

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

KRIO

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

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Wetin de insay

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Aw a fɔ kɔl NHS 111?

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

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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 du wetin den ebul fɔ du fɔ lef na os fɔ ɛp stɔp dis coronavirus fɔ prɛd.

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 wɛlbɔdi prɔblem.

Yu kin lef yu os nɔmɔ we:

- yu de go na shop den we den dɔn gri mek den opin fɔ bay bay tin den lek it ɛn mɛresin, ɛn fɔ gɛda tin den we yu bin bay fɔ Intanet ɔ fon
- fɔ mek ɛksasayz (we yu de insay Inland, fɔ pas tem na do), mek sho se yu de 2 mita fa frɔm ɔda pipul we nɔ de insay yu os
- fɔ yu wɛlbɔdi biznes, fɔ gi blɔd, fɔ avɔyd skrap ɔ sik, rɔnawe frɔm denja, ɔ kia ɛn ɛp pɔsin we nɔ ebul kia fɔ inset
- fɔ go wok, bot nɔmɔ we yu nɔ ebul wok frɔm yu os

If yu get:

- fiva, we yu chest ɔ yu bak de fil wam
- we yu get wan nyu kɔf we de pan yu ɔtem, i nɔ de gri lef
- we yu nɔ ebul tes ɔ smel igen, ɔ yu tes ɛn smel dɔn de chenj ɛn nɔ de nɔmal igen

yu fɔ lef na os ɛn fala di ["advays fɔ avɔyd pipul den, fɔ famili den we sɔntem den get coronavirus"](#).

We wi de gɛda na do, wi get say we wi fɔ stɔp am:

- we yu de fɔ **Inland** ɛn **Nɔtan Ayriland**, den kin alaw yu fɔ mitɔp wit 6 pipul we nɔ kɔmɔt yu os
- we yu de fɔ **Wales**, pipul frɔm 2 difren os den kin mitɔp nia den os (insay 5 mayl den)
- we yu de fɔ **Skotland**, pipul frɔm 2 difren os den kin mitɔp we yu nɔ pas 8 pipul den
- we wi de kam fɔ gɛda wi fɔ de na do ɔ insay wi yon kɔmpawnd nɔmɔ, ɛn de 2 mita fa frɔm ɔda pipul den.

I de impɔtant fɔ mek yu fala dis advays, if yu nɔ do am den kin mek yu pe.

Sɔntem 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 tem fɔ mek pɔsin we de bel go ripɔt na di ɔfisa we kɔntrol pepa den. Yu go get wan teks mɛsej we go sho yu di neks tem we yu get fɔ go ripɔt. Fɔ no mɔ bot 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 dɛn de fɔ denja pas bay dis coronavirus?

Coronavirus kin mek enibɔdi sik sirɔs wan, bot sɔm pipul de pan denja pas dɛn kɔmpin dɛn. Fɔ ɛgzampul, sɔntɛm yu de fɔ denja frɔm coronavirus we yu:



dɔn du ɔprɛshɔn fɔ chɛnj wan pat pan yu bɔdi fɔ ɔda wan



yu de tek sɔm kayn tritment fɔ kansa



yu get blɔd ɔ bon midul kansa, lek leukaemia



yu get sirɔs prɔblem wit yu long, lek sik we go ambɔg aw yu de blo (cystic fibrosis ɔ asthma)



yu get sik we i de mek am de izi fɔ le yu get sik we de pred



yu de tek mɛresin we de mek yu bɔdi wik



if yu na bele uman ɛn yu get wan sirɔs prɔblem wit yu at

If yu fil se yu de pan wan dɛn grup dɛn we wi dɔn tɔk bot ɔp ɛn yu nɔ bin get ɛni leta frɔm yu welbɔdi tim ɔ yu dɔktɔ nɔ eva kɔl yu bay **Sɔnde, 29 Mach 2020**, yu fɔ tɛl yu dɔktɔ ɔ di men pɔsin we de kia fɔ yu na di ɔspitul. If yu nɔ get dɔktɔ, yu fɔ kɔl DOTW UK fɔ sɔpɔt: **0808 1647 686** (di kɔl na fri) ɔ imel clinic@doctorsoftheworld.org.uk

Aw yu fɔ protɛkt yusɛf we yu de fɔ denja frɔm di coronavirus

We yu sho sayn se yu gɛt di sik COVID-19 lɛk nyu kɔf we de pan yu ɔltɛm, i nɔ de gri lɛf ɔ fiva, aks fɔ wɛlbɔdi advays wit di NHS 111 Intanet coronavirus savis ɔ kɔl NHS 111. Nɔ westɛm fɔ kɔl, du am fɔ di tɛm yu gɛt di sayn se yu gɛt di sik.

If yu de fɔ denja fɔ sik sirɪs wan frɔm coronavirus, ɔda tin dɛn de fɔ mek yu du fɔ mek yu nɔ gɛt am.

Dɛn wan ya kin bi:

- lɛf na yu os, yu nɔ fɔ kɔmɔt fɔ go bay bay na makit ɔ bay mɛrɛsin
 - we yu de **England** ɛn **Nɔtan Ayriland**, yu kin de na do wit pipul frɔm yu yon os, ɔ we yu de wangren, wit 1 pɔsin frɔm ɔda os – bɔt fɔ de 2 mita fa frɔm dɛn
 - we yu de fɔ **Wales**, yu kin kɔmɔt fɔ du eksasayz – bɔt fɔ de 2 mita fa frɔm ɔda pipul dɛn
- nɔ jɔyn ɔ gɛda wit pipul dɛn (dat wan min wit wi padi dɛn ɔ wi famili dɛn fɔ insay os)
- if i de pɔsibul, yu fɔ de fa frɔm ɔda pipul na yu os bay 2 mita (6 fit)
- avɔyd fɔ de nia pipul we nɔ wɛl ɔ we sho sayn sey dɛn gɛt di coronavirus sik

Aks yu padi dɛn, famili dɛn ɔ neba dɛn fɔ bay bay na makit ɛn bay mɛrɛsin fɔ yu. Dɛn fɔ lɛf dɛn tin dɛn na do.

We yu nid ɛp fɔ gɛt impɔtant tin dɛn lɛk it, yu ebul rɛjista fɔ gɛt coronavirus sɔpɔt.

- We yu de fɔ **England**: <https://www.gov.uk/coronavirus-extremely-vulnerable>
- We yu de fɔ **Nɔtan Ayriland**: <https://www.adviceni.net/eform/submit/covid-support-referral>
- We yu de fɔ **Skɔtland**, kɔl 0800 111 4000
- We yu de fɔ **Wales**, yu go no mɔ frɔm di leta we dɛn sɛn yu

Rid ɔl di advays aw fɔ protɛkt yusɛf if yu de na denja frɔm coronavirus na GOV.UK.

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Advays fɔ avɔyd pipul, fɔ famili den we sɔntɛm den gɛt coronavirus



No go wok, skul, dɔkto ɔpreshɔn, famacy ɔ ospitul



Yuz difren plɛs den (tɔylɛt, kichin), ɔ klin den afta pɔsin dɔn yuz am.



Avɔyd fɔ de nia pipul



Aks pɔsin fɔ briŋ it en mɛrɛsin fɔ yu



No welkɔm strenja fɔ yu os



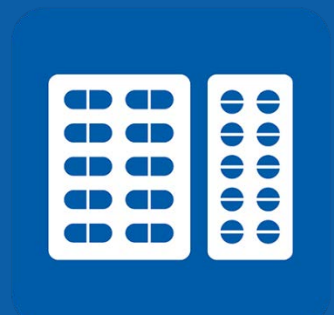
Yu fɔ slip yu wangren fɔ di bed, if i pɔsibul



Was yu an den ɔltɛm



Drink bɔku bɔku wata



Tek paracetamol fɔ ɛp wit eni sayn se yu dɔn sik

No westɛm fɔ aks fɔ wan coronavirus test we yu de sho sayn se yu get 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 get fon we de wok fɔ le den sen yu di test pepa lek tɛks mesej.

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

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

- Enibɔdi we sho sayn se i get di sik fɔ lɛf na os ɛn avɔyd pipul dɛn fɔ lɛk 7 de dɛn.
- If yu de wit ɔda pipul dɛn fɔ os, dɛn bak fɔ lɛf na os ɛn avɔyd pipul dɛn fɔ lɛk 14 de dɛn, dis go mek di sik nɔ de prɛd na do.
- Bɔt, if ɛnibɔdi na yu os de sho sayn se i get di sik, dɛn fɔ lɛf na os ɛn avɔyd pipul dɛn fɔ lɛk 7 de dɛn frɔm di de we di sayn dɔn stat. Ivin if i min sey dɛn fɔ lɛf na os pas 14 de dɛn.
- If yu de wit ɔda pipul fɔ os we bi ol pas 70 ia, we get sirɔs wɛlbɔdi prɔblɛm fɔ lɔng 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, 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
- di sik nɔ de bɛtɛ afta 7 de dɛn

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 aks fɔ wan intaprita fɔ yu langwej.

Wetin gɛt fɔ apin 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 get pepa, nɔ go pe fɔ:

- tɛst fɔ corona (ilɛk di tɛst sho se yu nɔ get di corona)
- tritment fɔ corona – we yu stat tritment ɛn di tɛst sho se yu nɔ get corona, sɔntɛm dɛn go chay yu fɔ ɛni tritment yu du afta yu dɔn no se yu nɔ get di corona

No ɔfisa we kontrol pepa dɛn go de we yu nid tɛst ɔ tritment fɔ corona nɔmɔ.

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 lɛk 20 sɛkɔn dɛn
- Fala advays we dɛn gi fɔ de sɛf ɛn rɛdi
- We yu ebul, yuz sɔntin kɔba yu fes we yu de insay ɛn i nɔ go izi kip 2 mita fa frɔm ɔda pipul we no de na di sem os wit yu lɛk transpɔt ɔ smɔl shɔp dɛn

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>