Australian Government
Department of Health

Coronavirus disease (COVID-19)

ܡܕܥܪܬܐ ܩܐ ܥܘܡܪܬܘܟ݂ܘܢ

ܐܢܫ̈ܐ ܕܦܝܫܬܐ ܗܘܘ ܚܠܝܡܬܐ ܡܢܝܘܗܝ ܕܦܩܝܕ ܣܓܝ̈ܐܐ ܝܠܗ ܒܝܬܐ ܒ ܡܣܘܪܚܐ ܣܘܠܩܢܝܬܐ (ܣܓܝ̈ܐܐ ܥܝܠܬܐ ܕܒܝܬ ܡܕܢܚܐ ܚܦܢ̈ܐ) ܘܗܘܝܩܐ ܡܢܐ ܝܡܫܐ ܕ14 ܝܘܡܢ̈ܐ ܕܟܠ ܡܣܘܟܬܐ ܕܡܘܬܐ ܒ ܒܢܝܬܐ ܕܣܘܠܩܢܐ ܟܠ ܚܘܒܐ، ܢܒܗܠܘܢ ܦܫܡܐ ܕܪܟܢ ܠܟܒܘܕܘܬܗܘܢ ܝܘܡܢ̈ܐ ܒܣܒܪ̈ܐ ܕܫܥܬܐ ܠܥܘܡܪܟܠܘ، ܡܕܒܪܬܐ، ܒܝܬ ܝܘܩܢܐ، ܘܕܪܬܐ ܠܕܘܟܝܬܐ ܒܡܩܢܝܬܐ ܘܡܦܠܚܢܘܬܐ ܕܒܡܒܠܘܬܐ ܒܡܩܢܬܐ.

ܦܝܫܐ ܝܘܢ، ܣܦܝܩܐ ܕܗܘܠܐ ܡܦܠܚܢܘܢ، ܐܘܪ̈ܚܬܐ ܥܩܒ ܕܐܡܝܢܘܬܐ ܩܐ ܕܗܝܢܒܠܘܟ݂ܘܢ، ܦܬܚܘܢ، ܐܝܬܐ ܡܢ ܡܕܒܪܐ. ܝܢ، ܬܫܡܫܐ ܠܘܟ݂ܘܢ، ܐܡܢܘܢ، ܠܒܝܬܘܢ ܕܐܠܗܘܢ.

ܥܘܠܚܢܐ ܐܘܡܬܢܝܐ ܗ̇ܘ ܝܥܩܘܒ ܡܝܗ ܥܠ ܦܫܛܬܐ ܕܥܢܝܢܘܬܐ ܩܐ ܕܗܘܝܐ ܚܕܝܬܐ ܡܢ ܒܝܬܐ ܕܥܡܘܪܬܐ ܕܒܝܬܘ ܣܘܪܝܬܐ ܒܫܘܬܐ ܕܒܝܬܘܗ ܕܥܘܕܢ̈ܐ. ܥܘܗ ܐܢܐ ܥܒܕܐ، ܣܘܒ ܠܬܘܦܐ ܕ www.health.gov.au .

ܡܘܕܝ ܐܝܬ ܥܒܕܝ ܝܢ، ܣܘܠܩܢܝ ܟܠ ܗܘܝܠܗ ܥܩܒ ܡܢ ܬܐܪ ܥܕܡܬܐ ܕܣܓܝܬܐ ܒ ܕܣܘܟܠܐ ܣܘܠܩܢܢܐ؟

ܓܘ COVID-19 ܒܝܠܗ ܡܘܪܝܟܢܐ، ܒܝܘ ܐܢܫܘܬܐ ܕܓܒܪ ܕܗܘܡܐ ܘܕܐ ܕܐܢܫ̈ܐ ܕܡܣܘܝܐ ܡܢܐ ܒܒܝܬܐ ܐܝܟ ܫܡܝܫܬܐ، ܥܟܠܬܐ، ܥܘܠܘܬܐ ܕܬܠܦܚܬܐ ܒ ܝܟܢܐ ܥܘܡ ܘܕܐ ܥܡܝܟܐ ܡܢܐ ܩܕܡܐ ܒ ܢܒܗܠܘܢ، ܡܕܝܟܐ ܐܝܕܝܐ ܕܥܩܠܬܐ ܕܢܦܫ ـ ܟܠ COVID-19.

ܢܫ̈ܐ، ܐܝܟ ܕܥܢܝܢܘܬܐ، ܝܢ، ܥܘܕܒܠܘܢ، ܒܘܩܢܘܟ݂ܘܢ، ܒܒܝܬܐ ܐܠܦܐ ܡܢ ܬܐܪ ܥܕܡܬܐ ܕܣܓܝܬܐ، ܦܝܫܐ ܝܘܢ، ܣܦܝܩܐ ܕܐܘܟܒܢ، ܠܐܗܢܘܟ݂ܘܢ، ܥܢܝܢܐ. ܐܗܢܘܟ݂ܘܢ، ܒܕ ܡܨܐ ܕܢܥܒܠܘܟ݂ܘܢ، ܢܝܚܘܬ ܥܘܗ ܦܫܛܢܝܐ ܐܝܟ ܚܡܠܢܘܢ، ܩܐ ܕܗܘܝܢ، ܥܘܡ ܥܩܒ ܘܒܠܝܗ ܢܣܒܠܘܟ݂ܘܢ، ܥܘܗ ܒܕ ܡܥܢܝܐ ܕܥܘܠܘܬܐ ܕܢܦܫ ܝܣܓܝܐ ܥܘܕܪܢܐ ܒܕܪܘܗ، ܝܢ، ܐܗܘܡܬܢܝܬ ܐܢܫܘܬܐ ܗܝ.

ܕܐܓܒ ܩܢܝܣ ܗܘܝܕܣ ܒܡܓܠܒܬܐ ܕܦܕܫܬܐ ܕ COVID-19؟

ܡܦܠܚܬܐ ܕܐܘܪ̈ܚܬܐ ܥܩܒ ܕܐܡܝܢܘܬܐ ܕܐܒܕܬܐ ܗܕܦܩܬܐ\ܗܥܟܠܬܐ ܒܝܘ ܗ̇ܝ ܡܗܡܢܘܬܐ ܥܘܡ ܥܩܒ ܕܠܡܘܒܠ ܕܗܘܡܐ ܘܕܐ ܕܒܢܫ̈ܐ. ܐܝܟ:

- ܚܝܠܠܒܘܢ، ܐܒܪܐܘܟ݂ܘܢ، ܥܠ ܒܡܐ ܕܗܘܝܐ ܥܣܪܝܢ، ܘܦܫܐ، ܒܣܒܪ̈ܐ ܡܢ ܩܕܡ ܘܒܬܪ ܐܟܠܬܐ، ܘܡܢ ܬܘܪ ܕܫܥܬܐ ܠܒܝܬܐ
- ܡܚܫܒܡܘܢ، ܠܬܘܬܘܟ݂ܘܢ، ܘܗܦܩܬܘܟ݂ܘܢ،، ܕܦܢܡܘܢ، ܠܦܕܝܐ ܕܡܥܝܬܐ، ܘܡܦܠܚܘܢ، ܡܕܒܢ̈ܐ ܕܐܒܕܬܐ ܕܒܐ ܥܝܒ ܐܠܒܐܘܠ
- ܘܝܢ، ܠܒܘܢ، ܒܕܒܪ̈ܐ ܕܣܘܠܩܢܘܟ݂ܘܢ، ܥܩܒ ܡܝܗ، ܣܗܘܟ݂ܘܢ، ܡܢ ܕܩܕܬܐ ܥܠ ܐܢܫ̈ܐ ܐܚܪ̈ܢܐ (ܥܒܘܕܘܢ، 1.5 ܡܝܛܪܐ ܒܝܢܘܟ݂ܘܢ، ܘܒܝܢ ܐܢܫ̈ܐ ܐܚܪ̈ܢܐ)

ܝܠܦܢܐ ܕܗܢܝܬܐ

ܡܗܝܐ ܕܝܕܥܐ ܕܣܓܝܬܐ ܝܠܗ ܒܝܬܐ ܒ ܣܘܟܠܐ ܐܗܘܡܬܢܝܐ ܥܝܠܬܐ ܕܡܕܒܪ ܚܦܢ̈ܐ ܒܠܝܗ ܗܘܝܐ ܡܗܝܡܢܘܬܐ ܘܒܠܝܗ ܬܒܥܬܢܘܟ݂ܘܢ، ܕܒܝܬܘܢ، ܒܘܪܡܟܬܐ. ܢܒܗ ܒܕ ܡܥܢܝܐ ܕܝܠܦܢܐ ܕܗܢܝܬܐ، ܒܣܒܪ̈ܐ ܗܘܡܬܐ ܒܕ ܩܠܘܫܐ ܒ ܡܗܦܠܚܢܐ ܐܚܪ̈ܢܐ ܕܣܘܠܩܢܐ ܕܗܘܢܐ.

Head to Health – www.headtohealth.gov.au
ܓܘ Head to Health ܓܘ ܡܡܝܕܒ ܐܗܘܕܐ (links) ܕܐܢܫ̈ܐ ܓܘ ܗܓܠܒ ܒܓܠܝܗ ܩܐ ܣܘܠܩܢܐ ܕܗܘܢܐ ܐܘܡܬܢܝܐ ܡܢ ܒܟܠ ܢܝܕܥܝܗ ܘܗܢܝܬܐ ܕܓܝܠܘܗ،، ܡܥܡܦܝܐ ܘܦܕܪ̈ܢܬܐ ܕܕܘܡܝܬܐ. ܐܘ ܬܘܦܐ ܢܝܠܚܐܕܘܢܐ ܡܕܐ ܕܦܩܕܐ ܐܦ ܢܒܗܠܝܗ ܣܘܕܪ ܡܥܘܕܢ̈ܐ، ܓܪܝܫ ܒܕ ܡܥܢܝܐ ܕܐܘܡܢ̈ܐ ܐ̄ܚܪܢܐ ܕܐܚܪ̈ܢܐ.

ܡܦܠܚܢܬܐ ܕܦܬܐ ܕܥܘܕܪܢܐ، ܐܝܢ ܡܫܟܚܬܘܢ ܕܡܠܠܝܬܘܢ ܠܘܬܘ ܡܚܘܪܐ ܦܪܝܫܐ ܘܝܠܦܢܝܐ ܗ̇ܘ ܡܫܪܝܬܐ ܐ، ܐܢܫܬܘܢ ܘܕܘܟܬܐ ܒܘܬ ܚܘܠܡܢܐ ܕܪܘܚܐ؛ ܒܗ ܟܢܘܫܝܐ ܡܠܘܢ ܕܡܫܬܘܬܦܝܢ ܐܝܟ ܚܕ. ܐ، ܐܝܬ ܡܨܘܢ ܟܬܒܬܐ ܡܢ ܒܪܢܫܐ ܬܒܥܬܘܢ، ܡܫܬܡܥܘܢ ܡܦܠܚܢܬܘܢ، ܬܘܪܐ ܕܡܫܘܫܬܐ Sam and Chatbot. Sam ܒܐ ܡܝܗܒ ܡܬܚܫܒܬܐ ܡܦܘܪܫܐ ܒܘܬ ܡܘܕܥܢܘܬܐ ܘܝܠܦܢܐ ܕܒܘܬ ܠܚܡܐ ܗ̇ܘ ܡܫܡܫܬܢܘܬܘܢ.

ܫܪܘܝܐ ܡܢ ܝܠܦܢܐ ܡܥܕܪܢܐ ܦܫܝܛܐ ܐܝܠܐ ܡܫܝܪܐ ܠܬܚܬ:

Support services (ܝܠܦܢܐ ܡܥܕܪܢܐ)		
Lifeline	13 11 14	lifeline.org.au
Beyond Blue	1300 224 636	beyondblue.org.au/forums
MensLine Australia	1300 789 978	mensline.org.au
Kids Helpline	1800 551 800	kidshelpline.com.au
headspace	1800 650 890	headspace.org.au
ReachOut	au.reachout.com	
Life in Mind	lifeinmindaustralia.com.au	
SANE forums	saneforums.org	

ܡܘܕܥܢܘܬܐ ܙܘܕܐܢܝܬܐ

ܒܕ ܦܪܫܘܗ ܕܡܫܕܪܢܐ ܒܓܘ ܡܘܕܥܢܐ، ܐܢܫܘܬܐ ܐܝܟ ܕܒܥܒܕܝܢ ܕܡܫܡܫܐ ܙܘܕܐ ܕܠܟܬܒܐ ܕܡܚܘܝܐ ܐܝܠܐ ܒܕܐܝܩܐ ܐܢܝ ܫܡܥܫܡܥܬܐ، ܥܠܠܬܐ، ܥܘܠܬܢܐ ܕܬܠܡܝܕܬܐ ܒܝ ܓܝܫܐ ܒܘܬ ܙܘܕܐ ܥܡܝܩܐ ܐܝܠܐ ܡܕܥܬܐ ܒܝ ܐܝܟܠܘܗ̇ ܡܕܝܢܬܐ ܐܢܫܝܐ ܕܡܫܠܛܢܬܐ ܕܦܢܝܗ - ܠܐ ܦܪܫܘܗ ܕܡܫܕܪܢܐ.

ܡܢ ܢܝܫܘܗ ܒܘܬ ܡܫܘܕܥܬܐ، ܡܘܕܥܢܘܬܐ ܘܡܥܒܕܢܐ، ܡܫܝܕܘܢ ܠܬܘܪܐ ܕ www.health.gov.au

ܡܫܝܕܘܢ ܡܢ National Coronavirus Help Line ܒܝܕ ܡܢܝܢܐ ܕ 1800 020 080. ܒܐ ܦܠܚܐ 24 ܫܥܬܐ ܒܝܘܡܐ، ܡܢ ܫܒܥܐ ܝܘܡܢܐ ܒܫܒܥܬܐ. ܐ، ܡܢܝܚܘܢ ܠܝܠܦܢܐ ܕܬܪܓܡܬܐ ܘܡܦܩܬܐ، ܡܫܝܕܘܢ 131 450.

ܡܢܝܢܐ ܕܡܠܟܘܬ ܕܡܫܠܛܢܘܬܐ ܒܡܫܡܫܬܐ ܕܚܘܠܡܢܐ ܕܟܠ ܚܕ ܐܘܚܕܢܐ ܒܝ ܐܘܣܛܪܠܝܐ ܡܨܝܬܐ ܐܝܟ ܫܪܝܘܗ ܠܗ ܬܘܪܐ ܕ www.health.gov.au/state-territory-contacts

ܐ، ܓܘܪܐ ܗܘܘ ܒܘܬ ܚܘܠܡܢܘܬܘܢ، ܡܨܝܘܢ ܒܝܕ ܐܢܫܘܬܘܢ.