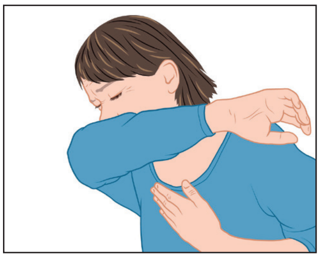
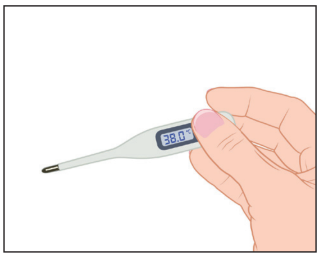
ኮሮና ቫይረስ

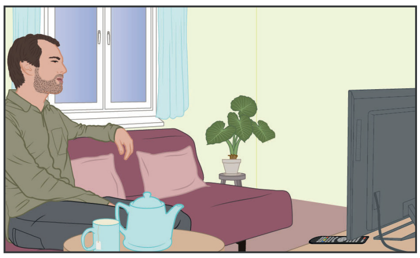
ብምኽንያት'ዚ ሓድሽ ኮሮና ቫይረስ ረኽሲ ናይ ሳንቡእ ከተማዕብል ትኽእል ኢኻ። ብፍላይ ድማ ኣረጋውያን(ዓበይቲ)፣ ምሉእ ጥዕና ዘይብሎም ሰባት ወይ ድማ ሕማም ዘለዎም ሰባት ብኽቢድ ክሓሙ ይኽእሉ እዮም።

ምኽሪ ንኹሉ ሰብ:

- ናብ ብዙሕሰብ ዘለዎቦታታት ኣይትኺድ።
- ዝከኣል እንተኾይኑ ኣብ ቤትካ ኮይንካ ስራሕካ ስራሕ።
- ካብ ካልኦት ሰባት 2 ሜትሮ ርሓቕ። ንኣብነት ናብ ድኳን ብምኻድ ኣስቤዛ ኣብ ትገብረሉ እዋን።



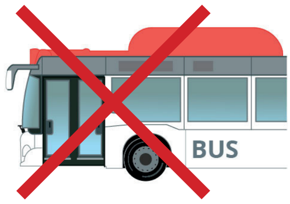


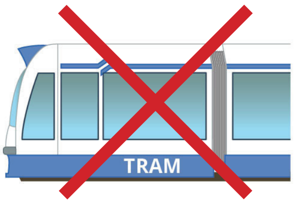


ምኽሪ ንምልክታት (ጥርዓናት) ዘለዎም ሰባት:

ካብዞም ዝስዕቡ ምልክታት 1 ወይ ልዕሊኡ ምስ ዝህልወካ **ካብ ቤትካ ኣይትውጻእ፣** ከምኡ'ውን ኣብ ጥቓ ካልኦት ሰባት ኣይትቕረብ።

- ሰዓል
- ምሕንጣስ
- ንፋጥ ወይ ጸረርታ ናይ ኣፍንጫ
- ቃንዛ ናይ ጎሮሮ
- ረስኒ





ምኽሪ ንኣረጋውያን(ዓበይቲ)፣ ምሉእ ጥዕና ንዘይብሎም ሰባት ወይ ድማ ሕማም ንዘለዎም ሰባት፥

- ዝከኣል እንተ ኾይኑ ብኣውቶቡስ፡ ትራም ወይ ድማ ብባቡር ኣይትንቀሳቐስ።

- ቤተሰብን መሓዙትን(ፈተውትን) ምልክታት (ከም ሰዓል፥ቃንዛ ጎሮሮ ከምኡ'ውን ረስኒ) ምስ ዝህልዎም **ናብ ቤትካ ክመጹ ኣይግባእን።**
- ንስኻ'ውን እዞም ምልክታት ናብ ዘለዎም ሰባት **ክትበጽሕ ኣይትኪድ ።**

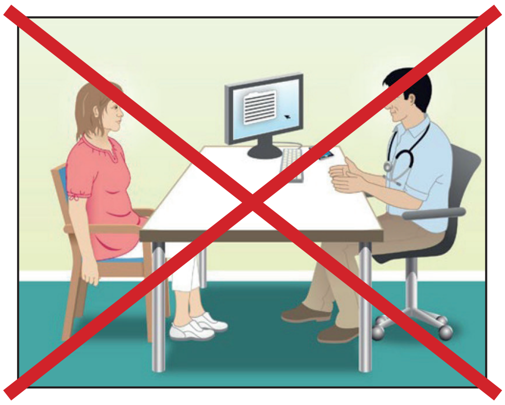
ንሓኪምካ(huisarts) ምድዋል ኣድላዩ ምኻኑ ንምፍላጥ፥

1. ኣብ መርበብ ኢንተርነት Thuisarts.nl ዝብል ገጽ ምርኣይ ይከኣል።
2. ኣብቲ ናይ ምርጫ ሳንዱቕ 'corona' ኢልካ ብምምላእ 'zoeken' ዝብል ጠውቕ።
3. ካብቲ ዝረኽብካዮ ሊስታ ወይ ዝርዝር ድማ 'Ik denk dat ik het nieuwe coronavirus heb' ዝብል ምርጫ ምረጽ
4. Voorlezen ኣብ ልዕሊ እዛ ምልክት ብምጥዋቕ ድማ ነቲ ጽሑፈት ክትሰምዖ ይከኣል ።

ንተወሳኺ ሓበሬታ፣

ናብ 0800-1351 ደውል ወይ መርበብ ሓበሬታThuisarts.nl ተወከስ።

ናብ ሓኪም (huisarts) ኣይትኺድ



እዚ ክሳብ 6 ሚያዝያ ኣብ ምሉእ ኔዘርላንድ ክጸንሕ እዩ

Dit is een vertaling van begrijpelijke informatie. Die informatie is gebaseerd op de adviezen van Rijksoverheid.nl en Thuisarts.nl en is getest met taalambassadeurs van Stichting ABC.
16 maart - versie 6

PHAROS
EXPERTISECENTRUM GEZONDHEIDSVERSCHILLEN