# ܡܲܥܒܕܵܢܘܵܬܹ̈ܐ ܕܡܸܬܚܵܐ ܝܲܪܝܼܟܼܵܐ ܕܥܸܕܵܢܵܐ ܕ COVID-19

27 ܚܙܝܼܪܵܢ 2022

ܣܵܗܡܵܐ ܙܵܘܕܵܐ ܕܐ݉ܢܵܫܹ̈ܐ ܕܛܵܦܝܼ ܒ COVID-19 ܒܸܕ ܗܵܘܝܼ ܠܗܘܿܢ ܢܝܼܫܲܢܩܹ̈ܐ ܩܵܐ ܚܲܕ ܡܸܬܚܵܐ ܟܸܪܝܵܐ ܕܥܸܕܵܢܵܐ ܕܒܵܬ݉ܪ ܗܵܕܵܟܼ ܒܸܕ ܒܵܣܡܝܼ ܓܵܘ ܡܸܬܚܵܐ ܕܚܲܕܟܡܵܐ ܫܵܒܼܘܿܥܹ̈ܐ. ܡܸܬܚܵܐ ܕܥܸܕܵܢܵܐ ܕܟܹܐ ܓܵܪܫܵܐ ܩܵܐ ܒܣܵܡܬܵܐ ܡܼܢ COVID-19 ܦܪܝܼܫܬܵܐ ܝܠܵܗܿ ܡܼܢ ܐ݉ܢܵܫܵܐ ܠܐ݉ܚܹܪ݉ܢܵܐ. ܐܲܝܵܐ ܟܠܝܼܬܵܐ ܝܠܵܗܿ ܥܲܠ ܟܡܵܐ ܚܸܪܒܵܐ ܡܸܪܥܝܹܐ ܝܬܘܿܢ ܗܘܵܐ ܒ COVID-19. ܐܵܦ ܟܠܝܼܬܵܐ ܝܠܵܗܿ ܥܲܠ ܐܸܢ ܐܝܼܬܠܵܘܟܼܘܿܢ ܐܲܝܟܲܢܘܵܬܹ̈ܐ ܚܘܼܠܡܵܢܵܝܹ̈ܐ ܐ݉ܚܹܪ݉ܢܹܐ.

ܐܝܼܬ ܚܲܕܟܡܵܐ ܐ݉ܢܵܫܹ̈ܐ ܕܟܹܐ ܡܢܲܣܝܼ ܩܸܛܪܹ̈ܐ ܚܘܼܠܡܵܢܵܝܹ̈ܐ ܩܵܐ ܡܸܬܚܵܐ ܝܲܪܝܼܟܼܵܐ ܕܥܸܕܵܢܵܐ ܡܼܢ ܒܵܬ݉ܪ ܩܲܒܲܠܬܵܐ ܕܛܲܥܲܡܬܵܐ ܕ COVID-19. ܚܲܕܟܡܵܐ ܓܵܗܹ̈ܐ COVID-19 ܟܹܐ ܗܵܘܹܐ ܣܲܒܵܒ ܕܦܲܪܨܘܿܦܵܐ ܪܵܓܼܹܫ ܕܡܸܪܥܝܵܐ ܝܠܹܗ ܩܵܐ ܟܡܵܐ ܝܲܪܚܹ̈ܐ ܡܼܢ ܒܵܬ݉ܪ ܡܲܪܥܵܐ ܩܲܕܡܵܝܵܐ. ܐܵܗܵܐ ܟܹܐ ܦܵܐܹܫ ܩܸܪܝܵܐ COVID’ ܝܲܪܝܼܟܼܵܐ ‘ ‘long COVID’. COVID ܝܲܪܝܼܟܼܵܐ ܡܵܨܹܐ ܓܵܪܹܫ ܩܵܐ ܚܲܕܟܡܵܐ ܫܵܒܼܘܿܥܹ̈ܐ ܘܝܲܪܚܹ̈ܐ، ܐܵܦ ܐܸܢ ܚܲܕ ܦܲܪܨܘܿܦܵܐ ܠܹܐ ܗܵܘܹܐܠܹܗ ܒܼܵܝܪܘܿܣ ܐ݉ܚܹܪ݉ܢܵܐ.

ܟܘܿܒ݂ܝܼܕ ܕܡܸܬܚܵܐ ܝܲܪܝܼܟ݂ܵܐ ܒܘܼܫ ܡܸܬܗܵܘܝܵܢܵܐ ܝܠܹܗ ܓܵܘ ܐ݉ܢܵܫܹ̈ܐ ܕܐܝܼܬܗܘܵܘ ܠܗ݉ܘܿܢ ܟܘܿܒ݂ܝܼܕ ܚܲܝܠܵܢܵܐ. ܐܝܼܢܵܐ ܐܵܦ ܐ݉ܢܵܫܹ̈ܐ ܕܐܝܼܬܠܗܘܿܢ ܗܘܹܝܵܐ ܫܘܼܠܗܵܒܼܵܐ ܡܲܟܝܼܟܼܵܐ ܕ COVID-19 ܘܠܹܐ ܝܗܘܵܘ ܣܢܝܼܩܹ̈ܐ ܕܐܵܙܠܝܼ ܝܗܘܵܘ ܠܒܹܝܬ ܟܪܝܼܗܹ̈ܐ ܡܵܨܝܵܢܬܵܐ ܝܠܵܗܿ ܕܡܛܲܘܸܪܝܼ COVID ܝܲܪܝܼܟܼܵܐ.

## ܢܝܼܫܲܢܩܹ̈ܐ ܕ COVID ܝܲܪܝܼܟܼܵܐ

ܟܘܿܒ݂ܝܼܕ ܕܡܸܬܚܵܐ ܝܲܪܝܼܟ݂ܵܐ ܩܵܘܡܵܐ ܕܡܲܥܒܸܕ ܪܲܒܵܐ ܦܸܨܠܹ̈ܐ ܕܢܝܼܫܲܢܩܹ̈ܐ ܕܩܵܘܡܵܐ ܠܵܐ ܕܗܲܘܹܐܠܹܗ ܗܲܪ ܗ̇ܝ ܡܲܥܒܕܵܢܘܼܬܵܐ ܥܲܠ ܟܠܚܲܕ݉. ܢܝܼܫܲܢܩܹ̈ܐ ܩܵܘܡܵܐ ܕܡܲܒܝܸܢܝܼ ܒܵܬܲܪ ܛܦܵܝܬܵܐ ܐܵܘ ܩܵܘܡܵܐ ܕܕܵܥܪܝܼ ܒܵܬܲܪ ܚܲܕ݉ ܦܲܪܨܘܿܦܵܐ ܒܵܣܹܡ ܡ݂ܢ ܟܘܿܒ݂ܝܼܕ 19.

ܢܝܼܫܲܢܩܹ̈ܐ ܒܘܼܫ ܝܕܝܼܥܹ̈ܐ ܘܐܲܝܟܲܢܵܘܵܬܹ̈ܐ ܡܬܘܿܫܪܸܪܹ̈ܐ ܒܸܚܒ݂ܵܫܵܐ ܝܢܵܐ:

* ܟܸܟ̰ܚܵܐ
* ܥܲܣܩܘܼܬܵܐ ܒܫܩܵܠܬܵܐ ܕܢܲܦܲܣ
* ܫܥܵܠܵܐ ܐܲܡܝܼܢܵܝܵܐ
* ܡܲܪܥܵܐ ܓܵܘ ܨܲܕܪܵܐ
* ܡܲܪܥܵܐ ܕܝܲܨܝܼܠܵܐ
* ܠܲܝܬ ܚܲܝܠܵܐ ܡܵܠܝܵܢܵܐ ܩܵܐ ܥܒܼܵܕܬܵܐ ܕܢܘܼܦܵܩܵܐ (exercise)
* ܚܲܡܚܲܡܬܵܐ
* ܡܲܪܥܵܐ ܕܪܹܫܵܐ
* ܩܸܛܪܹ̈ܐ ܒܕܟܼܵܪܬܵܐ ܘܥܲܣܩܘܼܬܵܐ ܒܬܲܚܡܲܢܬܵܐ ܒܨܸܦܝܘܼܬܵܐ (’ܡܘܼܚܵܐ ܠܵܐ ܨܸܦܝܵܐ‘) (‘brain fog’)
* ܥܝܼܩܘܼܬܵܐ ܕܓܵܢܵܐ ܘܙܕܘܼܥܬܵܐ.

ܚܲܡܲܝܬܵܐ ܡܼܢ ܟܘܿܒ݂ܝܼܕ ܕܡܸܬܚܵܐ ܝܲܪܝܼܟ݂ܵܐ

ܗ̇ܝ ܐܘܼܪܚܵܐ ܒܘܼܫ ܨܦܵܝ ܕܚܲܡܝܼܬܘܿܢ ܠܵܗ̇ ܓܵܢܵܘܟ݂ܘܿܢ ܡ݂ܢ ܟܘܿܒ݂ܝܼܕ ܕܡܸܬܚܵܐ ܝܲܪܝܼܟ݂ܵܐ ܝܼܠܵܗ̇ ܕܚܲܡܝܼܬܘܿܢ ܠܵܗܿ ܓܵܢܵܘܟܼܘܿܢ ܕܲܠܩܘܼܒܼܠ ܕܛܦܵܝܬܵܐ ܒܒܼܵܝܪܘܿܣ ܕ COVID-19.

ܛܲܥܲܡܬܵܐ ܝܼܠܵܗܿ ܗܿܝ ܐܘܼܪܚܵܐ ܒܘܼܫ ܨܦܵܝܝܼ ܩܵܐ ܡܲܒܨܵܪܬܵܐ ܕܩܸܢܛܹ̈ܐ ܕܛܦܵܝܬܵܐ ܒ COVID-19.

ܒܘܼܨܵܝܵܐ ܡܲܚܫܘܿܚܹܐ ܝܠܹܗ ܐ݉ܢܵܫܹ̈ܐ ܕܝܼܢܵܐ ܡܛܘܿܥܡܹ̈ܐ ܕܲܠܩܘܼܒܼܠ ܕCOVID-19 ܟܹܐ ܒܘܼܫ ܚܲܕ݉ܟ̰ܵܐ ܡܸܬܗܵܘܝܵܢܬܵܐ ܝܠܵܗ̇ ܕܡܲܒܝܸܢܝܼ ܥܲܠܵܝܗܝ ܢܝܼܫܲܢܩܹ̈ܐ ܕܡ݂ܢ ܐ݉ܢܵܫܹ̈ܐ ܕܠܵܐ ܝܢܵܐ ܡܛܘܿܥܡܹ̈ܐ.

**ܩܵܐ ܩܢܵܝܬܵܐ ܕܡܵܘܕܥܵܢܘܼܬܵܐ ܙܵܘܕܵܢܬܵܐ**

ܐܸܢ ܦܠܵܛܵܐ ܕܨܲܚܨܲܝܬܵܘܟ݂ܘܿܢ ܡܣܝܼܡܵܢܵܐ ܝܗܘܵܐ ܒܘܼܫ ܡ݂ܢ ܩܲܕ݉ܡ ܚܲܕܟܡܵܐ ܫܵܒ݂ܘܿܥܹ̈ܐ، ܘܗܵܠܲܡ ܒܸܪܓ݂ܵܫܵܐ ܝܬܘܿܢ ܡܪ̈ܝܼܥܹܐ ، ܗܲܡܙܸܡܘܼܢ ܥܲܡ ܐܵܣܝܵܘܟܼܘܿܢ.

ܩܵܐ ܡܵܘܕܥܵܢܘܼܬܵܐ ܒܘܼܫ ܙܵܘܕܵܐ، ܪܚܘܿܫܘܼܢ ܠܫܵܘܦܵܐ ܐܸܠܸܟܬܪܘܿܢܵܝܵܐ [health.gov.au/covid19-vaccines-languages](http://www.health.gov.au/covid19-vaccines-languages)، ܐܵܘ ܡܲܚܒܸܪܘܼܢ ܩܵܐ National Coronavirus Helpline ܥܲܠ ܡܸܢܝܵܢܵܐ 1800 020 080ܘܓܲܒܘܼܢ ܓܘܼܒܵܝܵܐ ܕ8 ܩܵܐ ܚܸܠܡܲܬܹ̈ܐ ܕܬܲܪܓܲܡܬܵܐ ܡܲܓܵܢ ،