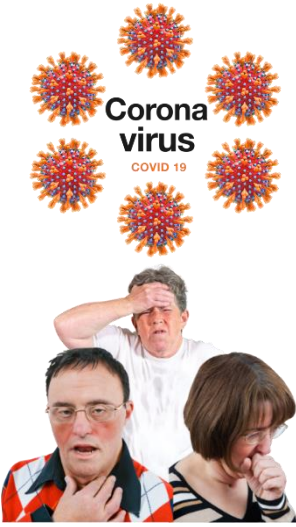


आफूमा कोभिड-१९ छ भन्ने आशंका भएमा के गर्ने? What to do if you think you have COVID-19

१६ मार्च २०२० को अपडेट ।
16 March 2020 update



कोभिड -१९ भएका बिरामीहरुमा तलका लक्षणहरु देखिनेछन:

People who are sick with COVID-19 may:

- have a cough. लगातार खोकी ।
- 38° c भन्दा बढी तापक्रमको ज्वरो लगातार आउने ।
- have a fever - this is when you get really hot and have a temperature of 38 degrees or more
- सास फेर्न गाह्रो भएमा
- find it hard to breathe.

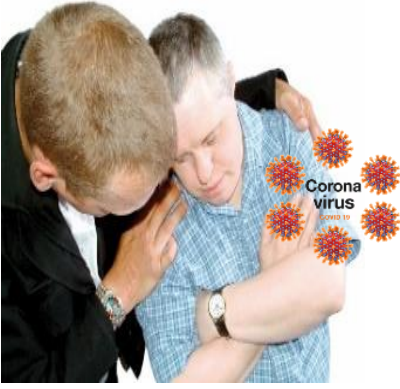


कोभिड-१९ भएका कोहि मानिसहरु बिरामी नहुन पनि सक्छन ।

Some people with COVID-19 may not feel sick at all.



तर अरु मानिसहरुलाई भाइरस भने सार्न सक्छन ।
But they can still pass the virus to another person.



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

निम्न परिस्थितिमा के गर्ने भनेर जान्न अति जरुरि हुन्छ:

It is important you know what to do if you:

- कोभिड-१९ भएको या कोभिड-१९को शंका भएको व्यक्तिसंग पछिल्लो १४ दिन सम्म सम्पर्क या नजिक भएको अवस्थामा ।
- **have been in close contact** with someone in the last 14 days who has been told they have **COVID-19**
- कोभिड-१९ को परीक्षण भइ नतिजाको पर्खाइमा हुनुहुन्छ भने ।
- are waiting for your **COVID-19 test results**.
- आफू लाई कोभिड-१९ छ भन्ने भएमा यी २ उपायहरु अपनाउनु पर्छ ।

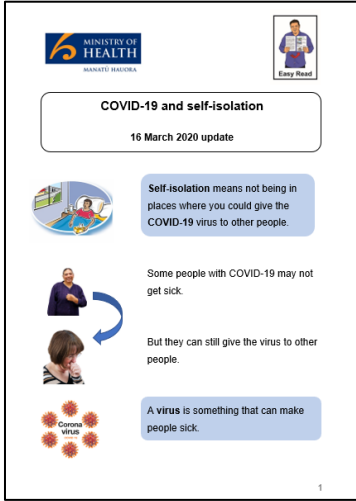
There are **2 things** you need to do if you think you have COVID-19:

1. घरैमा बसेर आफूलाई **स्व-अलग** गर्ने ।

You need to stay at home and **self-isolate**.

स्व-अलग रहनु भनेको १४ दिनसम्म अरु मानिसहरूसंग भेट-घाट नगरी आफ्नै घरमा एकिलएर बस्ने प्रक्रिया हो । यसो गर्दा कोभिड-१९ अरु मानिसहरुमा सर्नबाट रोक्न सकिन्छ ।

Self-isolate means not being in places for 14 days where you could give the COVID-19 virus to other people.



कोभिड-१९ र स्व-अलग रहने प्रक्रिया र सूचना तथा जानकारीहरु **इजी रिड** (Easy Read) पृष्ठ-तथ्यमा हेर्न सकिन्छ ।

There is an Easy Read factsheet called **COVID-19 and self-isolation**.

विस्तृत जानकारीको लागि यो तथ्य-पृष्ठको पृष्ठ ५ हेर्नुहोस ।

See page 5 for more information about this factsheet.

2. तल दिएको हेल्थलाइन नम्बरमा अनिवार्य सम्पर्क गर्नुहोस:

You need to call **Healthline** on:

 Healthline



0800 358 5453



हेल्थलाइन नम्बरमा सम्पर्क गर्न कुनै शुल्क लाग्दैन ।

It will not cost you any money to call Healthline.



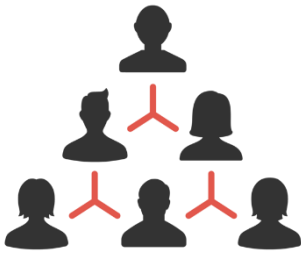
हेल्थलाइन सेवा २४ सै घण्टा उपलब्ध छ ।

Healthline is open all the time – day and night.



यदि दुबिधामा हुनुहुन्छ भने स्व-अलग प्रक्रिया अपनाएर तल दिएको हेल्थ लाइनमा अवस्य सम्पर्क गर्नुहोस ।
If you are **not sure** if you should self-isolate you can call **Healthline** on:

0800 358 5453



यदि तपाईं लाई कोभिड -१९ भएको शंका भएमा निम्न ठाउँहरूमा नजानुहोस ।

If you think you might have COVID-19 it is important that you do **not** go to:

- आफ्नो चिकित्सक कहाँ ।
- your Doctor.
- सार्वजनिक अस्पतालमा ।
- the hospital.

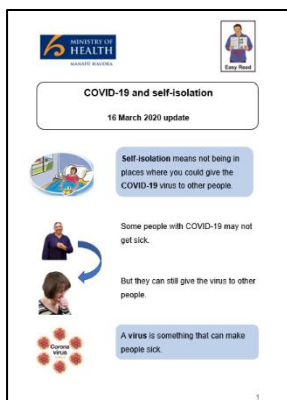
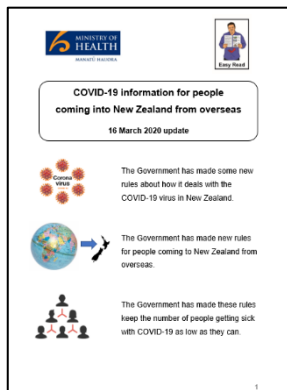
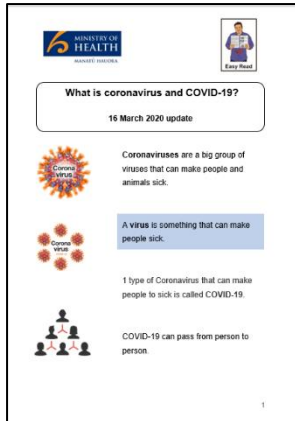
आफ्नो चिकित्सक या अस्पतालमा गएमा अरु व्यक्तिलाई कोभिड-१९ को जीवाणु अरुलाई व्यक्तिलाई सर्न सक्छ ।

Going to see your Doctor or hospital could give the COVID-19 virus to other people.

हेल्थलाइनमा सम्पर्क गर्नुहोस र कोभिड-१९ परिक्षण गर्नु परेमा उनीहरूले दिएको निर्देशनको पालना गर्नुहोस ।

Instead **call Healthline** as they will tell you what to do if you need to be tested for COVID-19.

Where to find more Easy Read information about COVID-19



There are some Easy Read factsheets:

- What is coronavirus and COVID-19?
- COVID-19 information for people coming into New Zealand from overseas
- COVID-19 and self-isolation.

You can find these Easy Read factsheets on the Ministry of Health website:



www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.



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- Changepeople.org



- Photosymbols.com



- Sam Corliss



- Steve Bolton