

Koronafirus ka jira gudaha Leicester

Waxaa gudaha Leicester ku soo kordhey kuwa la baarey ee koronafirus (COVID-19) laga helay.

Waa inaan kuligeen sameynaa waxa aan ku joojin karno faafida koronafirus oo bulshadeena iyo NHS-teena ku badbaadin karno.

Si aad u badbaadiso naftaada iyo tan dadka kaleba



Guriga joog inta ugu badan ee aad karto, guriga uga bax keliyah shaqo ama wax lama huraa ah (sida cunto, dukaameysi, kuwo kale oo aad daryeeleyso).



Mar walba 2 mitir ka fogow dadka kale ee aan reerka hoygaaga aheyn



Gacmaha si joogto isaga dhaq ugu yaraan 20 ilbiriqsi ama isticmaal gacan nadiifiyaha



Mar walba wejiga xijaab ku xiro marka aad gaadiidka dadweynaha raaceyso ama aad dhex joogtid meel dadweynaha ka dhexeysey, oo ay goobaha shaqada ku jiraan

Wararka Koronafirus ka Leicester kala soco leicester.gov.uk/coronavirus

Isbaar

Haddii aad isku arragto calaamadaha koronafirus ka ama aad isugu soo dhawateen qof calaamadaha koronafirus qaban, fadlan sida ugu dhaqsi badan ee aad karto isku baar.

Xusuuso, calaamadaha u muhiimsan ee koronafirus waa:



Qandho



Qufac cusub oo xiriir ah



Wax urin la'aan



Wax dhadaminta la'aan

Baaritaan buug-gareyso:

Online-ka nhs.uk/ask-for-a-coronavirus-test

wac 119

Haddii lagu baaro oo koronafirus lagaa helo, waa inaad guriga joogtaa ugu yaraan 7 beri oo dadka aad la nooshahayna guriga joogaan mudo 14 beri ah.