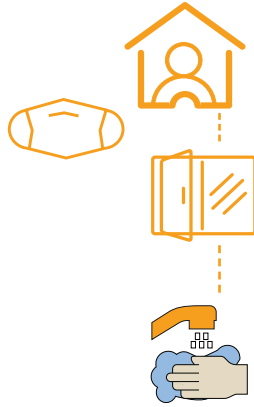


Beroode ngam jikkondirgol badingol et COVID-19



Hol ko potmi wadde so tawi mbido jikkondiri ko badi e neddo peññindo?

- / Bero e ndeer suudu wooturu.
- / Woto **eto ummo e suudu he**, so tawi kaa potdo ummaade doon, aan yo bee hoddube e **ma poti ko wadde masku**.
- / Soodoro juude ma saabunnde e ndiyam wollo sel labbinoowo e saha kala ñuri teenju noon si tawi a ñojji, a isli wollo a memi kabirde wollo mbedtude.



- / **Wuppu comic ma tawa** no seerti e ko heddi ko wonda e 60° abbi dow.
- / **Lawyu lootorde nde kala de nde** huutora so tawi a ala lootorde hoore maa seertunde e goddi di.
- / Waawde hebeede a saha **kala ko ko woodi solo**.
- / **Toppito, ndeena ma'le ma** laabi didi e ñalawma he e ko wiite **STOP COVID19 CAT app** (appilkaasonj mbo COVID19).
- / **Feykin suudu ndu ko tolnoto e** (hojomaaji 10, laabi 3 e ñalawma he).



Hol nde ngannatmi resiltaaji siko mi wadi beto wiiteengo jagnostik?

- / So tawi kaa peññinnoodo COVID-19 haña waawa yeewde **resiltaaji beto** ma e **La Meva Salut watuujji 48-72** caggal nde beto ngo wada nde.
- / So tawi beto ngo wonndo ko beto habdebanndu ko yaawi, maa heb resiltaaji ma e ndeer **hojomaaji 20** to nokku mbo beto ngo wadano
- / So tawi a **waawa yottaade** e **La Meva Salut**, haña waawi winndaade e:

► lamevasalut.gencat.cat/alta



Hol ko potmi wadde so tawi resiltaaji ko ngantu njaltini?

- / So tawi **jagnostik mbo beto ma ko ngantu**, haña **foti bero balde 10 sabu** ko duum woni saha burdo juutde mbo aawdi wiris ndi benndata.
- / **Reen ma'le ma**, so woodi ko feeñi, jikkondir e GP ma ndewa e **La Meva Salut eConsultation**.
So tawi ma'le ma no **mawni, noddu 061**.



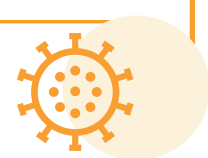
Hol ko potmi wadde so tawi resiltaajam kolliri rafi?

- / So **beto jagnostik ma feññini rafi**, a fot joodo mbirnoða e wuro.
- / Ma a taw do kabaruuji timmuñi fa'de e holno dum wadirte: http://canalsalut.gencat.cat/web/.content/_A-Z/C/coronavirus-2019-ncov/material-divulgatiu/consells-aillament-domiciliari.pdf



/ **Siftoro: yaawde yi'tude yimbe wondube e COVID-19 yi'tude ko yaawi e beroodeyimbe badinoobe be fof ko ko woodi solo no feewi ngam faddaade rafi o.**

En mbaawa wootde hoolaare. Yo en ndeento besdogol goñngol!



Ngam kabaruuji godfi, yuurno canalsalut.gencat.cat/coronavirus