Assyrian

COVID-19

ܡܫܡܫܘܢ ܬܟܐ ܠܚܘܠܡܢܐ ܕܗܘܢܢܘܬܘܟܘܢ ܒܡܫܚܐ ܕܚܘܪܙܢܐ ܕܟܪܝܗܘܬܐ ܕCOVID-19

1. ܦܣܝܥܘܢ ܚܕܪܐ

ܬܘܦܩܐ ܦܓܪܢܝܐ ܥܒܕ ܚܝܠܗ ܥܠ ܗܘܢܢܘܬܘܟܘܢ ܘܦܓܪܘܬܘܟܘܢ.
ܦܝܫܘܟܘܢ ܕܡܠܝܒܘܟܘܢ ܡܢ ܟܠ ܝܘܡܐ ܠܟܠܟܢܐ ܬܘܦܩܐ ܦܓܪܢܝܐ ܟܠ ܗܘ ܗܘܐ
ܦܫܝܛܐ. ܐܝܢܐ ܟܠ ܡܢܛܪܘܟܘܢ ܕܦܣܝܥܘܟܘܢ 1.5 ܡܝܬܪܐ ܪܚܝܩܐ ܡܢ ܐܢܫܐ
ܐܚܪܢܐ. ܚܕܝܘܟܘܢ ܬܘܦܩܐ ܦܓܪܢܝܐ ܙܘܥܪܐ ܘܡܚܝܘܟܘܢ ܠܐܢܫ ܚܕܪܘܬܐ
ܕܒܝܬܘܟܘܢ ܝܢ ܡܫܬܡܫܘܟܘܢ ܒܬܟܢܘܠܘܓܝܐ. ܐܝܬ ܦܝܫܐ ܕܗܘܝܢ ܐܘܟܐ ܒܐܡܬܐ،
ܐܘ-ܛܝܒ، ܪܩܕܐ، ܝܘܓܐ ܝܢ ܬܘܦܩܐ ܦܓܪܢܝܐ ܠܓܘ ܕܒܝܬ ܝܬܝܒܐ.

2. ܐܟܠܝܘܟܘܢ ܡܐܟܘܠܬܐ ܚܘܠܡܢܝܬܐ

ܐܟܠܬܐ ܕܡܐܟܘܠܬܐ ܚܘܠܡܢܝܬܐ ܥܒܕ ܚܝܠܗ ܥܠ ܚܘܠܡܢܐ
ܕܗܘܢܢ ܘܕܦܓܪܐ. ܐܟܠܝܘܟܘܢ ܚܡܫܐ ܡܢܝܢܐ ܕܝܪܩܐ ܘܦܐܪܐ ܦܬܝܟܐ
ܘܡܐܟܘܠܬܐ ܐܚܪܢܐ ܕܐܝܬ ܠܗܘܢ ܚܡܫܐ ܓܘܢܝܐ ܕܦܪܝܫܐ ܐܝܟ ܙܪܥܐ،
ܝܪܩܘܢܐ، ܠܚܡܐ ܕܚܝܛܐ ܥܡ ܩܠܦܬܗ، ܓܒܝܢܐ ܘܦܐܪܐ.

ܡܒܨܪܘܟܘܢ ܠܗܘܢ ܡܐܟܘܠܬܐ ܡܠܘܚܐ ܟܠ ܚܘܠܡܢܝܐ ܘܡܥܢܝܐ ܕܐܝܬ
ܒܗܘܢ ܚܡܫܐ ܓܘܢܝܐ ܕܡܟܪܟ، ܘܕܗܢܐ ܟܠ ܚܘܠܡܢܝܐ ܘܡܠܚܐ.
ܡܐܟܘܠܬܐ ܡܠܘܚܐ ܟܠ ܚܘܠܡܢܝܐ ܒܐ ܬܪܨܝܢ ܬܘܦܩܐ ܥܡܝܩܐ ܥܠ ܡܐܟܘܠܬܐ
ܚܘܠܡܢܝܬܐ ܐܝܟ ܕܗܘܝܐ ܗܘܝ ܐܢܬܘܢ ܠܚܠܘܦܝܗܘܢ ܗܘܝܘܟܘܢ
ܘܬܘܩܦܐ ܕܒܪܝܘܬܘܟܘܢ ܘܡܩܒܠܢܘܬܐ ܕܡܐܟܘܠܬܘܟܘܢ ܘܡܝܬܘܟܘܢ.

3. ܫܡܫܝܘܢ ܠܗܘܢ ܝܗܘܕܝܘܬܘܢ

ܝܗܘܕܐ ܬܘܥܒܐ ܐܢܫܝܐ ܥܒܕ ܚܝܠܗ ܥܠ ܚܘܠܡܢܐ ܕܗܘܢܢ.
ܫܡܫܝܘܢ ܠܗܘܢ ܝܗܘܕܝܘܬܘܢ ܥܡ ܒܢܝ ܒܝܬܘܬܐ ܘܚܒܪܘܬܐ
ܒܝܠܦܘܬܐ ܒܗ ܒܐܘܪܚܐ ܕܐܬܝܘܕܝܬܐ. ܗܡܫܡܫܘܢ ܒܗܘ ܬܟܢܘܠܘܓܝܐ ܥܡ
ܡܒܝܬܘܬܐ ܘܥܡ ܐܚܪܢܐ ܒܝܘܡ ܗܘܟܡܬܘܬܐ ܕܐܝܬܠܘܬܘܢ ܗܡܫܡܫܘܬܐ
ܒܗܘܢ ܘܡܠܟܘܬܘܢ ܡܫܢܝܘܢ ܕܐܦ ܐܝܟ ܗܡܫܡܫ ܚܫܒܘܬܘܢ ܒܗܘ
ܬܟܢܘܠܘܓܝܐ. ܡܒܨܪܘܢ ܠܗܘܢ ܦܓܫܘܬܘܬܘܢ ܥܡ ܒܢܝ ܒܝܬܘܬܐ ܘܚܒܪܘܬܐ.
ܐܝܡܢ ܕܡܫܬܘܕܥܝܢ ܗܘܢ، ܫܡܫܝܘܢ ܪܚܝܩܘܬܐ ܬܘܥܒܐ ܕ 1.5
ܡܝܬܪܐ ܒܝܢܝܗܘܢ ܘܫܡܫܝܘܢ ܕܓܝܘܬܐ ܦܪܝܘܩܐ ܟܢܝܐ. ܟܠ ܗܘܝܐ
ܕܡܫܬܕܪܝܘܢ ܠܗܘܢ ܝܢ ܡܪܥܝܐ ܗܘܢ.

4. ܬܩܠܝܘܢ ܚܕܐ ܡܥܢܝܬܐ ܡܢ ܝܘܡܐ ܘܗܘܕܟܐ ܬܘܥܒܐ

ܗܘܕܟܐ ܬܘܥܒܐ ܦܝܫܐ ܕܡܝܬܪܘܬܘܢ ܕܫܡܫܝܘܢ ܠܗܘܢ
ܝܗܘܕܘܬܘܢ، ܐܝܢܐ ܡܣܬܒܪܬܐ ܕܟܠܐ ܝܘܡܐ ܗܘܕܟܐ ܬܘܥܒܐ
ܦܝܫܐ ܕܡܬܚܝܢܐ ܠܝ ܕܟܝܠܢܣ ܒܒܝܬܘܬܐ ܕܝܘܡܐ. ܥܒܕ ܚܝܠܗ ܕܐܢܬܐ
ܗܘܐ ܝܬܝܒܘܢܐ ܡܩܪܒ ܚܝܠܗ ܡܗܘܡܐ، ܐܝܢܐ ܚܒܝܘܢ ܡܚܘܢܐ
ܡܘܫܡܫܢܝܐ ܕܡܘܕܥܢܘܬܐ، ܐܝܟ ܡܚܘܢܐ ܕܟܘܠܝܬܐ.

5. ܡܬܒܝܘܢ ܚܕ ܪܘܬܝܢ

ܪܒܘܡܘܢ ܝܪܡܝܐ ܕܐܘܪܝܐ ܥܠ ܕܡܟܐ ܘܥܠ ܐܟܠܐ ܡܐܟܘܠܬܐ.
ܒܪܝܫܘܢ ܠܗ ܢܘܡܟܘܢ ܗܕܟܐ ܕܗܘܝܐ ܠܟܘܢ ܝܪܡܐ ܥܠ ܒܘܟܪܐ
ܕܟܠܢ ܘܥܠ ܠܘܡܘܫܐ ܥܡ ܐܢܫܐ ܘܥܠ ܚܕܪܘܬܐ ܕܝܢ ܡܫܬܡܫܝܘܢ
ܒܬܟܢܘܠܘܓܝܐ ܘܥܠ ܠܡܫܡܫܐ.

6. ܡܕܪܫܝܘܢ ܚܫܒܐ ܚܕ ܚܘܠܡܢܐ ܕܗܘܢܢܘܬܘܢ ܘܡܚܫܒܬܐ ܕܫܢܘܬܘܢ

ܒܪܕܘܬܐ ܕܟܠܐ ܐܢܫܝܐ ܥܒܕ ܕܡܕܪܫܝܘܢ ܚܫܒܐ ܚܕ ܚܘܠܡܢܐ
ܕܗܘܢܢܘܬܘܢ ܘܡܚܫܒܬܐ ܕܫܢܘܬܘܢ. ܐܦ ܥܒܕ ܚܝܠܗ ܕܡܕܪܫܝܘܢ ܒܗܘ
ܒܝܘܡܬܐ ܘܡܒܪܝܐ ܘܡܟܝܪܐ ܕܒܠܠܐ ܗܘܝܢ ܬܟܢܝܐ ܘܡܘܬܒܐ. ܡܕܡܢܐ
ܡܕܒܪܢܐ ܠܚܝܘܬܐ ܗܘܡܪܐ ܒܗܘ ܕܝܘܡ ܚܫܒܬܐ ܡܢܐ ܒܝܘܡܬܐ
ܒܡܕܒܪܢܘܬܐ ܕܡܫܬܡܫܢܐ، ܘܝܗܒܐ ܟܠ ܦܠܢܢܐ ܘܝܪܟܬܐ ܒܒܝܘܡܬܐ ܥܡ
ܒܣܝܘܡܬܐ. ܐܝܬ ܡܢܐ ܒܝܘܡܬܐ ܕܝܪܡܐ ܡܟܝܢ ܥܒܕ ܠܡܡܕܒܪܢܐ ܗܕܢܬܐ.

7. ܡܠܟܝܘܢ ܗܝܪܬܐ

ܟܠ ܙܪܝܒܘܟܘܢ ܡܢ ܠܘܡܘܫܐ ܥܡ ܚܕ ܦܪܝܘܩܐ ܝܢ ܝܕܥܬܐ
ܗܘܝ ܒܝܘܡܬܐ ܥܡ ܬܟܢܝܐ. ܗܡܫܡܫ ܥܡ ܡܒܪܝܐ
ܘܒܝܘܡܬܐ ܒܗܘ ܕܐܦ ܝܕܥܬܐ ܗܘܝ. ܐܝܢܐ ܟܠ ܗܘܝ
ܒܝܘܡܐ ܚܕ ܗܘܡܪܐ ܚܕܝܘܢ.

ܝܢ ܝܕܥܬܐ ܗܘܝ ܣܒܝܪܐ، ܦܝܫܘܟܘܢ ܕܗܡܫܡܫܘܟܘܢ ܥܡ ܚܕ ܦܠܘܚܐ
ܡܕܒܪܐ ܒܚܕ ܝܘܡܐ ܕܗܘܢܐ، ܒܚܕ ܢܦܫܐ ܕܗܘܝܐ، ܒܡܕܢܚܐ ܚܕ ܚܘܫܒܐ
ܛܠܝܦܘܢܐ ܕܡܕܒܪܢܘܬܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܕܟܪܝܗܘܬܐ ܟܘܪܘܢܐ
(Coronavirus Mental Wellbeing Line) ܚܕ ܡܢܝܢܐ
1800 512 348. ܝܡܢܐ ܚܕ ܡܫܕܪܢܘܬܐ ܡܬܪܓܡܢܐ ܒܐܘܪܚܐ
ܕܛܠܝܦܘܢ، ܡܕܘܢ ܚܕ ܡܢܝܢܐ **131 450** ܘܐܡܪܘܢ ܠܗ ܝܡܐ ܕܝܠܢܐ
ܕܒܥܝܘܟܘܢ ܠܗ. ܒܗܝܢܐ ܡܨܠܚܝܘܢ ܡܢ ܡܫܕܪܢܘܬܐ ܕܐܝܗܘܕܝܘܬܘܢ
ܒܝܠܦܝܗ ܗܕܪܐ ܕܡܕܒܪܢܘܬܐ ܕܚܘܠܡܢܐ ܕܗܘܢܐ ܕܟܪܝܗܘܬܐ ܟܘܪܘܢܐ
(Coronavirus Mental Wellbeing Support Service).

ܝܢ ܡܪܥܝܐ ܕܡܫܬܘܕܥܝܐ ܗܘܝ ܝܕܥܬܐ ܥܒܕ ܚܫܒܐ ܩܠܘܬܘܢ
ܕܐܘܠܝܘܢ ܠܐܣܝܐ ܕܫܢܘܬܘܢ ܢܘܩܝܐ، ܡܣܝܪܘܢ ܥܠ ܐܚܢܐ
ܕܒܝܬܘܬܘܢ ܟܠ ܡܘܠܟܘܬܘܢ.

ܡܘܠܝܩܐ ܡܢ ܡܫܡܫ ܬܟܐ ܠܚܘܠܡܢܐ ܕܗܘܢܢ، ܐܘܣܛܪܠܝܐ
(Look after your Mental Health Australia).
Mental Health Australia، ܐܕܪ 2020

NSW GOVERNMENT

© NSW Health May 2020.