



















English	Translation
<b>1. Living with Covid – Wearing a mask helps to stop the spread of Covid-19</b>	<b>ምስ ኮቪድ ምንባር - ማስኬራ ምንባር ንዝርጋሕ ኮቪድ-19 ደው ንምባል ይሕግዝ ::</b>
Covid-19 hasn't gone way, so please be kind to your fellow Mancunians by choosing to wear a mask in crowded spaces or when it feels right to do so.	ኮቪድ-19 ኣይሓለፈን ስለዚ ኣብቲ ብዙሓት ሰባት ዝነብሩሉ ቦታ ማስኬራ ክትገብር ብምምራጽ ወይ ቅኑዕ ትይኑ ኣብ ዚሰምዓካ እዋን በጃኻ ንብጾትካ ማንኩናውያን ሕያውነት ኣበርክቶም ::
STAY KIND	ለዋህ ኹን
Still wear a mask in crowded spaces or when it feels right	ሕጂ እውን እንተ ገብሮ ኣብ እተጨቓጨቐ ቦታ ወይ ቅኑዕ ትይኑ ከሰምዓካ ኹሎ ማስኬራ ክትገብር ግድን እዩ ::

English	Translation
<b>2. Living with Covid –Stay at home for 5 days if you have Covid-19</b>	<b>ምስ ኮቪድ ምንባር - እንተዳኣ ኮቪድ-19 ሓዙካ ን 5 መዓልቲ ዝኸውን ኣብ ገዛኻ ጽናሕ ::</b>
If you have Covid-19, please be kind to your fellow Mancunians by staying at home for 5 days and avoid contact with other people.	ኮቪድ-19 እንተ ሓዙካ ን 5 መዓልቲ ካብ ገዛ ብዘይ ምውጻእን ምስ ካልሓት ርክብ ምንባር ብምሕዳግ በጃኻ ንብጾትካ ማንኩናውያን ሕያውነት ኣበርክቶም ::
STAY KIND	ለዋህ ኹን
Please stay at home for 5 days if you have Covid-19	ኮቪድ-19 እንድሕር ኣለካ በጃኻ ን 5 መዓልቲ ዝኸውን ካብ ገዛ ኣይትውጻእ ::



English	Translation
<b>3. Living with Covid – Keep windows open if you meet others inside</b>	<b>ምስ ኮቪድ ብሓባር ምንባር – ምስ ካል ኣት ኣብ ውሽጢ ገዛ እንድሕር ተራኪብካ ነቲ መስኮታት ከፋፍቶ ኢኻ ::</b>
Let in fresh air when you meet other people indoors  , especially if they're at a high risk from Covid-19.	ምስ ካልሓት ሰባት ኣብ ቤትካ ግ ክትራኹብ ከለኻ ብፍላይ ከኣ ካብ ኮቪድ-19 ኣብ ሓደጋ ዝኣተዉ እንተ ኹይኖም ጽፋይ ኣየር ከእቱ ፍቐድ ::
STAY KIND	ለዋህ ኹን
Keep windows open if you meet others inside	ምስ ካል ኣት ኣብ ውሽጢ ገዛ ክትራኹብ ከለኻ ነቲ መስኮት ከፋፍቶ ኢኻ ::

English	Translation
<b>4. Living with Covid - It's never too late to book your Covid-19 vaccination</b>	<b>ምስ ኮቪድ ምንባር - ኮቪድ-19 ክታብት ንኸትወስድ ቆጶራ ንምሓዝ ገና ኣይደንጉኻን ግዜ ኣለካ ::</b>
It's never too late to come forward for your Covid-19 vaccination.	ኮቪድ-19 ክታብት ንኸትወስድ ቆጶራ ንምሓዝ ገና ኣይደንጉኻን ግዜ ኣለካ ::
Book an appointment online or go to a walk-in clinics for your first, second or booster dose   	ኣብ ኦንላይን ቆጶራ ሓዝ ወይ ድማ ብዘይ ቆጶራ ዝኸየደሉ ከሊኒክ ክይድካ እቲ ናይ መጀመርታ ካልኣይ ወይ ድማ መበራትዒ ክታብት ውሰድ   
More info  <a href="https://manchester.gov.uk/getmyjab">manchester.gov.uk/getmyjab</a>	ንተወሳኺ ሓበሬታ  <a href="https://manchester.gov.uk/getmyjab">manchester.gov.uk/getmyjab</a>
STAY KIND	ለዋህ ኹን
Please take up the vaccination offer – it's never too late	በጃኻ ነቲ ክታብት ኣጋጣሚ ውሰድ – ግዜ ገና ኣይሓለፈን ::

English	Translation
<b>5. Living with Covid – Manchester Covid helpline</b>	<b>ምስ ኮቪድ ምንባር – ናይ ኮቪድ ሓገዝ መስመር ማንቸስተር</b>
  Do you have Covid-19 worries or concerns? Need help with booking your Covid vaccinations or booster jabs?	  ኮቪድ-19 ዘጨንቐካ ወይ ዘተሓሳስበካ ነገር ኣሎድ? ኮቪድ ዝብሃል ክታቦት ንክትገብር ወይ ድማ መጠናኸሪ ክህታቦት ክትወስድ ቆጶራ ከተትሕዝ ድጋፍ የድልየካ ድዩ እትኸለል ክትሕዞ ዘድልየካ ሓገዝ የድልየካ ድዩ?
Then call the Manchester COVID-19 Helpline for support. Translation services available.  Call free: 0800 840 3858 or text: 07890 036 892	ደሓር ናብ ማንቸስተር ኮቪድ-19 ናይ ሓገዝ መስመር ድጋፍ ክትረከብ ደውል፣ ናይ ትርጉም ኣገልግሎት ኣሎ እዩ ።  ብናጻ ደውል፡ 0800 840 3858 ወይ ድማ ቴክስት ግበር፡ 07890 036 892
STAY KIND	ለዋህ ኹን
Covid Concerns? Ring Manchester’s COVID-19 helpline on 0800 840 3858 or text 07890 036892	ኮቪድ ዘጨንቐካ ድዩ? ናብ ማንቸስተር ኮቪድ-19 ናይ ድጋፍ መስመር ኢልካ በዚ ቁጽሪ ደውል 0800 840 3858 ወይ በዚ ቴክስት ግበር 07890 036892

English	Translation
<b>6. Living with Covid – Follow the Manchester Message on Covid-19 and Health.</b>	<b>ምስ ኮቪድ ምንባር – ብዛዕባ ኮቪድ-19 ብዝምልከት ናይ ማንቸስተር መልእኽቲ ሰዓብ ።</b>
Please help to keep our city safe from Covid-19 and be kind to each other by:	በጃኻ ንክትማና ኻብ ኮቪድ-19 ንክትዕቀጥ ሓገዝ ንኣድሕድኩም ድማ ሕያዎት ኩኑ ፡
<ul style="list-style-type: none"> <li>• Wearing a face mask in enclosed spaces</li> <li>• Washing your hands regularly Getting your Covid vaccinations   </li> <li>• Staying home  for 5 days if you have Covid-19</li> </ul>	<ul style="list-style-type: none"> <li>• ኣብ ዕጹው ቦታታት ክትከውን ክለኻ ማስኬራ ምግባር</li> <li>• ኣዘዊትርካ ኢድካ ምሕጻብ ናይ ኮቪድ ክታቦት ምውሳድ</li> <li>• ካብ ገዛ ኣይትውጻእ  ን 5 መዓልቲ እንድሕር ኮቪድ-19 ሒዙካ</li> </ul>
STAY KIND	ለዋህ ኹን
Please follow the Manchester Message on Covid-19 and Health	ኣብ ልዕሊ ማንቸስተር ዘሎ ብዛዕባ ኮቪድ -19 ጥዕና ተኸታተል ኢኻ ።

English	Translation
<b>7. Living with Covid – Please stay home</b>	<b>ምስ ኮቪድ ምንባር – እንድሕር ተጸሊኡካ ኣብ</b>

<b>if you are ill</b>	<b>ገዛ ጽናሕ</b>
Please stay at home  if you are feeling unwell, this reduces the risk of spreading illnesses to friends, colleagues, and others in our communities.	እንድሕር ሕማም ተሰማራት  ባጃኝ ካብ ገዛ ኣይትውጹእ እዚ ነቲ ሕማም ናብ ብጻትካ፣ መሳርሕትኻ ወይ ድማ ናብ ካሎኦት ማሕበረሰብ ከይዛመት ንምግባር ይሕግዝ ::
It also helps our health services.	ነቲ ናትና ኣገልግሎት ጥዕና እውን ይሕግዝ እዩ ::
STAY KIND	ለዋህ ኹን
Please stay at home if you are ill	እንድሕር ተጸሊኡካ ኣብ ገዛ ጽናሕ ::

English	Translation
<b>8. Living with Covid – Keep washing your hands regularly</b>	<b>ምስ ኮቪድ ምንባር – ኢድካ ኣዘዊትርካ ምሕጻብ ይግባእ</b>
Please keep washing your hands regularly for 20 seconds or more to limit the spread of COVID-19 or use hand sanitizer if you are out and about.	ባጃኝ ኣዘውቲርካ ን 20 ወይ ካብኡ ንላዕሊ ሰከንድ ዝኸውን ኮቪድ-19 ከይዛመት ምእንታን ኢድካ ተሓጸብ ወይ ድማ ናብ ደገ ክትወጽእ ከለኻ ናይ ኢድ ዝልክ ሳኒታይዘር (ኣልኮል) ተለኽይ ::
STAY KIND	ለዋህ ኹን
Keep washing your hands regularly - it really helps	ኣዘዊትርካ ኢድካ ተሓጸብ - ናይ ብሐቂ ይህግዝ እዩ