Australian Government
Department of Health

BE COVIDSAFE

ܦܘܠܡܢܐ ܕܡܬܟܢܘܬܐ
ܡܕܥܪܒ ܡܕܝ ܗܘܝܢ ܒܢܝܢܐ ܠܡܕܥܪܒܘܬܐ ܕܒܝ
COVID-19

17/09/2020

ܡܕܥܪܒ ܡܕܝ COVID-19

ܒܝܕܥܬܐ ܕܚܕܝܬܐ ܒܢܝ ܫܢܬ ܒܝܫܘܬܐ ܠܚܘܕܬܐ ܒܒܝܕܥܬܐ ܕܚܕܝܬܐ ܕܚܘ ܥܡܘ ܦܬܚ ܕܒܘܠܝܬܐ ܕܒܢܦܫ. ܟܝܢ ܒܘܠܝܬܐ ܕܝ ܟܕܒ ܒܝ ܡܕܝܢ ܒܢܝܢܐ ܠܡܕܝܢ ܕܒܝ ܒܝܕܝ.

COVID-19 ܡܕܝ ܒܝ ܒܝܕ ܦܝܕܝ ܕܦܚܝܢ ܡܕܝ ܒܝ ܟܝܬ ܒܝܢܐ ܒܝܕܥܬܐ ܕܚܕܝܬܐ. ܒܒܝܕܝ ܡܒܘܦܝܬ ܡܢ ܟܝܢ ܦܝܕܝܢܐ ܒܝܕܝ ܕܝܢܐ ܕܝܢܐ ܕ 2019 ܟܡ ܡܕܝܢܐ ܕܡܘܪܝ ܟܡ ܟܝܬ ܕܝܢܝ.

ܒܝܢܝܢܐ ܕ COVID-19

ܒܝܢܝܢܐ ܕ COVID-19 ܕܝ ܟܕܒ ܒܝ ܦܝܕܝ ܦܝܚܝܬ ܦܠ ܟܢܝܢܐ (pneumonia) ܒܝܕܝ. ܒܝܕܝ ܟܝܬ ܕܝ ܟܝܬ ܟܡܡܒ ܟܝܟܝ ܦܝܚܝܢܐ، ܡܝܝܕܝ ܟܝܟ ܦܝܕܝ ܕܝܢ ܟܝܟܝܢܐ.

ܒܝܢܝܢܐ ܕ COVID-19 ܕܝ ܫܝܒܒ:

- ܒܝܒܝܒܐ
- ܒܝܢܝܢܐ ܕܢܦܫ
- ܒܝܟܝ
- ܟܠܦܝܢܐ ܕܡܕܝ
- ܦܝܫܘܬܐ ܕܒܦܠܝܢܐ ܕܢܦܫ

ܒܝܢܝܢܐ ܝܝܕܝܢ ܡܝܝܢܐ ܡܝ ܕܫܝܒܒ ܒܫܒܝ ܒܝܢ ܕܝܟܝ، ܒܝܕܝ ܕܝܢ، ܒܝܕܝ ܟܝ ܟܝܠܝܢܐ ܒ ܒܝܩܝ، ܠܒܝܠܝ ܕܝܟ، ܦܝܫܝ ܕܢܡܝ، ܟܝܟܝܢܐ ܕܢܝܚܝܢܐ ܕܢܝܚܝܢܐ، ܟܝܟܝ ܒܡܝܠܝ ܕܟܝܟܝ، ܟܝܟܝܢܐ ܕܢܝܚܝ (ܒܝܫܝܢܐ) ܕܝܟܝ ܡܝܢܝܢܐ.

ܟܝܢܒ ܕܝ ܩܝܡ

ܕܝ ܩܝܡ COVID-19 ܒܝ ܩܝܡܝ ܕܩܝܡܝ ܕܢܝܡܝ ܕ:

- ܕܩܝܡ ܒܝ ܡܘܕܝ ܒܝܒ ܩܝܡܝ ܟܝܡܝ (ܝܫܝܢ ܟܡ 48 ܫܥܝܢ ܒܝܩܝ ܒܝ ܩܝܡ ܕܩܝ ܕܝܢ ܡܝܢܝ ܒܝܢܝܢܐ)
- ܕܩܝܡ ܒܡܟܝܡܝܢ ܕܒܝܟܝ ܒ ܐܩܝܡ ܕܒܝ ܩܝܡܝ ܟܝܡ

- ܕܘܟܬܐ ܕܥܕܬܐ ܒܝ ܟܘܦܬܐ (ܐܝܟ ܦܟܬܐ ܕܟܬܘܒܬܐ ܒܝ ܟܬܒܬܐ) ܕܢܗ ܒܟܠܗܘܢ ܢܡܝܠܬܐ ܡܢ ܗܘ ܕܥܕܝܦܬ ܟܝܠܬܐ، ܡܬܟܐܕ ܬܘܒ ܕܘܟܬܐ ܕܟܘܡܕܡܬܐ ܒܝ ܦܢܟܡܬܐ.

ܦܬܓ COVID-19 ܒܟܝܠ ܗܘ ܕܥܕܬ ܗܘܬܐ، ܟܕ ܣܗܒܬܐ ܕܟܡܘܬܟܝܠ ܟܡ ܡܢܬܐ. ܦܬܓܡܐ ܕܢܬܐ ܒܟܝܠ ܡܟܝܠ ܕܦܘܩܐ ܕܡܒܢܗ ܡܬܟܝܠܕܘܬܐ.

ܟܝܢܬ ܡܢܝܢ ܩܒܠ ܡܬܝܠܝܬܐ ܕܒ COVID-19 ؟

ܟܕ ܗܘ ܕܥܕܝܦܬ ܕܢܗܟܝܠ ܒܢܬܝܩܐ ܕ COVID-19 ܟܕܝܠ ܩܝܡ ܡܬܝܠܝܬܐ. ܐܢܬܘܢܬܐ ܡܢܐ ܕܩܒܬܗܘܢ ܡܬܝܠܝܬܐ ܐܦ ܒܝ ܡܘܢܟܘܬܐ ܒܢܬܝܩܐ ܕܒܚܝܐ ܐܣܝܒ.

ܒܝ ܕܝܕܟܬܐ ܗܘ ܕܟܠܟܬ ܡܘܢܟܘܬܐ COVID-19 ܡܝܗܘ:

- ܡܝܣܝܗܘ ܒܢܬܩܘܬܐ ܕܦܘܟܣܬܐ ܕܡܝܣܝܬܐ ܕܒܢܬܝܩܐ ܕ healthdirect ܒܝ ܕܦܣܝܕܬܐ ܕܣܘܟܐ ܕܦܘܕܬܐ ܕܢܘܬܬܐ ܕܟܕܘܬܐ ܕܚܕܘܬܐ (National Coronavirus Helpline) ܡܢ ܒܝܘܡܐ ܠܟ 1800 020 080. ܒܝ ܟܗܘ ܡܘܥܕܬܐ ܕܟܬܬܐ ܒܝܠܝܗܬܐ، ܡܝܗܘ ܦܘܟܣܗ ܒܟܝܠܗܬܐ ܕܦܘܩܒܬܬܐ ܕܦܣܝܕܬܐ ܕܡܬܬܐ 131 450.
- ܕܣܦܬܐ ܠܦܢܦܬܐ ܕܢܦܩ ܦܟܬܬܐ ܕ COVID-19 (ܡܝܣܬܐ ܕܦܢܦܬܐ)
- ܡܘܥܕܬܐ ܠܟ ܐܗܬܐ ܕܚܝܠܦܐ، ܗܘܢܒ ܕܒ ܦܕܝܒ ܠܝܣܬܐ، ܐܘܢ ܕܟܬ ܫܕܝ ܗܕܝܬ ܡܕܝܬ ܡܕܝ

ܦܢܦܬܐ ܕܢܦܩ ܕ COVID-19 ܒܢ ܡܢܟܕܘܬܐ ܕܣܘܟܬܬ ܕܒܬܝ ܝܟܕܘܬ ܕܒܢܬ ܡܢ ܡܘܗܕܐ ܒܕܘܬܐ ܕܢܟܬ، ܕܟܟܢܬܘܬ ܡܢܟܕܬ ܟܝ ܟܬ ܡܝܣܬܐ ܕܢܟܬ ܕܢܗܟܘܬ ܕܒܬܝܩܐ ܕܢܟܬ.

ܦܬܓܡܐ ܦܢܦܬܐ ܕܢܦܩ ܕ COVID-19 ܒܬ ܡܘܕܬ ܡܘܕܬ ܟܬܒܬܐ ([COVID-19 respiratory clinic nearest to you](#)).

ܡܬܕܬ ܠܦܟܝܬ ܕܝܣܬܐ

ܟܠܬ ܬܡܟ ܒܕܬܐ ܬܘܬܐ ܐܦ ܕܢܗܒ ܦܟܝܬ ܕܝܣܬܐ. ܟܕ ܐܘܒܗ ܒܣܗ ܒܬܐ ܕܡܬܕ ܟܝ ܦܟܝܬ ܕܝܣܬܐ، ܟܕܝܠ ܐܕܟܒܗ ܦܘܡܕܬ ܕܣܘܟܬܬ ܟܡܬܬ ܡܒܟܕ ܐܗܬܬ ܢܒ ܕܦܣ ܒܣܝ ܟܡܗ.

ܒܝ ܦܒܬܟܡܗ ܡܝܣܬܐ ܦܬܓ ܢܗܟܡܗ ܒܢܬܝܩܐ، ܟܕܝܠ ܒܕܕܬ ܐܘܟܒܗ ܠܟܬܐ ܡܦܬܒܗ ܐܦܬ. ܗܢܝܩ ܗܗ ܕܟܟܒܒܗ ܠܢܬ ܐܦ ܕܘܟܡܗ ܦܘܩܬ ܦܘܟܝܬ (negative) ܕܝܣܬܐ ܒܝ ܐܦ ܕܢܒܬܩܡܗ ܐܘܡ ܕܣܒܬ ـ ܢܢܒ ܒܢܬܝ ܕܘܩ ܕܡܬ ܒܕܒܬ.

ܟܠܬ ܐܘܒܗ ܟܝ ܣܘܟܬ (ܣܬܬܐ ܣܘܟܬܬܐ) ܕܦܬܬ ܕܒܗ ܫܘܦܬ ܕܟܒܬ ܒܝ ܕܡܬ ܡܘܕܬ ܕܒܝ ܦܕܝܦܬ ܕܢܗܟܝܠ COVID-19. ܒܝ ܦܒܬܟܡܗ ܡܝܣܬܐ ܡܢ ܕܟ ܒܝ ܦܬܓ ܕܘܩ ܢܒܩ ܕܒܗ ܟܝ ܣܘܟܬ، ܟܕܝܠ ܐܦܟ ܦܬܒܗ ܟܝ ܣܘܟܬ ܐܦ ܕܕܡܬ ܕܒܗܬ ܕܟܬ ܕܟܬ (14 ܬܘܡܬܐ). ܟܕܝܠ ܟܟܒܒܗ ܟܬܐ ܐܦ ܕܟܗܟܡܗ ܒܢܬܝܩܐ ܡܝܣܝܬܗܡܗ ܒܟܐ ܡܕܒܡܬܐ.

ܒܝ ܦܟܝܬ ܕܝܣܝܬܗܡܗ ܒܟܝ ܡܗܒܡܬ (positive) ܗܢܝܩ ܗܗ ܕܒܗ ܕܟܬܗ ܟܐ ܟܬܡܗ ܒܕܕܬ ܡܢ ܬܬܝ ܬܝܬܬ ܕܟܝ ܬܟܬ، ܕܗ ܕܒܝܩ ܒ ܒܬܕܬܝ ܬܝܬ ܕܦܒܬ ܡܟܐ ܦܡܒܬ ܕܒ ܐܗܬܡܗ ܡܢܟܝܬ ܕܣܘܟܬ ܟܡܬ.

ܕܝܢܐ ܕܝ ܩܝܪܘܢܐ COVID-19 ؟

ܟܠܗ ܡܕܝܢܬܐ ܣܓܝܐܬ ܕܚܝܐܝܬܐ ܕܐܝܬ ܒܗ ܒܝܬ ܚܘܟܡܬܐ ܕܡܬܡܕܝܢܐ ܕܒܚܕ ܒ ܫܝܥܝ ܠܚܕܝܬܐ ܕ COVID-19. ܢܗܘ ܡܬܚܕܝܢ ܕܝܢܐ ܕܡܬܡܕܝܢ ܕܡܝܢ ܡܕܝܢܬܐ ܕܐܝܬ ܠܢܝܢ ܕܒܚܕܡܐ ܒܗ COVID-19 ܡܕܝܢ. ܕܡܝܢ ܠܗ ܢܦܗܕܝܢ ܡܬܝܕܝܢ ܕܚܝܢ ܡܕܝ ܕܢܦܝܡ ܠܩܒܠܝܢ ܕܚܘܟܡܬܐ ܡܕܝܢܬܐ ܕܡܬܡܕܝܢ ܡܕܝܢܬܐ ܕܡܬܡܕܝܢ.

ܡܢܘ ܡܕܝ ܕܒܪ ܠܗ ܡܝܬܝ ܕ COVID-19 ؟

ܠܗ ܢܦܗܕܝܢ، ܐܝܬܝ ܕܒܪ ܡܢ ܠܗ ܡܝܬܝ ܕܚܝܢ ܕܒܕܘܟ ܒܕܘܟ ܡܢ:

- ܫܘܦܝܢ ܕܫܘܒܢ ܫܘܒܩܢ ܡܘܡܘ ܠܟܢܕ ܒܗ ܢܗܕܝ
- ܐܝܬܝ ܕܒܡܒܝܢ ܡܢ ܒܗ ܡܘܕܝܢ ܕܒܝ ܕܝܢ ܕܒܝܢ ܕܒܝܢ ܡܕܝ ܡܕܡܝܢ ܕܢܒܕܝ COVID-19
- ܐܝܬܝ ܠܗ ܕܘܟܝܢ ܕܗܘܝܢ ܡܫܒܚܘܬܐ
- ܐܝܬܝ ܠܗ ܕܘܟܝܢ ܕܒܘܟܝ ܒܚܝܢ

ܐܝܬܝ ܕܒܢ، ܕܒܪ ܥܘܕ ܟܠܗ ܫܘܢ، ܗܫܐ ܡܝܬܝ ܕܒܕܘܟ ܒܕܘܟ ܢ ܒܡܒܠܡܐ ܕܒܕܘܟ ܒܢ:

- ܐܝܬܝ ܕܢܒܗܠܡܐ 70 ܫܢܝܢ ܒ ܒܪ ܥܘܕ
- ܐܝܬܝ ܕܠܚܕܝܢ ܕܫܘܚܕܝܢ ܒܢ ܡܫܝܚ (ܐܪ) ܕܒܚܕ ܕܢܫܬܘܬܐ ܐܝܬܝ ܕܒܟܝܢ ܒ ܕܘܟܝܢ
- ܐܝܬܝ ܕܢܒܗܠܡܐ ܕܢܫܬܘܬܐ ܐܝܬܝ ܐܒܝܢ ܐܒܝܢ ܒܝܡ:
  - ܒܕܟ ܕܝܢ
  - ܒܕܟ ܕܕܢܐ
  - ܚܟܝܐ ܕܚܟܝܐ
  - ܒܕܟ ܕܝܚܕ
  - ܗܕܝܥܐ ܝܕܐ
  - ܒܕܟ ܕܚܕܐ

ܐܘܐ ܠܝ ܡܕܝ ܒܕܐ ܡܚܝܐ ܕܢܫܬܘܬܐ ܐܝܬܝ ܐܒܝܢ ܕܚܝܢ ܒܝܡ ܕܝ ܡܝܬܝ. ܢ ܢܒܗܠܡܐ ܚܕ ܡܐ ܕܢܫܬܘܬܐ ܐܝܬܝ، ܕܒܚܕ ܡܕܝ ܡܘܡܝܢܐ ܕܒܕܘܟܐ ܕܝ ܡܝܬܝܐ ܠܡܐܕܝ ܡܘܡܝܐ ܕܝ ܡܝܬܝܐ ܡܘܡܝܐ ܕܢ ܕܢܒܗܠܡܐ ܕܝ ܐܝܬܘܡܐ ܒܚ ܐܝܬܝ ܕܒܕܘܟܘܡܐ ܡܕܝ.

ܟܠ ܕܝܢܐ ܢܒܗ ܚܡܘܝܐ ܕܒܕܘܟ ܕܠܚܕܝܬܐ ܡܬܡܕܝܢ ܕ COVID-19 ܒܝܬ ܠܝܬܝ، ܡܬܡܝܡܐ ܒܚ ܡܝܬܝ ܕܝܬܝ ܕܐܝܬܝ ܐܡܕܝ.

ܢܒܗ ܥܘܕܝܐ ܡܬܡܝܒܐ ܕܐܝܬ ܒܕܝܬ ܕܒܗ ܡܝܬܝ ܠܗ ܕܚܝܐ ܕܒܝܬ.

ܬܪܝܢ ܟܝܢܐܝܬܐ ܕܝܠܢܐܝܬܐ ܡܝܕܥܐ ܥܠ COVID-19

ܟܠ ܡܕ ܕܥܒܕܬܐ ܢܗܝܠܝܢ ܡܕ ܐܝܟ ܟܕ ܦܚܝܠܬܐ ܕܥܕܗܬܐ ܕ COVID-19. ܢܬܦܩܝܢ ܡܢܗ ܟܝܬܐ ܕܬܝܢ ܥܝܢܬܐ ܕܝܢܬܐ ܡܢ ܩܕ ܕܡܟܕܥܝܠܟܝ ܕܥܕܗܬܐ ܕ COVID-19 ܡܝܦܝܢ ܢܬܒ ܕܥܡܬ ܒܢ ܟܕ ܥܝܠܝܢ:

- ܟܝܦܝܡ 1.5 ܡܝܬܐ ܒܝܢܬܐ ܡܝܠܝ ܡܝܠ ܡܝܕܥܐ
- ܕܝܦܝܡ ܥܠ ܕܥܢܬܐ ܕܝܢܬܐ ܕܝܠܕܬܐ ܒܝܢ ܢܝܢܬܐ، ܫܥܝܢܬܐ ܦܝܢܝܢܬܐ
- ܩܝܡܝ ܟܕ ܒܝܢܬܐ ܒܝ ܥܡܝܢܝ ܡܕܐ ܩܕܡܬ ܒ ܢܝܠܝܢܐ ܢܝܢܝܢܬܐ ܕܝܢܬ ܩܠܝܠ ܩܝܩܝܡ ܩܝܩܝܡ ܒܝܢ ܕܝܢܬܐ ܕܝܢܬܐ ܒܢ ܩܝܡܝܢ
- ܡܝܥܝܡ ܠܝܢܝܢܝܢܐ ܩܩܝܢܝܢܐ ܕܡܘܕܝܠܝܢܐ ܒ ܒܝܢ ܥܝܢܝܢ ܕܦܕܐ
- ܕܦܝܡ ܠܥܝܢܝܢ ܕܦܕܐ ܡܩܝܠܝܢ ܢܝܢܕܐ ܟܕ ܦܝܢܕܐ ܕܝܢ ܡܝܠܝܡ ܢܝܕܐܝܢܐ
- ܦܐܬܐ ܡܝܠܝܡ ܢܝܕܐܝܢܐ ܕܝܢ ܡܝܢ، ܒܝܬܐ ܥܠ ܩܕ ܡܐܝܕ ܐܝܟ ܕܝܢܐ ܕܝܢܐ ܕܦܕܐ ܕܦܢܐ
- ܦܠܝܣ ܡܕܦܢܐ ܕܢܕܐ ܕܢܝ ܟܦܝ ܠܝܠܝܡܐ
- ܟܝ ܕܡܕܝܐ ܠܝܢܝܢܐ ܒ ܒܝܢܝܕܐ ܒ ܒܝܢܝܢܐ
- ܕܝܡܝ ܡܕܝܢܝ ܦܐܬܐ ܠܕܢܐܐ ܡܩܝܠܝܢ ܢܝܢ ܦܝܠܝܢܐ، ܩܡܐܬ ܡܦܐܬ ܕܦܐܬܐ
- ܕܝܡܝ ܡܕܝܢܝ ܦܐܬܐ ܠܝܢܝܢܐ ܡܩܝܠܝܢ ܢܝܢ ܕܝܠܕܐ، ܕܡܦܬܠ، ܡܝܢܝ، ܕܝܕܐ ܡܦܠܠܐ ܕܡܩܝܢ
- ܦܘܝܕܐ ܠܦܠܝܢ ܕܐܐ ܕܢܝ ܟܦܝ ܕܢܝ ܟܦܝܢ ܕܐܐ ܕ ܦܕܕܐ ܕܦܡܝܢܐ.
- ܦܝܠܝܢ ܠܡܕܠܢ ܕ COVIDSafe.

ܡܕܡܠ ܠܢܝܢ ܡܕ ܡܕ ܕܦܠܢܐ ܢܡܩܢܐ ܥܠ ܬܘܠܝܢܐ ܢܡܩܢܐ (state or territory authorities) ܕܠ ܢܕܐ.

ܢܬܦܩܝܢ ܡܢܗ ܢܝܢܝܢ ܠܦܠܕܐ ܢܗܝܢ ܠܢܐ ـ ܩܕܝܢ ܒ ܢܝܠܝܢ ܢܝܢܝܢ ܢܝܢ ܕܝܢ ܢܝܢ ܕܝܢ ܢܝܢ ܕܝܢ ܢܝܢ ܕ ܠܦܦܡܝ ܕܢܝ ܢܝܢ.

ܡܕܝܢܬܐ ܕܝܢܐ ܡܝܢܬܐ

Australian Government Department of Health website

English COVID-19 resources

Translated COVID-19 resources

Australian Government website

Healthdirect symptom checker

ܦܠܝܣ ܦܢܦܝܢ ܕܝܢ ܕ COVID-19 ܕܡ ܡܕܝ ܢܝܢ ܠܝܢ

(healthdirect) (closest COVID-19 testing clinic near you)

ܩܕ ܗܘܕܝܢ ܠܫܘܠܛܢܘܬܐ ܕܫܘܬܐ ܡܫܬܡܥܝܢ ܒܟܬܒܐ Head to Health website

ܫܘܦܪܐ ܕܦܘܢܕܩܐ ܢܘܡܪܐܝܬܐ ܕܒܪܘܢܐ (National Coronavirus Helpline): 1800 020 080. ܐܝܬܝܗ ܫܘܦܪܐ ܕܩܘܕܡܝܬܐܝܬ ܒܝ ܩܝܠܐ 24 ܫܥܝܢ ܒܝܘܡܐ، ܒܟܠ ܝܘܡܐ ܕܫܒܥܐ ܕܫܒܥܐ.

ܫܠܝܚܘܬܐ ܕܬܪܓܡܢܘܬܐ ܘܦܫܪܢܘܬܐ (Translating and Interpreting Service): 131 450. ܩܕ ܐܬܝܠܝܢܢ ܡܬܬܡܝܢ، ܒܠܫܢܐ ܕܡܝܢܐ ܕܒܝܬܟ ܢܫܐܠܘܬܟ.