COVID-19

ܚܘܠܡܢܐ ܘܫܲܝܢܘܬܐ ܕܦܘܠܚܢܐ: ܡܘܕܥܢܘܬܐ ܩܐ ܦܠܚ̈ܐ

ܐܣܘܪ ܩܢܘܢ̈ܐ ܕܚܘܠܡܢܐ ܘܫܲܝܢܘܬܐ ܕܦܘܠܚܢܐ ܠܦܘܩܕܢ̈ܐ، ܩܠܝܬܐ ܕܡܦܠܚܝܢܘܟܘܢ، ܝܠܗ ܕܡܫܚܫܚ ܟܠܐ ܠܚܘܠܡܢܐ ܘܫܲܝܢܘܬܐ ܕܦܠܚ̈ܝܗܘܢ ܘܕܐܢܫ̈ܐ ܐܚܪ̈ܢܐ ܓܘ ܕܘܟܬܐ ܕܦܘܠܚܢܐ.

ܡܘܕܝ ܝܢܐ ܚܝܒܘܝܬܐ ܦܠܚ̈ܐ ܕܝܠܝ؟

ܦܝܫܬܐ ܝܠܗ ܚܝܒܘܬܐ ܕܝܠܘܟܘܢ، ܕܡܫܚܫܚܝܬܘܢ، ܟܠܐ ܗܘܬܢܝܬ ܠܚܘܠܡܢܐ ܘܫܲܝܢܘܬܐ ܕܝܠܘܟܘܢ،، ܘܕܠܐ ܡܥܒܕܝܬܘܢ، ܚܠܦ ܚܣܪܐ ܠܘܬܐ ܚܝܪܐ ܒܠ ܚܘܠܡܢܐ ܘܫܲܝܢܘܬܐ ܕܐܢܫ̈ܐ ܐܚܪ̈ܢܐ.

ܚܝܒܘܬܐ ܗܘܝܐ، ܕܬܗܝܒܝܬܘܢ، ܠܟܠ ܦܘܩܕܢܐ ܕܡܦܩܕܢܘܬܐ ܒ ܦܘܩܕܢܐ ܦܘܬ̈ܐ ܕܡܦܠܚܝܢܘܟܘܢ، ܡܘܬܚܡܐ ܥܠܗ ܠܡܚܠܡܘܢܐ ܦܪܫܬܐ ܕܡܪܥܐ ܕ COVID-19. ܐܢܐ ܝܡܟܢ ܝܠܗ ܝ، ܦܠܚܢܐ ܗܘܐ، ܡܢ ܣܒܪܐ ܕܘܟܬܐ ܐܚܪܬܐ، ܐܝܟ ܦܠܚܬܐ ܡܢ ܓܘ ܒܝܬܘܟܘܢ.

ܡܘܕܝ ܝܢܐ ܚܝܒܘܝܬܐ ܡܦܠܚܢܐ ܕܝܠܝ؟

ܐܝܟ ܕܡܦܠܚܝܢܘܟܘܢ، ܕܝܡܟܠܘܗ، ܝܢܝܟܐ ܕܢܛܪ ܩܐ ܚܘܠܡܢܐ ܘܫܲܝܢܘܬܐ ܕܦܘܠܚܢܐ ܡܢ ܚܒܫܬܐ ܕܒܪܘܝܘܣ ܕ COVID-19 ܘܕܝܢܝܟ ܩܘܡܒܢܝܬܐ ܠܣܝܒܪܐ، ܐܝܟܢ ܕܡܚܡܫܝܢܬܐ ܗܠܝܢ، ܩܐ ܡܫܬܐܕܢܘܬܐ ܕܡܪܥܐ. ܐܝܟ ܚܝܒܘܬܐ ܝܢܐ ܕܬܗܡܒ ܠܦܘܩܕܢܐ ܕܡܦܠܚܢܐ، ܝܡܟܢ ܩܘܢܝܐ ܕܚܫܝܡܘܬܐ ܦܝܙܝܩܝܬܐ (physical distancing) ܠܣܝܡܬܐ – ܠܢܛܘܪܘܬܐ ܒܝܢܝ ܐܢܫ̈ܐ ܕܐܝܬ ܓܘ ܕܘܟܬܐ ܕܦܘܠܚܢܐ ܕܩܠܒ ܟܠ ܦܝܫܐ ܡܢ 1.5 ܡܝܬܪ̈ܐ ܝܫܠܐ ܚܕ ܡܢ ܕܗܘ ܐܚܪܢܐ.

ܝܢܝܟܐ ܡܢ ܚܒܫܬܐ ܕܒܪܘܝܘܣ ܕ COVID-19 ܩܝܡܐ ܕܗܘܝ ܦܠܛܬܐ ܒ ܢܘܟܪ̈ܝܐ ܡܬܘܬܦܝܐ.

ܚܝܕܝ ܕܡܦܠܚܝܢܘܟܘܢ، ܩܝܡܐ ܕܟܝܕ ܠܡܬܕܡܘܪܘ ܝܢܝܟܐ ܕܚܒܫܬܐ ܕܒܪܘܝܘܣ ܕ COVID-19 ܓܘ ܫܘܩܐ ܥܠܡܐ ܒܟܠ ܕܘܟܬܘܟܘܢ، ܕܦܘܠܚܢܐ ܘܒܟܠ ܦܘܠܚܢܐ ܕܝܟܒܝܪܗ ܗܘܐ.. ܐܝܟ ܕܡܦܠܚܝܢܘܟܘܢ، ܡܫܘܚ ܢܚܬܘܟܘܢ، ܒܥܘܬ ܐܝܟ ܡܘܕܝ ܝܢܐ ܡܢܝܘܬܐ ܠܝܟܒܪ.

ܐܝܟ ܩܝܡܐ ܕ:

- ܢܛܠܝܬ ܩܢܘܢ̈ܐ ܡܦܩܕܢܝܬ ܠܡܚܠܡܘܢܐ ܕܡܪܥܐ ܡܢ ܣܘܕܪ̈ܐ ܕܐܢܫ̈ܐ ܒܝܣܕܪܐ — ܒܢܩܝܫܬܐ ܕܚܠܝܒ ܦܪܝܫܐ ܓܘ ܕܘܟܬܐ ܕܦܘܠܚܢܐ ܕܩܠܒ ܟܠ ܦܝܫܐ ܡܢ 1.5 ܡܝܬܪ̈ܐ ܝܫܠܐ ܚܕ ܡܢ ܕܗܘ ܐܚܪܢܐ.
- ܡܢܛܠܝܬ ܩܐ ܚܠܝܒ ܦܪܝܫܐ ܓܘ ܕܘܟܬܐ ܕܦܘܠܚܢܐ ܕܡܦܠܚܝܢ ܕܟܝܘܬܐ ܛܒܬܐ (good hygiene) ܒܡܫܬܡܪܢܬܐ ܕܕܘܟܝܬܐ ܘܐܢܫ̈ܐ ܕܕܟܝܘܬܐ ܠܡܫܝܢܘܬܐ ܦܠܚ̈ܐ ܕܡܫܚܠܠܝ ܠܗܘܢ، ܐܝܕܝܬܗ ܒܝܕܗܘܢ، ܘܚܡܫܐ ܩܐ ܟܠ ܦܝܫܐ ܡܢ 20 ܕܩܝ̈ܩܐ، ܒ ܕܡܦܠܚܝܢ ܡܪܕܝܢܐ ܕܐܝܟܐ ܕܐܝܬ ܓܘܗ ܐܠܟܘܗܘܠ
- ܡܫܝܠܘܟܘܢ، ܕܡܚܠܛܝܬܘܢ، ܓܐܫܝܬܐ ܦܪܝܫܝܬܐ ܕܒܚܠܛܘܬܐ
- ܡܘܝܕܝܬܘܢ ܡܡܘܬܐ ܓܘ ܕܘܟܐ ܕܦܘܠܚܢܐ
- ܡܫܡܫܝܬܘܢ (ܡܦܣܝܬܘܢ) ܡܢܚܬܐ ܕܐܢܫ̈ܐ ܐܚܪ̈ܢܐ ܠܓܘ ܕܘܟܬܐ ܕܦܘܠܚܢܐ
- ܦܪܣܝܬܘܢ، ܕܦܠܚܝܬܘܢ، ܡܢ ܓܘ ܣܒܪܐ ܕܘܟܬܐ ܐܚܪܬܐ، ܐܝܟ ܡܢ ܓܘ ܒܝܬܐ ܕܝܠܘܟܘܢ، — ܒܕ ܝܡܟܢܝܐ ܕܐܢܐ ܡܕܒܪܢܘܬܐ ܕܠܐ ܕܝܡܟܠܘܢ، ܕܚܫܚܐ ܡܢܘܝܕܬܐ ܒ ܕܡܕܒܪܢܐ ܝܢܝܟܐ ܕܚܘܠܡܢܐ ܘܫܲܝܢܘܬܐ ܕܦܘܠܚܢܐ

ܡܘܕܝ ܐܝܟ ܕܥܒܕܢ ܐܢ، ܝܡܟܢܐ ܗܘܝܢ ܕܚܫܐ ܗܘܝܢ ܡܪܥܐ ܕ COVID-19؟

ܐܝܟ ܝܠܗ ܕ:

- ܫܩܠܝܬܘܢ، ܕܡܚܫܒܬܘܢ، ܝܘܥܝܐ ܒܝܕ ܐܣܝܐ (seek medical advice)
- ܠܐ ܐܬܝܬܘܢ، ܠܦܘܠܚܢܐ

- ܐܵܡܪܝܼܬܘܿܢ ܩܵܐ ܡܲܦܠܚܵܢܘܼܬܘܼܟ݂ܘܿܢ ܐܝܼܢ ܒܥܵܐ ܐܲܚܪܸܢܵܐ ܐܝܼܢ ܕܡܲܫܬܲܡܫܝܵܢܘܼܬܵܐ ܗܵܕܵܐ ܘܕܡܲܕܒܪܝܼܬܘܿܢ ܠܗܘܿܢ ܝܢ ܐܲܚܪܵܝܘܼܬܘܼܟ݂ܘܿܢ ܒܚܠܝܼܩܵܐ، ܩܵܐ ܚܘܼܫܒܵܐ ܝܢ ܦܬܟܵܐ ܡܲܚܘܼܪܵܒ݂ܵܐ ܕܐܝܼܬܠܗܘܿܢ ܐܝܼܬܠܘܟ݂ܘܿܢ ܐܵܦܵܐ ܡܕܝܼܢ.

ܡܘܼܢܝܼ ܕܥܵܒ݂ܸܕ ܡܢ ܦܘܼܠܚܵܢܵܐ ܝܢ ܦܘܼܠܚܵܢܵܐ ܠܵܐ ܝܠܹܗ ܒܛܝܼܚܵܐ؟

ܝܢ ܓܘܼܪܓܵܢܵܐ ܐܝܼܬ ܒܘܼܗ ܒܛܝܼܚܘܼܬܘܼܟ݂ܘܿܢ، ܡܲܨܝܼܬܘܿܢ ܐܲܚܕ ܡܲܦܠܚܵܢܘܼܬܘܼܟ݂ܘܿܢ ܝܢ ܐܲܚܕ ܡܲܘܕܥܵܢܵܐ ܕܚܘܼܠܡܵܢܵܐ ܘܒܛܝܼܚܘܼܬܵܐ (Health and Safety Representative (HSR)).

ܒܐܲܚܪܸܢܵܐ ܐܲܢܓܠܝܼܙܵܝܵܐ، ܦܠܵܛܵܐ ܢܚܬܠܗܘܿܢ، ܦܘܼܫܵܐ ܕܥܵܒ݂ܸܕ ܡܢ ܦܘܼܠܚܵܢܵܐ ܐܝܼܢ ܕܡܲܨܠܸܚ ܡܢ ܠܥܵܒ݂ܕܵܐ ܦܘܼܠܚܵܢܵܐ ܠܵܐ ܒܛܝܼܚܵܐ. ܐܝܼܬܠܗܘܿܢ ܢܚܬܠܗܘܿܢ ܐܵܦܵܐ ܝܕܥܵܐ ܝܢ ܓܘܼܪܓܵܢܵܐ ܐܝܼܬ ܦܘܼܢܵܝܵܐ ܕܝܵܕ ܦܘܼܫܗܘܿܢ، ܡܛܘܼܠܝܵܐ ܠܦܘܼܩܕܵܢܵܐ ܐܝܼܬ ܚܘܼܪܵܓ݂ܵܐ ܠܘܼܒܵܕܵܐ ܠܚܘܼܠܡܵܢܘܼܬܘܼܟ݂ܘܿܢ ܘܠܒܘܼܫܘܼܬܘܼܟ݂ܘܿܢ ܡܢ ܐܝܼܬ ܡܲܫܬܘܼܠܵܐ (ܡܝܼܠܵܐ) ܦܵܐܝܵܐ ܐܝܼܢ ܡܲܘܦܵܩܵܐ – ܐܲܝܟ݂ ܦܲܝܵܐ ܕܫܲܒ݂ܒ݂ܵܐ ܡܲܬܠܵܢܘܼܬܵܐ ܠܚܘܼܠܡܵܢܵܐ ܡܕܝܼܢ ܕܒܵܕܘܼܗ ܕ COVID-19.

ܝܢ ܦܵܠܚܝܼܬܘܿܢ ܡܢ ܦܘܼܠܚܵܢܵܐ ܒܝܘܼܡܵܢܵܐ ܕܠܵܐ ܗܵܠܹܗ ܒܛܝܼܚܘܼܬܵܐ ܠܦܵܠܵܚܵܐ، ܗܲܒ݂ܝܼܒ݂ܵܐ ܗܘܼܝܵܐ ܕܐܵܡܪܝܼܬܘܿܢ ܩܵܐ ܡܲܦܠܚܵܢܘܼܬܘܼܟ݂ܘܿܢ ܐܲܝܟ݂ ܒܥܵܐ ܐܲܚܪܸܢܵܐ ܐܝܼܢ ܕܡܲܫܬܲܡܫܝܵܢܘܼܬܵܐ ܗܵܕܵܐ. ܗܵܘ ܒܥܵܐ ܝܵܕܥܵܐ، ܠܲܝܬ ܕܗܵܘܝܼܬܘܿܢ ܘܕܝܵܕܥܵܐ ܠܥܵܒ݂ܕܵܐ ܐܝܼܬ ܦܘܼܠܚܵܢܵܐ ܡܲܫܠܘܼܦܵܢܵܐ ܠܫܲܒ݂ܩܵܐ ܐܲܝܕܵܐ، ܐܲܝܟ݂ ܦܵܠܚܵܢܵܐ ܡܢ ܒܵܝܬܵܐ.

ܡܲܘܕܥܵܢܘܼܬܵܐ ܙܵܘܕܵܢܵܝܬܵܐ

ܩܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ ܒܘܼܗ ܚܘܼܠܡܵܢܵܐ ܘܒܛܝܼܚܘܼܬܵܐ ܕܦܘܼܠܚܵܢܵܐ، ܕܒܘܼܩܘܼܪ ܠܣܘܼܦܵܐ ܐܲܠܩܛܪܘܿܢܵܝܵܐ ܕ Safe Work Australia (Safe Work Australia website)

ܩܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ ܒܘܼܗ ܦܘܼܩܕܵܢܵܐ ܕܡܲܬܝܼܚܵܐ ܡܢ ܦܘܼܠܚܵܢܵܐ ܘܦܘܼܪܕܵܢܘܼܬܵܐ، ܕܒܘܼܩܘܼܪ ܠܣܘܼܦܵܐ ܕܡܲܚܙܝܵܢܵܐ (ܡܲܬܝܼܚܵܢܵܐ) ܕܒܵܐܒܵܐ ܕܦܘܼܠܚܵܢܵܐ ܚܲܕܵܐ (Fair Work Ombudsman)

ܩܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ ܕܚܘܼܠܡܵܢܵܐ، ܕܒܘܼܩܘܼܪ ܠܣܘܼܦܵܐ health.gov.au

ܝܢ ܒܥܵܐ ܠܘܟ݂ܘܿܢ ܐܲܒ݂ܝܼܩܘܼܬܵܐ ܗܵܕܵܐ ܕܡܲܕܒܪܝܼܬܘܿܢ ܕܩܘܼܢܵܝܵܐ ܚܘܼܦܵܩܵܢܵܝܵܐ ܕ WHS ܒܘܼܕܵܝܵܐ ܐܵܢܵܐ ܦܠܵܚܵܐ ܠܵܐ ܠܘܿܗ ܒܠܸܒܘܿܢ ܒܘܼܠܵܚܵܢܵܐ ܦܘܼܦܵܢܵܐ ܒܘܼܕܵܡ ܡܢ ܠܘܿܗ ܐܲܘܫܵܢܵܐ ܕܒܝܼܒ݂ܵܐ ܘܕܡܲܕܒܕܵܢܵܐ ܕܐܲܘܫܲܛܪܵܠܝܵܐ. ܩܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ ܕܒܵܠܚܘܼܬܵܐ ܕܩܵܐ ܦܬܝܼܚܘܼܬܘܼܟ݂ܘܿܢ ܕܦܘܼܠܚܵܢܵܐ، ܝܢ ܒܥܵܐ ܠܘܟ݂ܘܿܢ ܡܲܣܝܼܕܘܼܗ̇ ܩܵܐ ܡܲܕܒܪܵܢܵܐ ܕ WHS ܕܠܘܿܗ ܐܲܘܚܕܵܢܘܼܬܘܼܟ݂ܘܿܢ ܝܢ ܐܲܬܪܵܢܘܼܬܘܼܟ݂ܘܿܢ (WHS regulator in your state or territory) ܕܝܵܠܘܼܦܵܐ ܡܠܝܼܠܘܼ ܩܵܠܘܼܟ݂ܘܿܢ..