



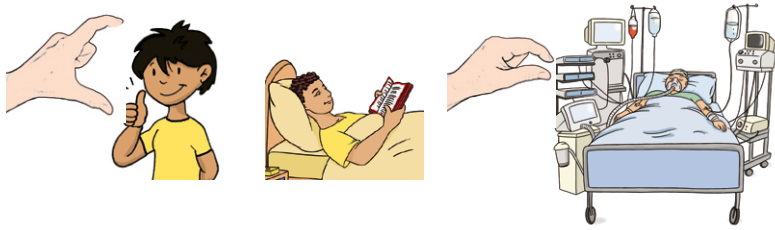
እቲ SARS-CoV-2 ኮረናቫይረስ ነቲ ሕማም COVID-19 የሰዕብ።

ምልክታት፡ እቶም ምልክታት ሕማም መብዛሕትኡ ግዜ ኣብ ውሽጢ 14 መዓልታት ድሕሪ መልክፍቲ ይርከቡ። ልሙዳት ምልክታት ረስኒን ደረቕ ሰዓልን ከምኡ ድማ ሓድሓደ ግዜ ውጽኣት፡ ሕማም ርእሲ ከምኡ ድማ ቃንዛ ሰብነት፡ ምዕጻው ሽውሃት ወይ ድኻም እዮም።

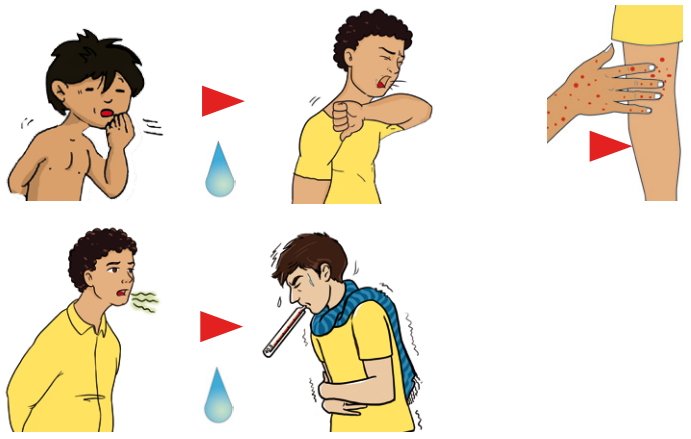


ጽኑዕነት፡ ብዙሓት ዝተለኸፉ ሰባት ፎኪስ ሕማም ጥራይ እዩ ዘለዎም፡ ግን ገለ ተርእዮታት ከበድትን ንህይወት ዝፈታተኑን እዮም።

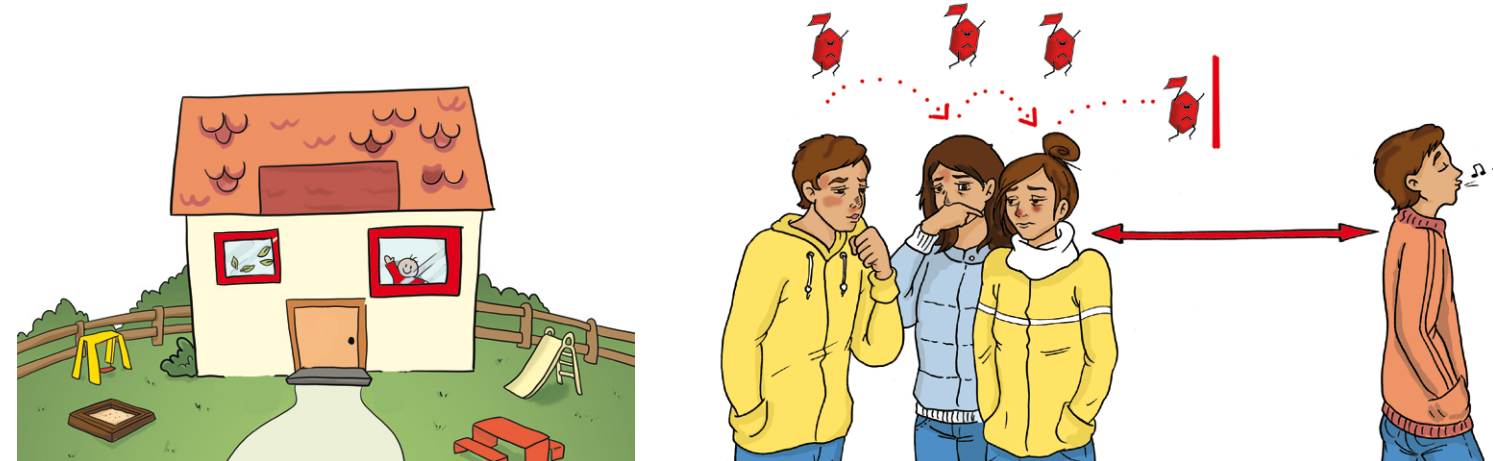
ኣብ ጽኑዕ ስግኣተ-ሓደጋ ዘለዉ ሰባት ኣረጋውያን፡ ኣቐዲሙ ከቢድ ሕማም ዝጸንሖምን ዝተዳኸመ ስርዓተ ምክልኻል ሕማም ዘለዎምን ሰባት እዮም።



ምምሕልላ፡ እቲ ቫይረስ ብቐሊሉ ዝመሓለፍ እዩ። ንሱ መብዛሕትኡ ግዜ ካብ ሰብ ናብ ሰብ ብመገዲ ናይ ነጠብታ መልክፍቲ ይመሓለፍ፡ ሓድሓደ ግዜ ከኣ ናይ ልፋጥ መልክፍቲ ዓሰንሰለት ናይ መልክፍቲ)። እዚ ማለት፡ ንሱ መብዛሕትኡ ግዜ ብመገዲ ምስዓል፡ ምህንጣስ፡ ጥቡቕ ናይ ገጽ ንገጽ ርክብን ካልእ ርክብን ንኣብነት ብኣእዳው፡ ግን ምናልባት ብነገራትውን።



ዕላማ፡ እቶም ስጉምትታት ዕላምኦም ነዚ ሰነሰለት መልክፍቲ ንምዕጋትን ከምኡ ድማ ነቲ ለቦዳ ናይቲ ቫይረስ ቀስ ንምባልን እዮ።



ገታኢ ስጉምትታት

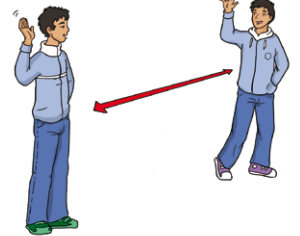
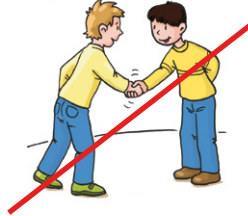
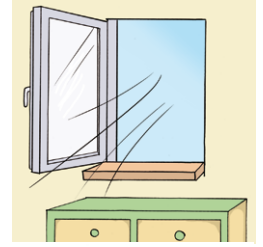
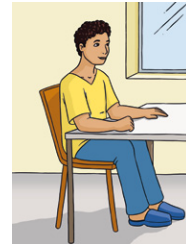
ነዞም ዝሰዕቡ ስጉምትታት ክትወስዱ ብጽኑዕ ይምከር።

ምስ ካልእ ሰባት ዘለካ ርክብ ኣዚኻ ምጽዳል

ካብ ገዛ ዘይምውጻእ

ነቲ ክፍሊ ዝግባእ ኣየር ከምዝኣትዎ ምግባር

ኣእዳው ዘይምጭብባጥ



ንኣብቲ ኩርናዕ ኢድ ምስዓልን ምህንግስን ከምኡ ድማ ካብ ካልኣት ገጽካ ምእላይ

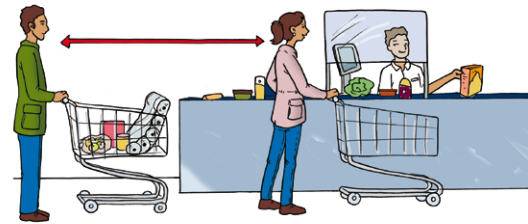
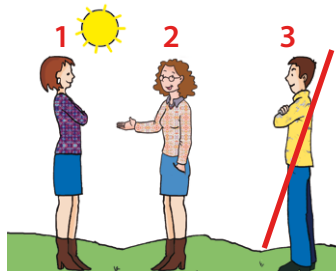
ኣእዳውካ ብስሩዕ ምሕጻብ (ዝተተሓሓዘ ርኣ)



ናይ 1,5-2 ሜትር ርሕቀት ካብ ካልእ ሰባት ንኣብነት ኣብቲ ባንኮ ናይ ዕድገ

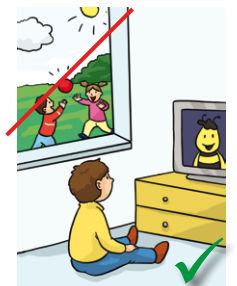
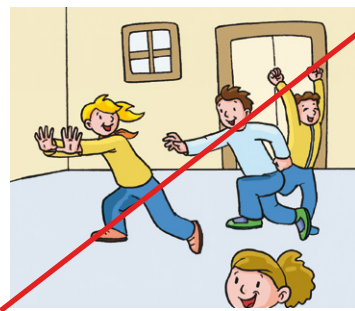
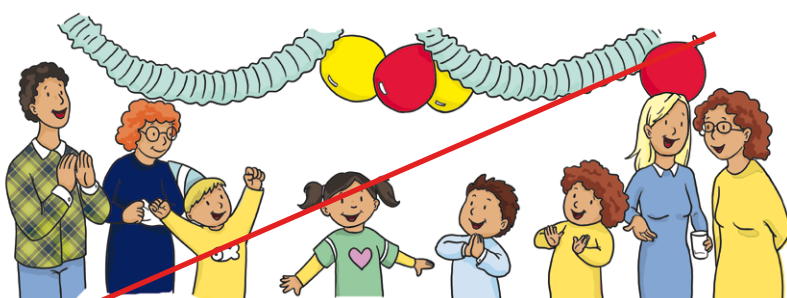
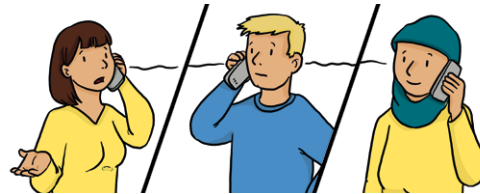
ናይ ልዕሊ 2 ሰባት ምእካብ ከልክሉ

ግዝያዊ ናይ ፈለማ ምድራት



ብዝተኻእለ መጠን ተሌፎን ወይ Skype ብምጥቃም ንልሙድ ማሕበራዊ ርክባትኩም ምቕያር

ውልቃዊ ርክባትን ንጥፈታትን ኣወግዱ፡ ንኣብነት ናይ ስፖርት ክበብ፡ ኮማዊ ምትእኻኻባት፡ ውልቃዊ ዓባይቲ ጽንብላት

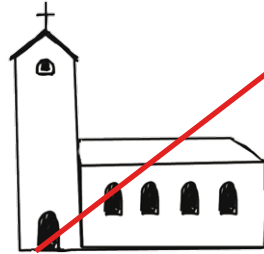


ገታኢ ስጉምትታት

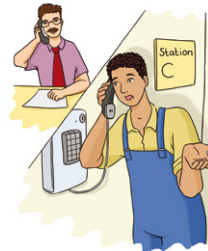
ደቅደቂ ናብ ኣቦሓጎ ወይ እናሓጎ ብዘይ ምስዳድ ነቶም ኣረጋውያን ተኸላኸልሎም። ምስ ኣረጋውያን ዘለኩም ርክብ ኣወግዱ



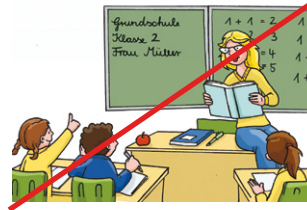
መብዛሕትኦም ኣጋጣሚታት ተሰሪዞም ኣለዉ። ንኣብነት ሲነማ፡ ምርኢታት መዚቃ፡ ናይ ስፖርት ኣጋጣሚታት፡ ትያትር፡ ኣብያተ-መዘክር፡ ናይ ቤት-ክርስትያን ንጥፊታት።



መብዛሕትኦም ኣስራሕቲ ኣብ ዝክኣለሉ ኣጋጣሚ ናብ ናይ ርሕቀት ስራሕ ቀይሮም ኣለዉ።



ብዙሓት ዩኒቨርሲታት፡ ኣብያተ-ትምህርቲ ከምኡ ድማ ኣጻደ ቐልዑ ዕጹዋት እዮም።

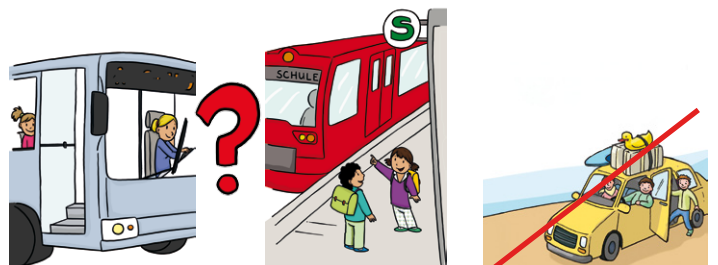


ብዙሓት ሆስፒታላት ኣብ ፍሉይ ኩነታት ጥራት እየን ምብጻሕት ዘፍቅዱ።



ህዝባዊ ኣውቶቡሳት ከምኡ ድማ ባቡራት ምጥቃም ዘድልዩኩም እንተኾይኑ ሕሰቡ።

ዘየድልዩ ጉዕዞታት ኣወግዱ



መልክፍትን ውሸባን

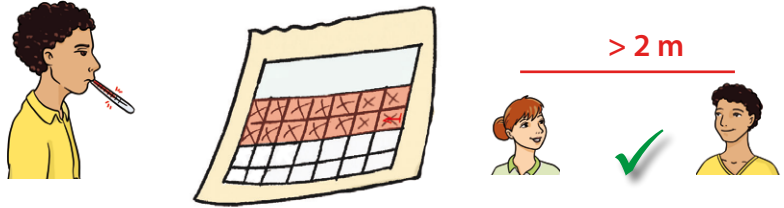
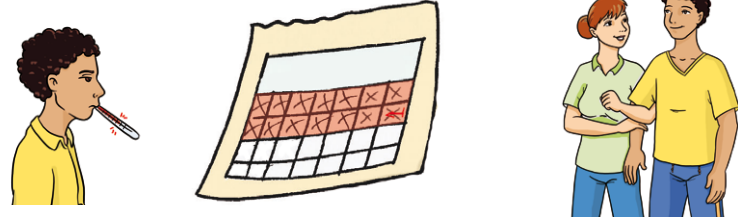
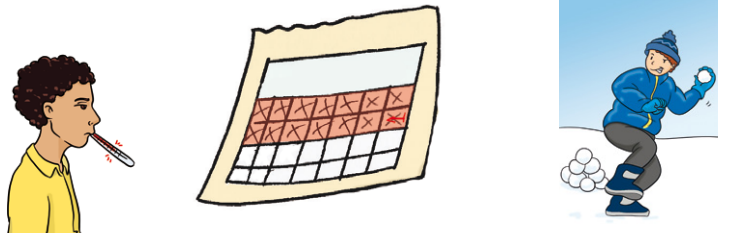
እቲ ኮረናቫይረስ ከምዝሓዘኩም ትጥርጥሩ ኣለኹም።

እቶም ልክዕ ምልክታት ናይቲ ሕማም ተርእዮ ኣለኹም።

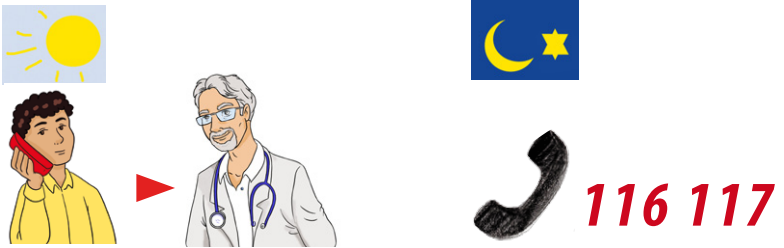
ኣብ ፍሉጥ ናይ ሓደጋ ከባቢ ኣብዘን ዝሓለፉ 14 መዓልታት ጸኒሕኩም።

ምስ ዝተለኸፈ ሰብ ጥቡቕ ርክብ ኣብዘን ዝሓለፉ 14 መዓልታት ጸኒሕኩም (ርሕቀት ትሕቲ ክልተ ሜትር፣ ንልዕሊ 15 ደቓይቕ ንውሓት ግዜ፣ ገጽ ንገጽ)።

(ምስ ዝተለኸፈ ሰብ ዘይጥቡቕ ርክብ ኣብዘን ዝሓለፉ 14 መዓልታት ጸኒሕኩም (ርሕቀት ልዕሊ ክልተ ሜትር፣ ንትሕቲ 15 ደቓይቕ ንውሓት ግዜ)።)



መጀመርታ ናብ ናይ ስድራቤትኩም ዶክተር ወይ ኣብ ምሸት ወይ ኣብ ቀዳመ ሰንበት ናብ 116 117 ምድዋል ኣረጋግጹ። ኣብ ህጹጽ ኩነት ጥራይ ናብ 112 ደውሉ።



ሰቕ ኣልኩም ናብ ናይ ዶክተርኩም ቤት-ጽሕፈት ወይ ክሊኒክ ኣይትኺዱ።

ንመምርሒታት ናይቲ ዶክተር ስድራቤት ከምኡ ድማ ናይቲ ክፍሊ ጥዕና ሰዓብዎም



ባህሪ

ገታኢ ስጉምትታት'ውን ረእዩ

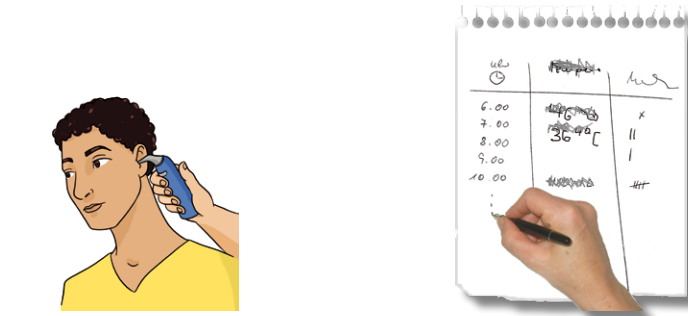
እቲ ክፍሊ ጥዕና ክረኽበኩም እዩ።

እቲ ክፍሊ ጥዕና ክትውሸቡ ዘድልዩኩም እንተኾይኑ ክነግረኩም እዩ።

ዝተኣዛዘ ውሸባ ክኸበር ኣለዎ።

ረስኒ መዓልታዊ ዓቕኑ

ነቲ ናይ መዓልታዊ መዝገብ ንኡስ-መጽሓፍ ዓቕብዎ

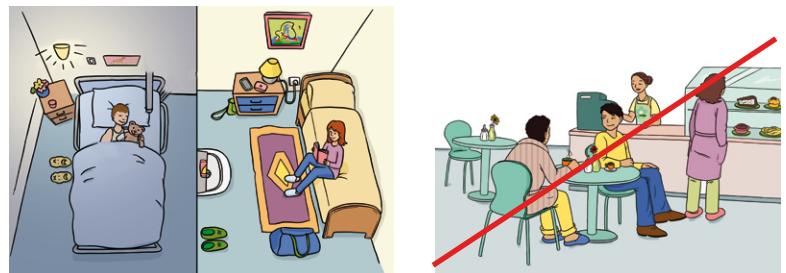


መልክፍትን ውሸባን

ካብ ገዛ ክትወጹ ኣይፍቀደልኩምን እዩ።



ምፍላይ ዝሓመሙን ዘይሓመሙን ሰባት ኣብ ናይ ሓባር መንበሪ ገዛ፡ ንኣብነት ኣብ ዝተፈልዩ (መደቀሲ ክፍልታት)

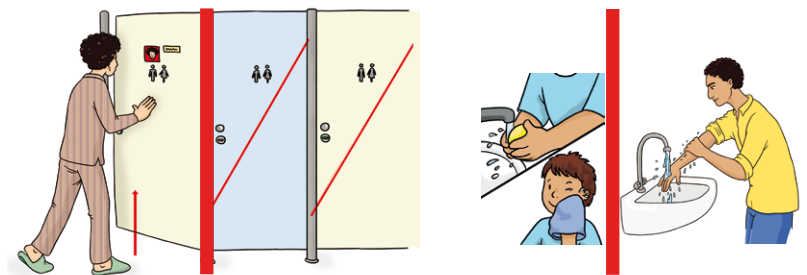


ምፍላይ ናይ ኣጠቓቕማ ግዜ ናይቶም ሓባራዊ ቦታታት ከም ክሸነዝ ዝኣመሰሉ



ዝተፈልዩ ሸቓቓት

ዝተፈልዩ መሕጸቢ ክፍልታት



እቲ ቦታን ምኽርታትን ቀልጢፎም ክቕየሩ ይኸእሉ።

ብስፋዕ ፍለጡ።



ኣብዚ ሓድሽ ሓበሬታ ክትረኽቡ ኢኹም፡

https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Kontaktreduzierung.html

<https://www.infektionsschutz.de/coronavirus-sars-cov-2.html>

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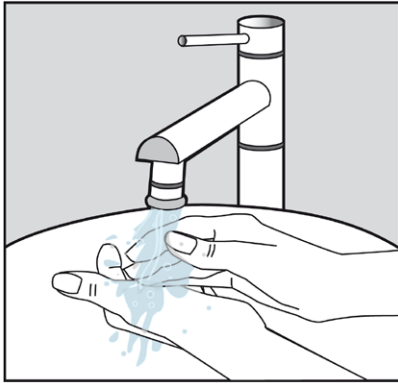
tip doc

ኢድኩም ተሓጸቡ
ኢድኩም ብጸረ ባክተርያ ዝኾነ ፈሳሲ
ጌርኩም ሕጸብዎ

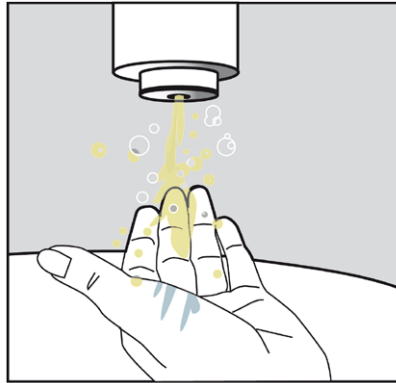


ብኸመይ?

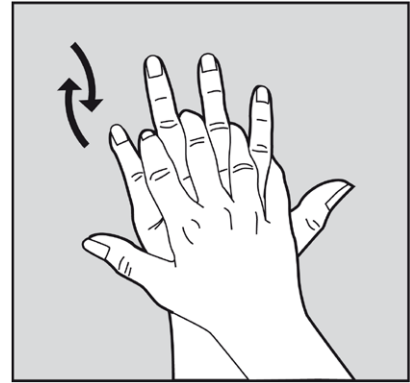
ኢድኩም ተሓጸቡ



1.
ኢድኩም ኣተርከሰዎ



2.
ኢድኩም ብሳምና ጌርኩም ኣጽሪኹም
ሕጸብዎ



3.
ኢድኩም ብሳምና ጌርኩም ኣጽሪኹም
ሕጸብዎ



4.
ኢድኩም ብሳምና ጌርኩም ኣጽሪኹም
ሕጸብዎ



5.
ኢድኩም ማይ ጌርኩም ኣጽሪዎ



6.
ኢድኩም ኣንቅጽዎ

ኢድኩም ብጸረ ባክተርያ ዝኾነ ፈሳሲ ጌርኩም ሕጸብዎ

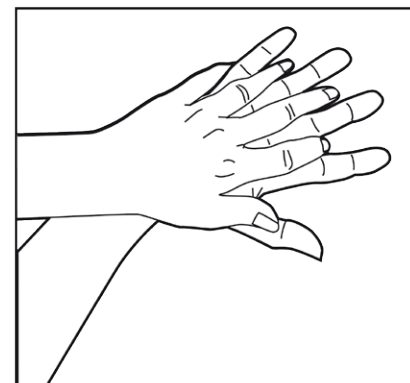


7.
ኣእዳውኩም ድሕሪ ምሕጸብኩም
ኣእዳውኩም ክሬማ ግበርሉ።

እንተድኣ ኣእዳውኩም ብጥንቃቄ ብስሩዕ
መንገዲ ትሕጸቡ ኹይንኩም፡ ናይ ገዛ
መምከን መብዛሕትኡ ግዜ ኣድላዩ
ኣይኮነን።



8.
እኹል ዝኾነ ጸረ ባክተሪያ ፈሳሲ ኣብ
ኢድኩም ግበርሉ



9.
ጸቡቕ ጌርኩም ኣዳዊስኩም ኣብቲ መንገ
ኣጸብዕትኹም ፋሕፍሕዎ