ܡܼܲܥܒܕܵܢܘܵܬܹ̈ܐ ܕ ܡܸܬܚܵܐ ܝܼܲܪ ܝܼܟܼܵܐ ܕ ܥܸܕܵܢܵܐ ܕ
COVID-19
27 ܚܙܝܼܪܵܢ 2022
ܣܵܗܡܵܐ ܙܵܘܕܵܐ ܕܐ݉ܢܵܫܹ̈ܐ ܕܛܵܦܝܼ ܒ -ᖕᓪᕋᖠ?ᖤᕈ ܒܸܕ ܗܵܘܝܼ ܠܗܘܲܢ ܢܝܼܫܼܲܢܩܹ̈ܐ ܩܵܐ ܚܼܲܕ ܡܸܬܚܵܐ ܟܸܪܝܵܐ ܕܥܸܕܵܢܵܐ ܕܒܵܬ݉ܪ ܗܵܕܵܟܼ ܒܸܕ ܒܵܣܡܝܼ ܓܵܘ
ܡܸܬܚܵܐ ܕܚܼܲܕܟܡܵܐ ܫܵܒܼܘܲܥܹ̈ܐ. ܡܸܬܚܵܐ ܕܥܸܕܵܢܵܐ ܕܟܹ̈ܐ ܓܵܪܫܵܐ ܩܵܐ ܒܣܵܡܬܵܐ ܡܼܢ -ᖕᓪᕋᖠ?ᖤᕈ ܦܪܝܼܫܬܵܐ ܝܠܵܗܲ ܡܼܢ ܐ݉ܢܵܫܵܐ ܠܐ݉ܚܹ̈ܪ݉ܢܵܐ. ܐܼܲܝܵܐ ܟܠܝܼܬܵܐ
ܝܠܵܗܲ ܥܼܲܠ ܟܡܵܐ ܚܸܪܒܵܐ ܡܸܪܥܝܹ̈ܐ ܝܬܘܲܢ ܗܘܵܐ ܒ -ᖕᓪᕋᖠ?ᖤᕈ. ܐܵܦ ܟܠܝܼܬܵܐ ܝܠܵܗܲ ܥܼܲܠ ܐܸܢ ܐܝܼܬܠܵܘܟܼܘܲܢ ܐܼܲܝܟܼܲܢܘܵܬܹ̈ܐ ܚܘܼܠܡܵܢܵܝܹ̈ܐ ܐ݉ܚܹ̈ܪ݉ܢܹ̈ܐ.
ܐܝܼܬ ܚܼܲܕܟܡܵܐ ܐ݉ܢܵܫܹ̈ܐ ܕܟܹ̈ܐ ܡܢܼܲܣܝܼ ܩܸܛܪܹ̈ܐ ܚܘܼܠܡܵܢܵܝܹ̈ܐ ܩܵܐ ܡܸܬܚܵܐ ܝܼܲܪܝܼܟܼܵܐ ܕܥܸܕܵܢܵܐ ܡܼܢ ܒܵܬ݉ܪ ܩܼܲܒܼܲܠܬܵܐ ܕܛܼܲܥܼܲܡܬܵܐ ܕ -ᖕᓪᕋᖠ?ᖤᕈ. ܚܼܲܕܟܡܵܐ
ܓܵܗܹ̈ܐ -ᖕᓪᕋᖠ?ᖤᕈ ܟܹ̈ܐ ܗܵܘܹ̈ܐ ܣܼܲܒܵܒ ܕܦܼܲܪܨܘܲܦܵܐ ܪܵܓܼܹ̈ܫ ܕܡܸܪܥܝܵܐ ܝܠܹ̈ܗ ܩܵܐ ܟܡܵܐ ܝܼܲܪܚܹ̈ܐ ܡܼܢ ܒܵܬ݉ܪ ܡܼܲܪܥܵܐ ܩܼܲܕܡܵܝܵܐ. ܐܵܗܵܐ ܟܹ̈ܐ ܦܵܐܹ̈ܫ ܩܸܪܝܵܐ
‘COVIDܝܼܲܪܝܼܟܼܵܐ‘ COVID .‘long COVID’ ܝܼܲܪܝܼܟܼܵܐ ܡܵܨܹ̈ܐ ܓܵܪܹ̈ܫ ܩܵܐ ܚܼܲܕܟܡܵܐ ܫܵܒܼܘܲܥܹ̈ܐ ܘܝܼܲܪܚܹ̈ܐ، ܐܵܦ ܐܢܸ ܚܲܕ ܦܲܪܨܘܲܦܵܐ ܠܹܐ
ܗܵܐܘܐܐܠܗ ܒܵܝܪܘܲܣ ܐ݉ܐܚܪ݉ܢܐܵ.
ܟܘܲܒ݂ܝܼܕ ܕܡܸܬܚܵܐ ܝܼܲܪܝܼܟ݂ܵܐ ܒܘܼܫ ܡܸܬܗܵܘܝܵܢܵܐ ܝܠܹ̈ܗ ܓܵܘ ܐ݉ܢܵܫܹ̈ܐ ܕܐܝܼܬܗܘܵܘ ܠܗ݉ܘܲܢ ܟܘܲܒ݂ܝܼܕ ܚܼܲܝܠܵܢܵܐ. ܐܝܼܢܵܐ ܐܵܦ ܐ݉ܢܵܫܹ̈ܐ ܕܐܝܼܬܠܗܘܲܢ ܗܘܹ̈ܝܵܐ
ܫܘܼܠܗܵܒܼܵܐ ܡܼܲܟܝܼܟܼܵܐ ܕ -ᖕᓪᕋᖠ?ᖤᕈ ܘܠܹ̈ܐ ܝܗܘܵܘ ܣܢܝܼܩܹ̈ܐ ܕܐܵܙܠܝܼ ܝܗܘܵܘ ܠܒܹ̈ܝܬ ܟܪܝܼܗܹ̈ܐ ܡܵܨܝܵܢܬܵܐ ܝܠܵܗܲ ܕܡܛܼܲܘܸܪܝܼ COVID ܝܼܲܪܝܼܟܼܵܐ.
ܢܝܼܫܼܲܢܩܹ̈ܐ ܕ COVID ܝܼܲܪܝܼܟܼܵܐ
ܟܘܲܒ݂ܝܼܕ ܕܡܸܬܚܵܐ ܝܼܲܪܝܼܟ݂ܵܐ ܩܵܘܡܵܐ ܕܡܼܲܥܒܸܕ ܪܼܲܒܵܐ ܦܸܨܠܹ̈ܐ ܕܢܝܼܫܼܲܢܩܹ̈ܐ ܕܩܵܘܡܵܐ ܠܵܐ ܕܗܼܲܘܹ̈ܐܠܹ̈ܗ ܗܼܲܪ ܗ̇ܝ ܡܼܲܥܒܕܵܢܘܼܬܵܐ ܥܼܲܠ ܟܠܚܼܲܕ݉. ܢܝܼܫܼܲܢܩܹ̈ܐ ܩܵܘܡܵܐ
ܕܡܼܲܒܝܸܢܝܼ ܒܵܬܼܲܪ ܛܦܵܝܬܵܐ ܐܵܘ ܩܵܘܡܵܐ ܕܕܵܥܪܝܼ ܒܵܬܼܲܪ ܚܼܲܕ݉ ܦܼܲܪܨܘܲܦܵܐ ܒܵܣܹ̈ܡ ܡ݂ܢ ܟܘܲܒ݂ܝܼܕ .19
ܢܝܼܫܼܲܢܩܹ̈ܐ ܒܘܼܫ ܝܕܝܼܥܹ̈ܐ ܘܐܼܲܝܟܼܲܢܵܘܵܬܹ̈ܐ ܡܬܘܲܫܪܸܪܹ̈ܐ ܒܸܚܒ݂ܵܫܵܐ ܝܢܵܐ:
• ܟܸܟ̰ܚܵܐ
• ܥܼܲܣܩܘܼܬܵܐ ܒܫܩܵܠܬܵܐ ܕܢܼܲܦܼܲܣ
• ܫܥܵܠܵܐ ܐܼܲܡܝܼܢܵܝܵܐ
• ܡܼܲܪܥܵܐ ܓܵܘ ܨܼܲܕܪܵܐ
• ܡܼܲܪܥܵܐ ܕܝܼܲܨܝܼܠܵܐ
• ܠܼܲܝܬ ܚܼܲܝܠܵܐ ܡܵܠܝܵܢܵܐ ܩܵܐ ܥܒܼܵܕܬܵܐ ܕܢܘܼܦܵܩܵܐ)exercise)
• ܚܼܲܡܚܼܲܡܬܵܐ
• ܡܼܲܪܥܵܐ ܕܪܹ̈ܫܵܐ
• ܩܸܛܪܹ̈ܐ ܒܕܟܼܵܪܬܵܐ ܘܥܼܲܣܩܘܼܬܵܐ ܒܬܼܲܚܡܼܲܢܬܵܐ ܒܨܸܦܝܘܼܬܵܐ (‘ܡܘܼܚܵܐ ܠܵܐ ܨܸܦܝܵܐ’) brain)‘)‘fog
• ܥܝܼܩܘܼܬܵܐ ܕܓܵܵܢܐ ܘܙܕܘܼܥܬܵܐ.
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ܚܼܲܡܼܲܝܬܵܐ ܡܼܢ ܟܘܲܒ݂ܝܼܕ ܕܡܸܬܚܵܐ ܝܼܲܪܝܼܟ݂ܵܐ
ܗ̇ܝ ܐܘܼܪܚܵܐ ܒܘܼܫ ܨܦܵܝ ܕܚܼܲܡܝܼܬܘܲܢ ܠܵܗ̇ ܓܵܵܢܘܟ݂ܘܲܢ ܡ݂ܢ ܟܘܲܒ݂ܝܼܕ ܕܡܸܬܚܵܐ ܝܼܲܪܝܼܟ݂ܵܐ ܝܼܠܵܗ̇ ܕܚܼܲܡܝܼܬܘܲܢ ܠܵܗܲ ܓܵܵܢܘܟܼܘܲܢ ܕܼܲܠܩܘܼܒܼܠ ܕܛܦܵܝܬܵܐ
ܒܒܼܵܝܪܘܲܣ ܕ -ᖕᓪᕋᖠ?ᖤᕈ.
ܛܼܲܥܼܲܡܬܵܐ ܝܼܠܵܗܲ ܗܲܝ ܐܘܼܪܚܵܐ ܒܘܼܫ ܨܦܵܝܝܼ ܩܵܐ ܡܼܲܒܨܵܪܬܵܐ ܕܩܸܢܛܹ̈ܐ ܕܛܦܵܝܬܵܐ ܒ -ᖕᓪᕋᖠ?ᖤᕈ.
ܒܘܼܨܵܝܵܐ ܡܼܲܚܫܘܲܚܹ̈ܐ ܝܠܹ̈ܗ ܐ݉ܢܵܫܹ̈ܐ ܕܝܼܢܵܐ ܡܛܘܲܥܡܹ̈ܐ ܕܼܲܠܩܘܼܒܼܠ ܕ -ᖕᓪᕋᖠ?ᖤᕈ ܟܹ̈ܐ ܒܘܼܫ ܚܼܲܕ݉ܟ̰ܵܐ ܡܸܬܗܵܘܝܵܢܬܵܐ ܝܠܵܗ̇ ܕܡܼܲܒܝܸܢܝܼ ܥܼܲܠܵܝܗܝ
ܢܝܼܫܼܲܢܩܹ̈ܐ ܕܡ݂ܢ ܐ݉ܢܵܫܹ̈ܐ ܕܠܵܐ ܝܢܵܐ ܡܛܘܲܥܡܹ̈ܐ.
ܩܵܐ ܩܢܵܝܬܵܐ ܕܡܵܘܕܥܵܢܘܼܬܵܐ ܙܵܘܕܵܢܬܵܐ
ܐܸܢ ܦܠܵܛܵܐ ܕܨܼܲܚܨܼܲܝܬܵܘܟ݂ܘܲܢ ܡܣܝܼܡܵܢܵܐ ܝܗܘܵܐ ܒܘܼܫ ܡ݂ܢ ܩܼܲܕ݉ܡ ܚܼܲܕܟܡܵܐ ܫܵܒ݂ܘܲܥܹ̈ܐ، ܘܗܵܠܼܲܡ ܒܸܪܓ݂ܵܫܵܐ ܝܬܘܲܢ ܡܪܝܼܥܹ̈ܐ ، ܗܲܡܙܸܡܘܢ ܥܲܡ
ܐܵܣܝܵܘܟܘܲܢ.
ܩܵܐ ܡܵܘܕܥܵܢܘܼܬܵܐ ܒܘܼܫ ܙܵܘܕܵܐ، ܪܚܘܲܫܘܼܢ ܠܫܵܘܦܵܐ ܐܸܠܸܟܬܪܘܲܢܵܝܵܐ ،health.gov.au/covid19-vaccines-languages ܐܵܘ ܡܼܲܚܒܸܪܘܼܢ
ܩܵܐ National Coronavirus Helpline ܥܼܲܠ ܡܸܢܝܵܢܵܐ 020 080 1800ܘܓܼܲܒܘܼܢ ܓܘܼܒܵܝܵܐ ܕ8 ܩܵܐ ܚܸܠܡܼܲܬܹ̈ܐ ܕܬܼܲܪܓܼܲܡܬܵܐ ܡܼܲܓܵܢ ،
ᓱᕿᖑᓗᑎᓱ.ᑐᓕᑲ.ᖑᒥᔭᖃᓕᑲᓂᖁᖕᓪ-ᑲᖑᖃᖃᓂᓴᕿᐅ-ᓗᖑᓴᑐᒥᖑᑐᕿᐅ ᑉ
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