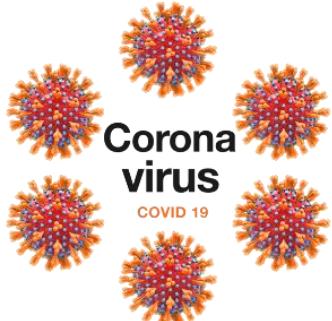




Waxa add sameey kartid hadaa iskaga shakisd inuu ku haayo COVID-19

Cusbooneeysiinta 16 Maars 2020

Dadka la xaantuunsan COVID-19:



- Qofac eey lahaan karaan
- Qandho aa qaba karto – qandho aad u kulul oo heerkulka 38 ama ka badanyahay
- Neefsashada aa dhibi karta





Dadka qaarkiis oo qaba COVID-19
waxaa laga yaabaa ineeysanba
xanuunsanin.



Laakiin wili Fayraska weey u gudbin
karaan dadka kale.

Waa muhiim inaa taqaanid waxa sameyn laheed:



- Hadii aad **xiriir dhaw la yeelatay** 14-kii maalmood ee lasoo dhaafay qof loo sheegay inuu qabo COVID-19



- Hadii lagaa **baaray** COVID-19 oo aad sugeeysid jawaabtaada.

Waa inaa **laba shay** sameeysa hadaa iskaga shakisay inaa qabto COVID-19:



1. Gurigaada jog ee **is-go'doomi** (dadka ka fogoow)

Is-go'ddomis micneheeda waa in aadan tagin 14 maalmood meel aad dadkale qaadsii kartid COVID-19 ee aad joogtid gurigaada.

Waxaa jira waraaqo fudud oo la akhrista oo la yiraahdo: **COVID-19 iyo Is-godoomis.** Boga 5 ka akhriso maclummaadkaas.

The document is a Microsoft Word file with the following details:

- Title:** COVID-19 self isolation - easy read - 11-3-2020 with AB tracked changes [Read-Only] - Word
- Author:** Michael Parrish
- Font:** Calibri (Body) 10pt
- Paragraph Style:** Normal
- Page Number:** 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18
- Panel 1 (Left):** **COVID-19 and self-isolation** (16 March 2020 update). It includes illustrations of a person in bed, a person coughing, and a virus cell. Text: "Self-isolation means not being in places where you could give the COVID-19 virus to other people." and "Some people with COVID-19 may not get sick. But they can still give the virus to other people." A box says: "A virus is something that can make people sick."
- Panel 2 (Middle):** It states: "It can take up to 14 days from the time a person has been around someone with COVID-19 to when they get sick." It includes a diagram of a group of people and text: "It is important to self-isolate so that the virus is not passed on to other people if you do get sick during this time." It also includes a section for the **Healthline** with a phone icon and text: "You need to call Healthline if you: • are not sure if you should self-isolate • decide to self-isolate." It says: "The phone number Healthline is: 0800 358 5453" and "It will not cost you any money to call Healthline." A note says: "Healthline is open all the time – day and night."
- Panel 3 (Right):** A section titled "Who needs to self-isolate?" lists criteria:
 - You need to self-isolate if you:
 - have been tested and found to have COVID-19
 - have been tested for COVID-19 and waiting to find out your results.
 - have been in close contact in the last 14 days with someone who has been told they have COVID-19
 - if you feel sick and you:
 - have a cough
 - have a fever – this is when you get really hot
 - are finding it hard to breathe.



2. Waa inaa ka wacdaa **Healthline: 0800 358 5453**



Wax qarash kaagama baxaayo soo
wicitaanka Healthline



Healthline wuu furanyahay wakhti kasta –
habeen iyo maalin.

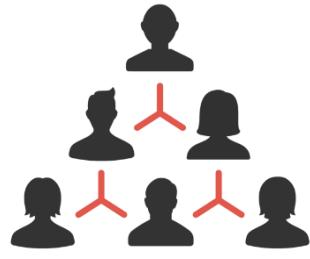
Hadaa shaki kaaga jira inaa is-go'doomisid ka wac
Healthline: 0800 358 5453





Hadaa isleedahay waxaa kuugu dhacay COVID-19 waa muhiim inaa aadin:

- Taqtarkaada
- Isbitaalka



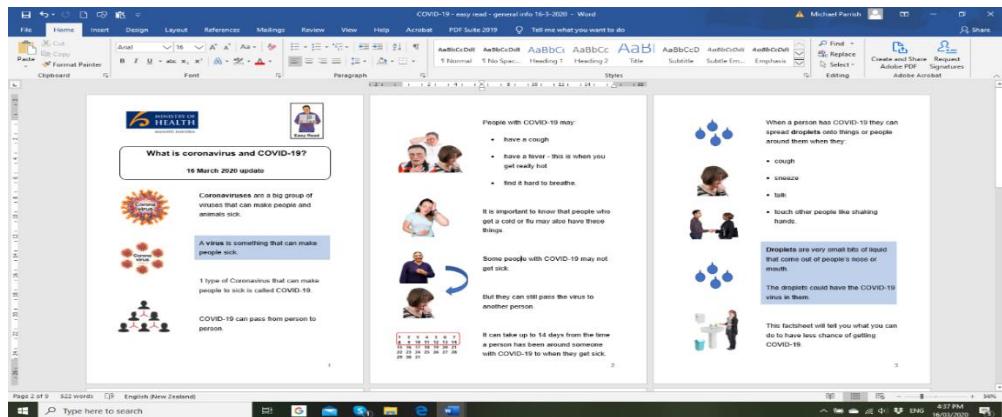
Aaditaanka Taqtarkaada ama Isbitaalka wuxuu ku sii faafi kara CIVID-19 dadka kale.



Intaa aadi leheed wac **Healthline** si ey kuugu sheegaan waxaa sameey leheed hadii noqoto in lagaa baaro **COVID-19**

Xagee laga heli karaa Macluumaad fudud oo la akhrista ee ku saabsan COVID-19

1. Muxuu yahay coronavirus ama COVID-19?



The document is a Microsoft Word file titled "COVID-19 - easy read - general info 16-3-2020 - Word". It is a three-panel layout from the Ministry of Health. Panel 1: "What is coronavirus and COVID-19?", dated 16 March 2020 update. It defines coronaviruses as a group of viruses that can make people and animals sick, and COVID-19 as a type of coronavirus that can make people sick. Panel 2: "People with COVID-19 may:" includes a list: have a cough, have a fever (this is when you get really hot), find it hard to breathe. It also states that some people with COVID-19 may not get sick but can still pass the virus to another person. Panel 3: "When a person has COVID-19 they can spread droplets onto things or people around them when they:" include coughing, sneezing, talking, and touching other people like shaking hands. It notes that droplets are very small bits of liquid that come out of a person's nose or mouth, and that the droplets could have the COVID-19 virus in them. A calendar at the bottom shows dates from 1 to 31 of March 2020.

2. Macluumaad kusaabsan COVID-19 ee loogu talagalay dadka New Zealand soo galaayo ee dibada ka yimid

The document is a Microsoft Word document with three main sections:

- Panel 1:** Title: "COVID-19 information for people coming into New Zealand from overseas". It includes a logo for Ministry of Health New Zealand and a "Read more" button. Text: "The Government has made some new rules about how it deals with the COVID-19 virus in New Zealand".
- Panel 2:** Title: "The Ministry of Health has a list of what people need to do when they are coming into New Zealand from overseas." It shows a diagram of three categories (1a, 1b, 2) and a list:
 - Category 1a
 - Category 1b
 - Category 2
- Panel 3:** Title: "For the most up to date information you can:". It lists two ways to get information:
 - Check on the Ministry of Health website for any updates: www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus
 - Call Healthline on: 0800 358 5453

3. COVID-19 iyo Is-go'doomis (kali ahaansho).

The document is a Microsoft Word document with three main sections:

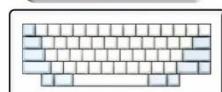
- Panel 1:** Title: "COVID-19 and self-isolation". It includes a logo for Ministry of Health New Zealand and a "Read more" button. Text: "Self-isolation means not being in places where you could give the COVID-19 virus to other people".
- Panel 2:** Title: "It can take up to 14 days from the time a person has been around someone with COVID-19 to when they get sick." It shows a diagram of a person with a virus and a list:
 - Some people with COVID-19 may not get sick.
 - But they can still give the virus to other people.
- Panel 3:** Title: "Who needs to self-isolate?". It includes a logo for Healthline and a list of criteria for self-isolation:
 - have been tested and found to have COVID-19
 - have been tested for COVID-19 and waiting to find out your results
 - have been in close contact in the last 14 days with someone who has been told they have COVID-19
 - if you're feeling sick and you:
 - have a cough
 - have a fever – this is when you get really hot
 - are finding it hard to breathe

Waxaad kaheli kartaa waraaqahaan websaydka **Wasaarada**

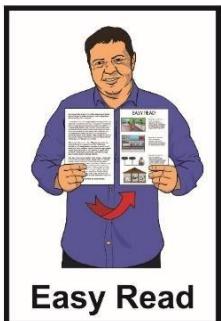
Caafimaadka:



www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus



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