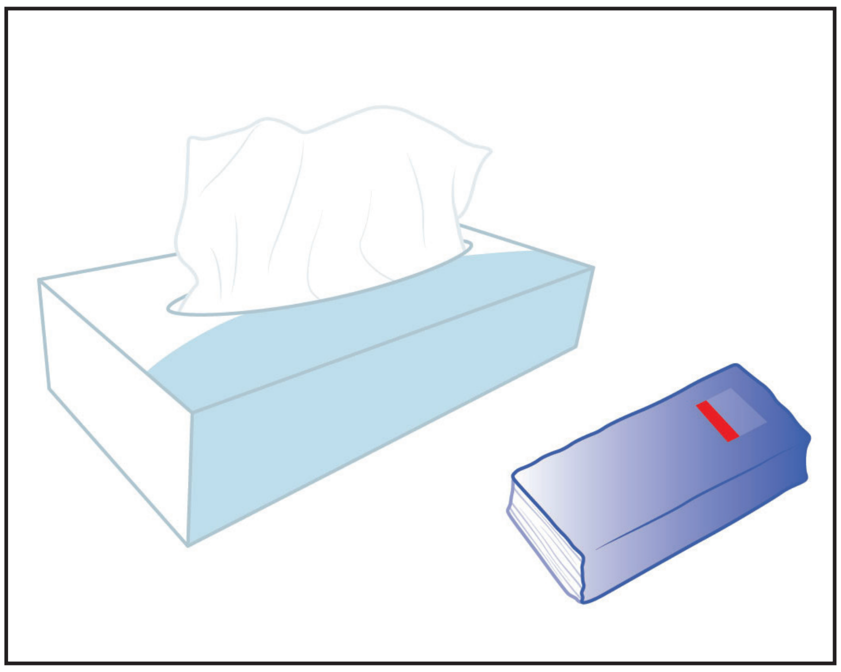
ኮሮና ቫይረስ

ብዙሓት ሰባት ብዛዕባ ኮሮና ቫይረስ ይሓስቡ እዮም።
ጽቡቕ ኣጋጣሚ ኮይኑ ግን በዚ ቫይረስ ዝተለኽፉ ሰባት ዳርጋ ኹሎም ጥዕንኦም ናብ ንቡር እዩ ዝምለስ።
እንተኾነ ግን ጥንቃቐ ምግባር ኣገዳሲ እዩ።

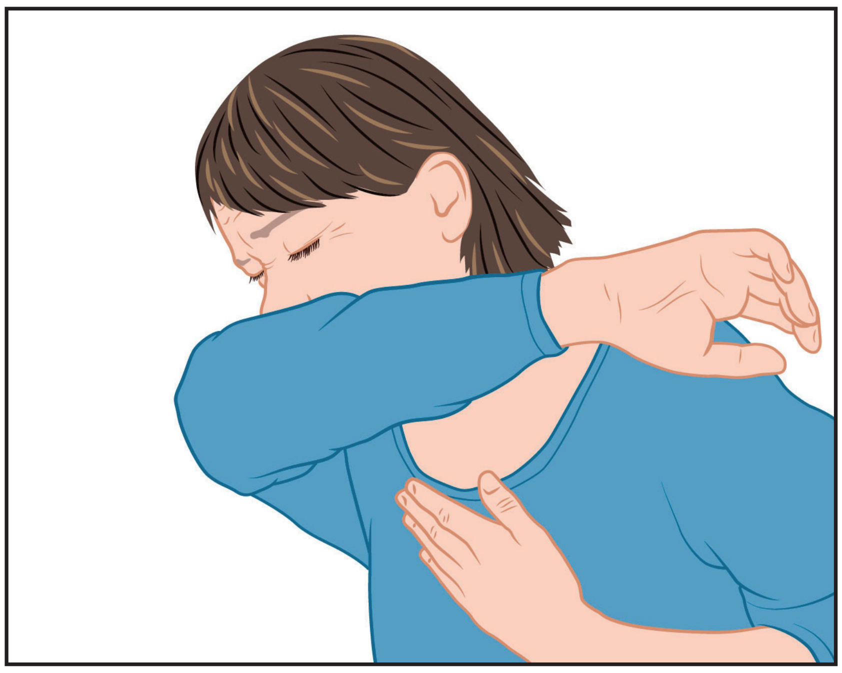
እንታይ ክትገብር ይግባኣካ?

ነዞም ዝስዕቡ ጠቐምቲ ምኽርታት ንተዓዘብ፧

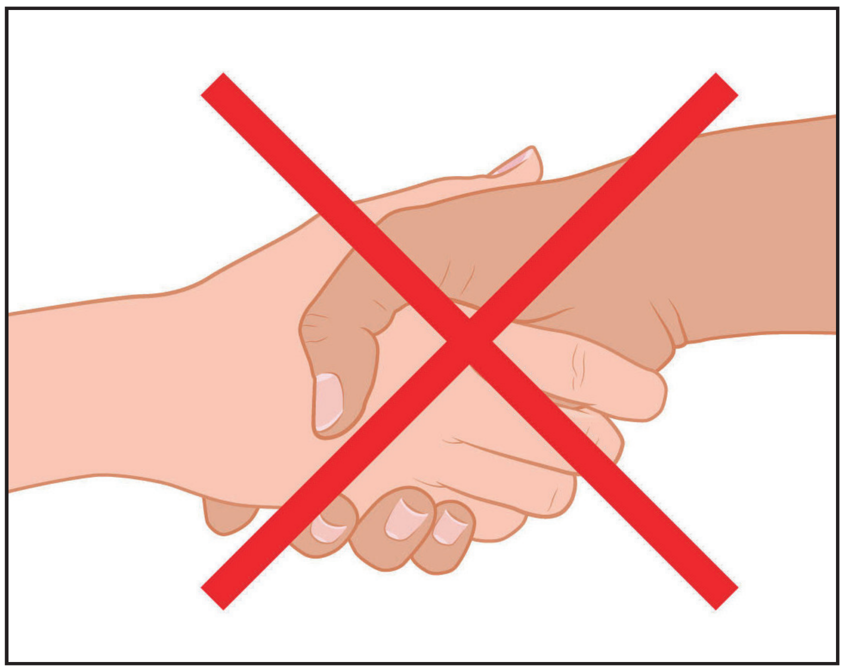
1. .ኣብ መዓልቲ ደጋጊምካ የእዳውካ ብሳምና ተሓጸብ።
መንጎ ኣጻብዕትኻ ውን ጽቡቕ ጌርካ ሕጸቦ።



2. .ኣብ እትሕንጥሰሉ ወይ ድማ እትስዕለሉ እዋን
መንዲል ወይ ድማ ሶፍት ተጠቀም።



3. ወይ ድማ ኣብ ብርኪ ኢድካ (ኢድካ ብምዕጻፍ)
ክትሕንጥስን ክትስዕልን ይግባእ።



4. ብኢድካ ሰላም ኣይትበል!

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

PHAROS
EXPERTISECENTRUM GEZONDHEIDSVERSCHILLEN

Deze vertaling is gebaseerd op Nederlandse informatie. Die informatie is gemaakt in samenwerking met Thuisarts.nl, een initiatief van het Nederlands Huisartsen Genootschap (NHG).
De informatie is getest met taalambassadeurs van Stichting ABC.
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