

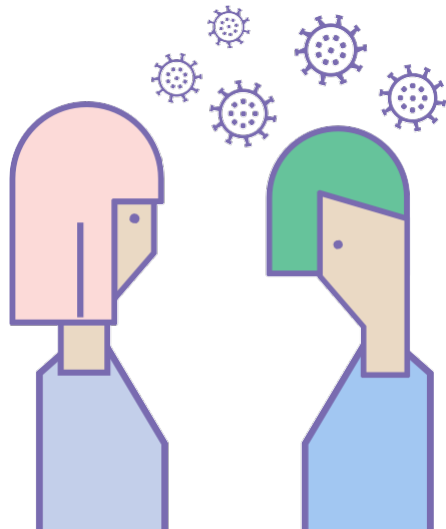
Hol ko saabi yaawde anndu kaauji COVID-19 e yimbe badiibed woodi solo?

/ Yaawde anndu **yimbe wondube COVID-19** yaawde anndu e yaawde bero **yimbe wondube** waawa waasde **tay' boggol daabondirgol ngol, ndeen da daabondire kese.**

/ Caggal ndeen, ina waawi huutoroode ngam reende ma'le e ngam yamirde berogol reentaade, wollo ndeen ngam **wadde jagnostik beto** ngam anndude kaauji COVID-19 di ngalda e ma'le.

Hol ko woni nedfo badiifo?

/ **Yimbe badiibe** ko yimbe renndanoobe **yoInde nde ngannudfa timmaani 2 meetareeje, ko tolnoto e hojomaaji 15 tawa alda e masku e ndeer waktuuji 48 ko adi** tammbilgol ma'le.



Naftorde cellal de mbaawda hebde

Winndo e ndeer **La Meva Salut** digital healthcare



- ▶ e oo do kayit lamevasalut.gencat.cat/alta

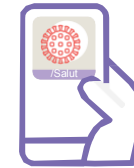
iko a jogiima ma'le:

- ▶ jukkondir e santar suudu safrordu adandu ma,
- ▶ **061** /Salut Respon wollo
- ▶ ad naamndal e

La meva /Salut

Toppito ma'le e:

- ▶ loow app o **STOP COVID19 CAT**



Toppito cellal ma:


- ▶ cukka e ngol jukkorgol: **GestioEmocional.cat**



gam kabaruuji godfi yuurno canalsalut.gencat.cat/coronavirus



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Tayfen boggol daabondiral ngol **COVID-19**: yaawde anndeede kaauji e toppitogol yimbe badiibe

Hol ko potmi wadde siko mi hebi ma'le COVID-19?



/ Siko tawi a dañi nguli, dojjo, wollo cafeelee foofaandu, ngirlo, reedu dogooru, wolla tuutre a foti:

► **jokkondir e santar suudu safrordu adandu ma,**

► **noddu 061/Salut** Respon

► **wollo waf naamndal e** La meva /Salut

/ Ma deenoowo ma winndanma feewnu ma'le e siko jari, ma min mbaaf beto jagnostik



/ Hada waawi yeewde resiltaaji ma e ndeer **La Meva Salut.**

Hol ko potmi wadde so tawi sikkaama ko mi kebfo e rafi?



► **So tawi sikkaama ko mi kebfo e rafi,** potda ko annditde yimbe be njokkondimoda be e ndeer waktuuji 48 ko adi puɗɗogol ma'le de wollo baɗfogyol beto ngo

► Hada waawi wadde noon siko a huutori **Gestor/a COVID** wollo siko a huutori **ContacteCovid.cat** ma a heb bataake, caabi nani ndeer mbo.

Siko tawi goonɗinaama mbifo wondi e COVID-19?



/ So tawi **beto ma holliri in a woodi COVID-19,** ma a tintine ummoraade e **santar suusu cellal tinnirte da.** Ma a heb **bataake** ummoraade e **ContacteCovid.cat,** doon do mbaawda hollir yombe badiibem be, toppitoda ndewa e ma'le, njangga hol no berorte e wuro e naamndaade yahdu paawngal so jari dum

/ **Golloobe e cellal** maa be mballuma e kabarruuji ngam ngannda no toppitorte.

/ Resiltaaji beto ma ina kebo to **La Meva Salut.**

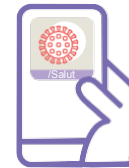
1 / A fot tinnu mbo ma Yimbe badiibe e ndeer **jogiibe COVID** e /wollo ndeer **ContacteCovid.cat** tool.



2 / A fotno **ber hoore ma ndeer wuro** so en ndewi tinndinooje golloobe be e cellal. Ma a totte kabaruuji e hool no wadirte.



3 / A fotno **toppito e njuurnoda ma'le laabi didi ndeer ñalawma kala** e ndeer **STOP COVID19 app.** Siko tawi a waawa huutoraade app o **bet nguleeki banndu ma laabi didi e ñalawma he.**



4 / Siko ma'le ma buri bonde, **noddu 061** wollo njokkondira e **golloobe ma e cellal** e ndeer **eConsultation at La Meva Salut.**

5 / Siko a **sokli naamndaaderafi yahde,** hada dum waawi wadde e ndeer **eConsultation at La Meva Salut.**



Hol ko kewata siko tawi ko mi nedfo badiifo?



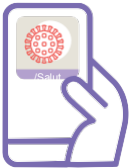
/ Ma a tinne wonde ka ka a **nedfo badiifo** o godfo gondofo e COVID-19 e **noddaango** e ndeer **bataake** ummoraade e **ContacteCovid.cat** tool.

/ A fotno **bero hoore ma** ngam deentogol **balde 10 caggal duum** e jokkondirgol ma e badaado o jagnostik o, **tawa e yeewaani mbele ina woodi wollo ko ngantu.**



/ Ma min njokkondir e ma ngam lelnude **beto jagnostik.**

/ A fotno **toppito ma'le ma** e ndeer **STOP COVID19 CAT app** laabi didi e ñalawma kala.



/ **Siko a jogiima ma'le tan,** a fotno:

► **jokkondir e santar cellal ma adano,**

► **noddu 061/Salut** Respon

► **Wollo uddita eConsultation e,** La meva /Salut

/ **Siko tawi a gollat** de a waawa noon wadde **gila wuro** gila wuro, Ma a heb kabaruuji e hol no naamndal wadirte fa'de e **rafi yahde.**

/ Siko tawi a yaltinaani mal'e hayi ndiga **caggal de berogol ma gasi,** ma **golloowo ma e cellal** haalanma ndey mbaawata hooted e nguurndam ma adan

! Siftor: anndunde, yiide ko yaawi e berde yimbe badiibe ina woodi solo ngam waawande rafi o.