

NGEC MAN TYE PI
JO AME TYE KEDE
GORO KOM APAPAT
KARACEL KEDE JO
AME TYE KEDE TWO
TAM ONYO NI PEKO
IYI ADAM GI.

MENTAL HEALTH UGANDA
Support our cause



Two KORONA obedo ngo?

Obedo two anyen ame tye oguru wilobo ducu, ocakere ilobo China idwe me apararyo imwaka 2019. Nyinge ikome obedo two me kudi korona ame ongolo acek ni COVID-19.

Two Korona kobo ningo?

- *Dano atye itwoo Korona kobo two ni bot ngat okene iyoo magi:*
- *Ka en oolo nyo ojiro, kudi me two korona woto iyamo te bino boti atir, onyo ni poto ikom ginoro keken ame tye ibute, dong kudi man romo donyo ikomi nibeo idogi, iwumi onyo iwangi.*



Ngo atimere ka inwongo Twoo Korona?

- *Iwinyo lyeto atunu naka 100.4F nyo 38C*
- *Weo cako doko atek*
- *Aola otwo*
- *Kori cako rem icawa ducu*
- *Abarwic icawa ducu*
- *Dwoni bedo ayil pol kare*
- *Aburu ape gik onyo iwinyo ni yii kori nwongo opong kede yamo pol kare*
- *Oolo*

Ikare okene, otwoo winyo anyut magi:

- Leb gi pe poko mit onyo rac ajami. Wum gi dang pe ngweo ngwec jami.
- Wang gi lokere doko arema
 - Cado
 - Del kom gi cako puputa
 - Rem kom



Ento ka onwongo inywako kabedo kede ngatoro ame opimo ote nwongo ni tye ikorona, nyo ngatoro atye kede anyut imalo no, pire tek ni iwot ipimere pi two korona. Go cim nama 0800-203-033 onyo 0800-100-066 ka icako neno anyut me Korona apapat imalo no ikomi. Ngat ogamo cim bino kobi jami okene me atima iyonge.

Poyo ni: Ka itye kede kodi anyut imalo no pe gonyo ni dong itye kede two korona. Jo apol tye kede aola kede aburu. Yin dang twero bedo ni itye keken ka kede aola nyo aburu.

Jo okene ka onwongo Korona, pe tye kit anyutoro keken ame nen ikom gi, mono aye omio pire tek ni myero igwokere kun ilubu pwony ame yaa ibot Ministri me yot kom.

Ka koma lit, myero atim ngo?

- *Bed paco*
- *Go cim inama 0800-203-033 nyo 0800-100-066 ka inywako kabedo kede dano ame onwongo two korona ikome.*



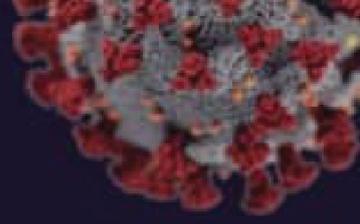
Poyo ni: Go cim bot Dakatali, pe iya ipaco.

Iwinyo goro arom kwene?

- *Pol ajoo pe winyo goro adwong tutwal. Twero bedo keken bala aburu nyo aola.*
- *Jo okene amwaka gi otego kede jo atye igoro kom, medo kede jo atye ikone two apapat bala :Two cukal, asthma, two para, two jonyo, kede two okene apapat, romo bedo igoro nyo litkom adwong ka kudi two Korona omako gi ame romo miyo dakatal gamo gi itana dang twero nyayo naka too.*

Atwero gwoko yotkoma, onyo gengere ikom two Korona nongo?

Ruk mask iyo opre ikare ducu ka itye ikin jo



Ruku mask: “Tim amyero kede tim ape myero”



✓ Myero: Wum wumi kede dogi



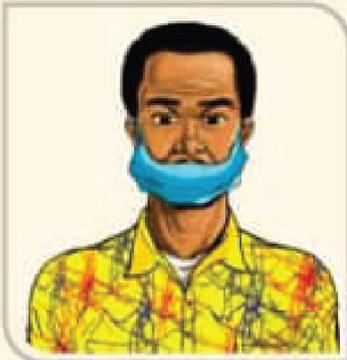
✓ Myero: Mak yer wii idwok cen



✓ Myero: Twe alid ite toki onyo inguti



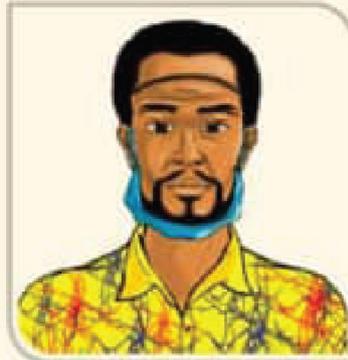
✓ Myero: Ka igonyo mak alid iyonge



✗ Pe Myero: Iwa idwok ite wumi



✗ Pe Myero: Iruk itur nyimi



✗ Pe Myero: Iket ite tiki



✗ Pe Myero: Ikab alid



✗ Pe Myero: Iwek yer wii pot inyimi



✗ Pe Myero: Iwek legere iyiti



✗ Pe Myero: Iwek but alid dong ame tye alege



✗ Pe Myero: Iruk mask acol onyo adyaka

Ruk mask iyo opre ikare ducu ka itye ikin jo

- Mask myero wum wumi, dogi kede tiki
- Mak ikom alidere ka ilunyu, dok neni pe igudo kom mask
- Mask myero bed en ame okwo kede bongo ame ododo yie kede bongi adek ame itwero lwoko doki ite nwoyo ruku ka otwo onyo me dakatal ame iruku ite bolo oko iyonge wang cawa abicil
- Lwok mask ni nino inino ipii kede cabun ite goyo ipac ka otwoo.
- Bol mask ducu ame mito abola kan opore ame otino pe tuku iye (Ibur yugi)
- Pe ikwany mask ame inwongo obolo ata, dok nen ni iwilo mask ame nwongo oboo kome aber.
- Pe inok komi kede ngat okene, pe ibed kan ame jo opong iye (tem iteki me neno ni iweko mita onyo ni yadi aryo ikini kede ngat acok kedi)

Lwok cingi

Pi miyo ngec ikom ngatoro keken ame tye kede anyut me two Korona, goo cim ape oculu pire bot Ministry me Yotkom inama 0800-203-033 onyo 0800-100-066

- Tii kede pii adwong medi cabun
- Lwok cingi pi wang cawa aramo cekon 20. Ka twere, kwan acel naka 20
- Lwok cingi iyonge wot icangat nyo kan ame lwak ogure iye bala cuk
- Ka pii kede cabun pe, ti kede Sanitaiza. Nge ni lwoko cing ipii medi cabun iyoo opore aye pwod ber akato.

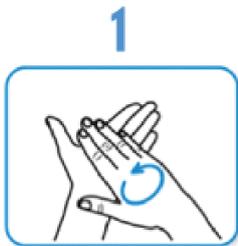
LWOKO CING

Cing acil gengi ikom nwongo two Korona.

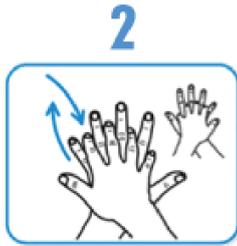
Gwokere inwongo Twoo Korona iyore magi:

Lwoko cingi icabun kede pii pi kare aromo second 20 icawa ducu.

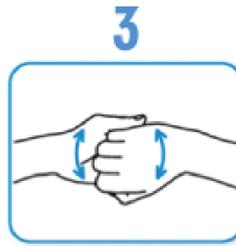
Kir ite jwayo cingi kede Sanitaiza ka pii kede cabun pe.



1
Jwa pany cingi
karacel



2
Jwa dinge cingi ryoryo
ducu



3
Rwak anyira cingi ikin
gi ite jwayo cingi ducu



4
Rwak anyira cingi ikin
gi ite jwayo nge anyira
cingi ryoryo



5
Jwa wi anyira cingi
ipany cingi ryoryo



6
Mak atwoncingi ite
jwayo akun iwiro cingi
ikome



7
Jwa cingi ikom cingi
akun iwiro aber, ite
lako, ite weko two aber

To report any suspected cases with signs and symptoms similar to COVID-19, call the Ministry of Health toll-free lines on 0800-203-033 and 0800-100-066.

Dol kin badi ite oolo nyo jiro iye

Oolo nyo jiro ikin badi gengo kudi Korona twar iwi yamo kede wot icingi.

Tem iteki me neno ni pe igudu tutung nyimi

- Pe irig wangi
- Pe igud dogi
- Pe igud wumi. Poyo ni kagi magi aye kudi Korona donyo iye ikomwa. Ka imito gudu, ti kede papara ayom bala toilet pepa nyo kur wang ame itye ilwoko komi.

Ka koma lit, myero atim ngo?

Goyi dakatal cim inama cim me
Ministrime Yotkom ape oculu pire,
0800-203-033 onyo 0800-100-066.

- *Nen ni PE IWOTO idakatal nyo ka
nwongo kony me oyot oyot ame
tye cok kedi*
- *Bed paco*
- *Ti kede papara ayom ite bolo
kan opore*
- *Pe iribe kede jo okene me gengi
kobo two ikom jo okene*
- *Gwok wi meja kede jami okene
duc acil akun itio kede sanitaiza
ikom gi icawa duc*
- *Ruk maski icawa ducu*
- *Mat pii adwong, cam nyig cem
kede pot dek oromo.*

Goyi dakatali cim doki
ka itye iwinyo agoro
akato. Goye cim doki
ka itye winyo ni weo
tye adoko atek. Tim
gin ame dakatali okobi
iyore iyore.

Ngo amyero atim ka ngatoro abedo keda onwongo two Korona?

- *Go cim bot Ministri me
Yotkom, inama ape oculu
pire, 0800-203033 nyo 0800-
100-066 ite lubu gin ame
okobi.*
- *Wek mita aromo abicel bed
ikin yin wuni atwoo Korona*
- *Pe igud wi ginoro kiken nyo
cem ame atwoo ogudu*
 - *Mede ilwoko cingi aber*
 - *Ruk maski icawa duc*
- *Pi iribere ikin jo okene me
gengo kobo two ka nyo yin
dang inwongo Korona dong
oko.*

Ngo amyero atim ka amito moto owote na nyo kop kede jo na?

- *Pe tye kwako kor, Pe tye moto cing, pe tye dongo nge cing.*
- *Bwonyi, itwero tic kede otyno cingi, Goo cim, coo kwena ni acoa icim*

Kwene ame aromo wot iye ikare man me Korona ni?

Bed abor ikan ame jo ogure iye.

- *Ka iwoto ikalego, neni iweko mita aromo aryo ikin dano acel acel, dok neni jo pe pol akato 70.*
- *Pe iwot ika neno filim kede ka galo wang apapat*
- *Tem gengo tic kede gi wot ajo bedo adwong iye iyore duc*
- *Wot me wilo jami duka con ajo pwod pe opong iduka dok nen ni iruku mask*
- *Pe ile cem nyo gin amata*

Tye yat gengo nyo cango two Korona?

Pe. Pe tye yatoro keken agengo nyo cango two korona. Mat pii adwong, Nwong weo oromo, cam nyig cem kede pot dek me miyo komi bedo ocikari oromo me lweny ikom korona kede two okene apapat.

Ngo amyero atim ka lwooro obino ikoma nyo koma omyel?

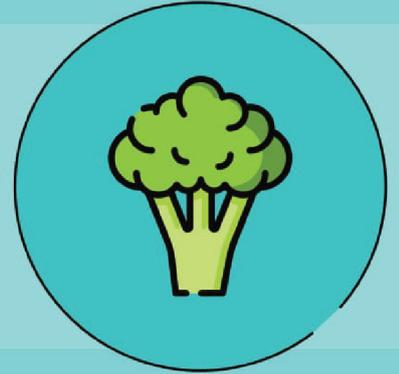
- *Lok kede ngatoro ame igeno*
- *Ka itye imwonyo yat pi two adam onyo two para, neni imede kede*
- *Lok kede ami tam*
- *Bed ame itye itiyu ginoro, mar ngwec kede ryeyo ler komi iyoo apapat ite lok kede owote ni*

Bedo abongo para ikare me korona



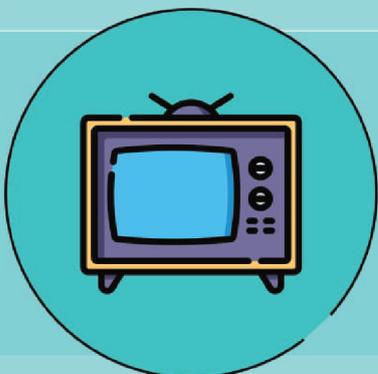
Jo ducu maro beo ikwo me bedo kede wang yic, para, lworo kede akemo ikare ame peko adit tye.

Lok kede jo ame igeno twero konyi. Lok kede jo paco ni karacel kede owote ni.



Ka ibedo paco, nen ni itimo jami ame agwoko yotkomi ame iyi akina gi tye: cem aber, nino, tuku kede leyo tam kede jo ame imaro ipaco. Itwero dang tic kede cim nyo email pi owote kede watri atye kan abor.

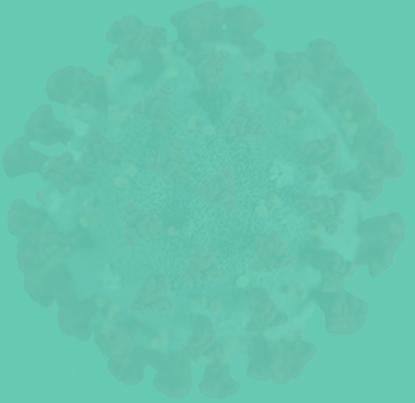
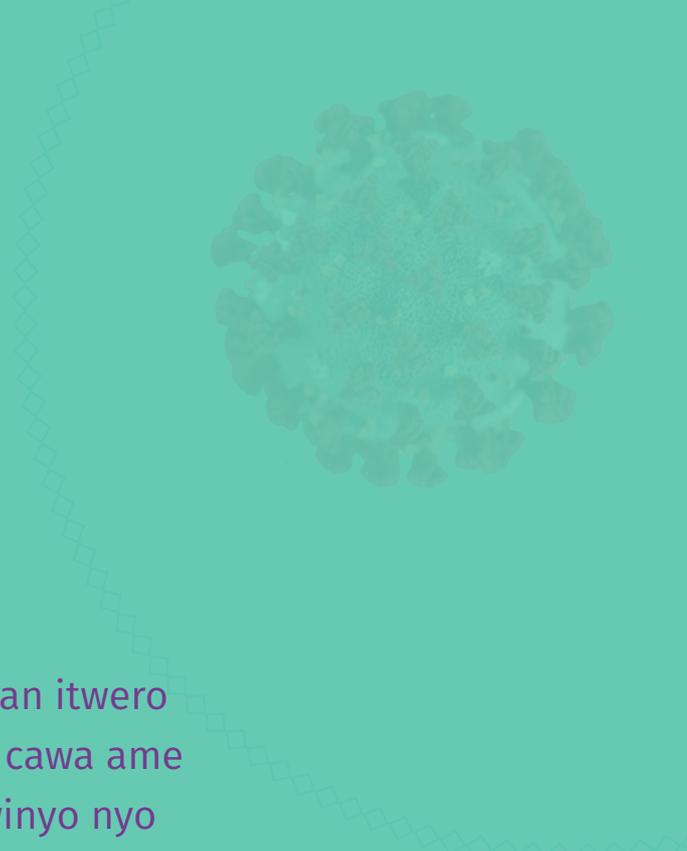
Pe imat kongo, taba, jai onyo yen arecu okene pi gengo para.



Ka ineno ni tye akato gupu ni oko, lok kede atic me yotkom nyo ami tam acok kedi. Bed kede pora pi kan ame iromo wot iye nyo kit ame iromo ikony akwako yotkom me wic kede komi ka mite.

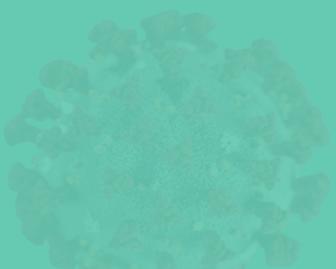
Nwong kop ateni. Nwong ngec atut ame bino konyi me ngeyo gin atir amyero itim me wek pe ibed kede rucu rucu. Mo ka nwongo ngec atira agene acalo WHO website onyo ibot gamente nyo kan agene ikin paco.





Geng para kede myelkom. Man itwero timo akun ibeo idwoko piny cawa ame yin kede jo ipaco ni tyeko iwinyo nyo neno amut ame ingeo ni myelo komi nyo kelo para icunyi.

Poyo ngo ame ibin itimo ikare okato angec me miyi bedo ikwo ayot ame nwongo ginoro atek obin otimere ikomi, me wek inwong gupu cuny oromo me kato kare man me two Korona ni.





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