- Mek shɔ se yu was yu an dɛn ɔltɛm, yuz sop ɛn wata fɔ lek 20 sɛkɔn dɛn
- Fala di advays fɔ nɔ lef yu os

Dis advays kɔmɔt di NHS wɛlbɔdi advays ɛn fɔ no mɔ, ɛn na advays fɔ enibɔdi na di UK, ilek yu kɔmɔt ɔda kɔntri. 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>

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