

SO SAR ŠAJ KERAV, KAJ TE NABAROL O NASVALIPEN COVID-19

DIKHIBENA



O LAZI/HORUČKI



CHASABEN



PHARO DICHİŃIBEN

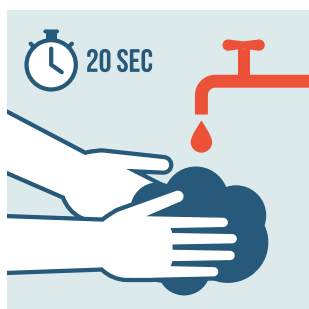


DUKHADO KIRLO

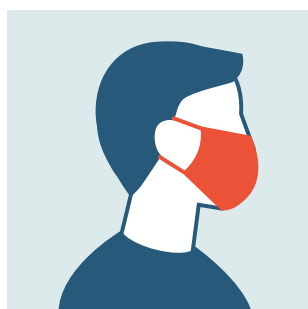


DUKHADO ŠERO

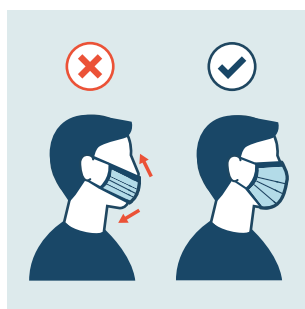
SAR ŠAJ MERKINAV PRE PESTE



Sigeder sar peske urena o ruškos abo o respiratoris moren peske o vasta.



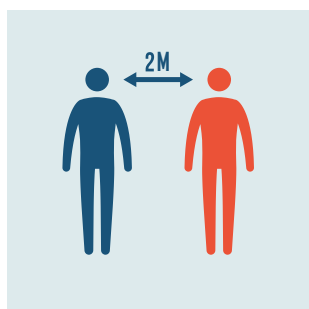
Avri, andro autobusis, andre slepa, kana džan ko doktoris hordinen/uraven o respiratoris.



O ruškos / o respiratoris musaj te učarel o nakh, vušta, no the e brada.



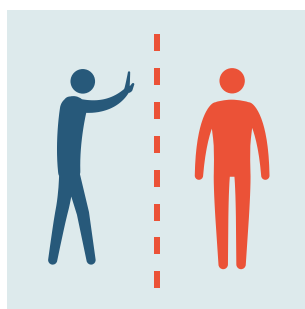
Peskero ruškos / respiratoris niğda naden kečen niğkaske avreske, aņi andred peskeri famelija.



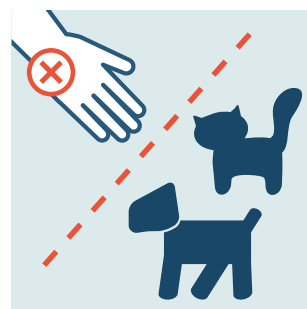
Pašal o aver manuša dolikeren duj metri oterdipen.



Naphiren ko thana kaj hin but manuša. Nakeren aņi naphiren pro fameljakere oslavi kaj hin buter manuša.



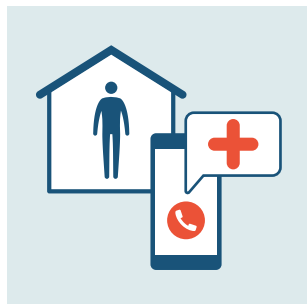
Naarakhen pes le nasvale manušenca, aņi akor te oda hin tumari famelija.



Nachuden le džviren so nane tumare abo so džviren avri korkore.

SO TE KEREL, TE MAN HIN DIKHIBENA PAL O NASVALIBEN COVID-19

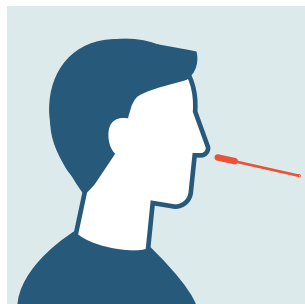
HIN MAN DIKHIBENA



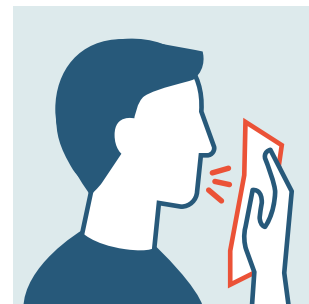
Pal o telefonos vičnav le doktoriske.



Ačhen khere, preačhen te phirel maškar o aver manuša.



Den pes te testinel. Le manušenge so testinen phenen anglal, kaj tumen hin o dikhibena pal o nasvaliben COVID-19.



Te chasan, ču'la tumenge andal o nakh, kichinen phiraven o papirika khosnora. Sar len chasñaren čhiven len andro šmeci u o vasta thoven avri sapuñiha.

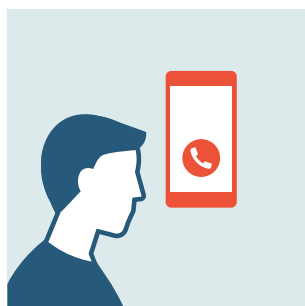
SOM ANDRE IZOLACIJA ABO ANDRE KARANTENA



Ačhen khere, preačhen te phirel maškar o aver manuša.



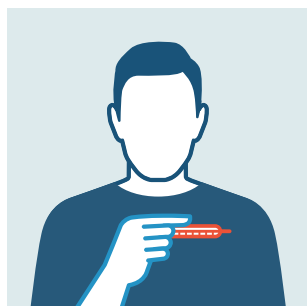
Izolinen pes/naarakhaven pes the la famel'jatar andro jekh kher kaj naphirela ñiko. Te tumen nane ajs o kher uraven khere o ruškos.



Savore manušenge so lenca sanas jekhetane, den te džanel kaj san COVID pozitivno.



O pohara, tañira the roja mi hel sakones peskere (sar dochan savoro thoven avri ko tato pañi le sapuñiha).



Dikhaven pal peskero sastipen. Vičinen peskere doktoriske te dikhen varesave cikne dikhiñibena pal o nasvalipen. Te tumen hin bare pharipena (phares pes tumenge dichinel, kikidel tumen pro buke) vičinen e zachranka.



Sako džives dezinfikinen savoro so chuden andro tumaro kher (o skamind, o stolki, o k'lamki pro vudara the blaki, o ovladača pro TV, o telefona).



Andro kher vetrinen so nekbuter pes del. E land'ard'i / kupel'ña, kaj pes moren / thoven avri uživinen pro agor sar posledno u pañis la dezinfikinen.



Te chasan hin tumen lazi / horučka vičinen peskere doktoriske.