

Eirfey hana Magyd bayl Ja- ma'a

Darb ley Naas albiyathul Mi'awana



Espé

Hana 1: Afytak.....

Ma taddar tafkur ley naas alfaddal kan ma fakar ley nafsak, ley da abda fakaran bey afytak fi haalat almusiba da

Hana 2: Mi'awana fi kalam hana kulli yaum.....

Keif ta'awun fi harakah wa kalam hana kulli yaum.

Hana 3: Mi'awana albinshaf.....

Awwanan naas ley eigdaro ei'awwunu dummutum finshan fakaran layl haal, darb ley mi'awana wa fakaran bey mashakilhum afdal.

Hana 4: Awwanan naas alfyl za'al.....

Keif ba'awun naas alfyl za'al wa eirfey hana mata binadu naas alkhidimutum faoug da bas khassa bikhadumu faoug da.

Hana 5: Mi'awana fi haalat khassa.....

Durub ley ligiyan shu'ul albi'awun fi haalat khassa, shaba khidimey fi buyut albifkuru ley naas, hukumah, haalat hana hijra fyl balad wa barrah hanah wa mi'awana ley naas alfyl khazan.

Ziyada.....

akhbar ley mudiryn wa naas albifkuru ley khaddamin ley mi'awana bey afyt khaddamin wa naas albikhadumu sul, shu'ul ley munfah hana kulli yaum, fakaran bey af'alat, wa jammaman; wa darb ley sajjalan shu'ul alfyl muwafaqa hana shu'ul almuhim hana raffak.

Huda ley ana wah?

Tasaw khidimey muhim wah fi waqt musiba hana COVID-19?
Khidimtak muhim wah ley hayah hana naas COVID-19 karabhum?
Walla ley khidimey albi'awwunal jama'a kurut?
Kan aaha da, alkhobar da layk!

taddar takhadum....

shaba khaddami hana afiye,
nadum albisa'eidal thabyb,
nadum albishawur; walla
khaddami hana magyd bayl
jama'a walla
mudyr hana shafiyar umuur



fi
nadum albi'awwun hana
awwal, misal
khaddamin hana hukuma,
sawwag hana watyr hana libtan
walla naas albiktulu naar kan
gammah



fi gassaman akul walla fi
sawwiyan, fi bikan bibi'u
magani, janaza, hukumah,
shu'ul hana nafiyan hana
kulli yaum wa nazafa



fi mi'awana hana
naas alraydinna walla
rafigan, walla naasal
ta'abanyn
fi
raffuku



ley mudyr walla
nadum albishyf
khidimtal khaddamin
walla naas
abikhadumu sul.



Maalal khabar da muhim?

Naas katyr bisamo za'alanyn fi waqt musiba hana COVID-19 da. Mi'awana bey aftyal galb fi waqtal musiba da muhim¹²³. **Taddar ta'awun bey afty magadal naas, min darb hana kalam wa harakah beyhum fi waqt mi'awana hana COVID-19**, kan alkaalam ma bithawwul kula.

Alkhabaral fyl alikutub da biddar bi'awwun ayyi nadum fi waqt hana musiba hana COVID-19: Naas abu wajah hana COVID-19, naasal nadumhum maat finshan COVID-19, nadum alfakur ley nadum abu wajah hana COVID-19, naas alniso minnah walla daharohum almamsha ley rayhum.

Shunu bal'allam?

Eirfey alkhasa hana magyd bayl jama'a hubas awwanan naas ley eisamo afdal. Fyl kutub da, tal'allam shaba tannaf bey eirfitak ley tafkur bey nafsak wa naasal faddal min darb hana musharika hanak beyhum.

1 Kutub shiye hana IASC faoug khidimey faoug afty hana agul wa magyd bayl jama'a fi waqt hana musiba hana COVID-19 - <https://interagency-standingcommittee.org/system/files/2020-03/MHPSS%20COVID19%20Briefing%20Note%20%20March%202020-English.pdf>

2 Fakaran hana libtan hana WHO faoug wuji'a algaasi bilhayn hana nifas kan bey shaku nadum einda COVID-19 - [https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-\(ncov\)-infection-is-suspected](https://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)

3 Bikan hana shu'ul hana kutub hana WHO mhGAP - https://www.who.int/mental_health/mhgap/evidence/other_disorders/q6/en/

Hana 1

Afytak

Afukur ley dumtak wa naasal takhadumu jami waqt tasawwu mi'awana hana COVID-19 **mi shu'ul rayal nadum, muwajibat hadi.** Alqism da faoug keif tafkur ley nafsak nadyf, finshan afytak wa mi'awanal nadyf ley naasal faddal.

Mafi mi'awana kan inta mafi

Inta bilhayn muhim fi mi'awana hana COVID-19.

Tasamah hilu kan shyf ta'awwun hayatal naas.



bikun tashyf **murad jadyd katyr.** Taddar:

- ziyada hana waqtal khidimey, bala shu'ul layl khidimey layig walla bey tafakkur
- fakaran bey eifey wa abiyar finshan COVID-19
- khawf ley afytak wa hana naas alrayidhum
- bikun tashyf marad, ta'ab walla mawt
- fakaran ley naasal bayt alfi bikan bihuthu naas wahathum, walla
- fattish qissah hana naas al'awwuntuhum eibgah ma'ak waral khidimey.

Naas katyr bisamo eiyo wa haylhum tammah waqt bikhadumu fi mi'awana hana COVID-19. Huda takula bikun finshan gaasi hanal khidimey. Gudura hana mineykula shyk ley za'al. Taddar tashyf shabal shu'ul da:

- Alamat albinshaf: Wajal raas, ta'ab ley ni'as wa akul
- alamat hanal haal: mafi hayl ley nadum eikhadum, ziyada hana sharab hanal marisey walla magaani, ba'adan min af'alat hanal deen
- alamat alfyl galb: khawf, qiddey, nadum bisasa'eyd.

Kan za'al bidahirak min sawwiyan khidimtak kulli yaum da (misal mashi layl khidimey) halas fattish mi'awana hana nadum alkhidimta faoug da.



Taddar tawar alamatak hana za'al wah? Atharrah shu'ul talata altasawwah matakula albi'awwun ley afytak.



Shaba watyr bidor diney ley mashi, kay bas illa kan fakar ley dumtak wa malayt "dihintak" finshan taddar tasaw shu'ulak. **Mi'awana fi khidimey hana COVID-19 shu'ul bayl maala hadi, mi jari,** finshan da afkur ley afytak kulli yaum.

Fakaran ley nafsak

Hawul bilhayn ley sawwiyan shorat altyt da finshan ei'awwunak ley fakaran bey za'al kulli yaum. Azzul alhilu layk bas. Kan ma ligyt sawwayt da fi yaum, awwun nafsak wa hawul sawwiyan fi yaum hana giddam.

1 Matakula afkur bey khabaral jadyd faoug COVID-19 wa ataba durub hana afiye finshan daharan COVID-19 ya eikurbak. 'Anjammah' shiyakay min khabar hana COVID-19 kan bey murada ley kay.

2 Akul zayn, anas zayn wa saww mumamirsa hanal jild kulli yaum.

3 Saww shu'ul altasama halata walla altashifa bey munfah kulli yaum (misal rasam, gura, salah, kalam ley rafyq).

4 Shyl daqayiq khamsa kulli yaum ley kalam ley rafyq, nadum fi a'halak walla nadum alsadakta faoug keif inta.

5 Ankallam ley mudyarak, nadum albishyf khidimtak walla rafyq hana khidimey faoug afytak fi bikan khidimey, khassa kula kan middama faoug khidimey fi mi'awana hana COVID-19.

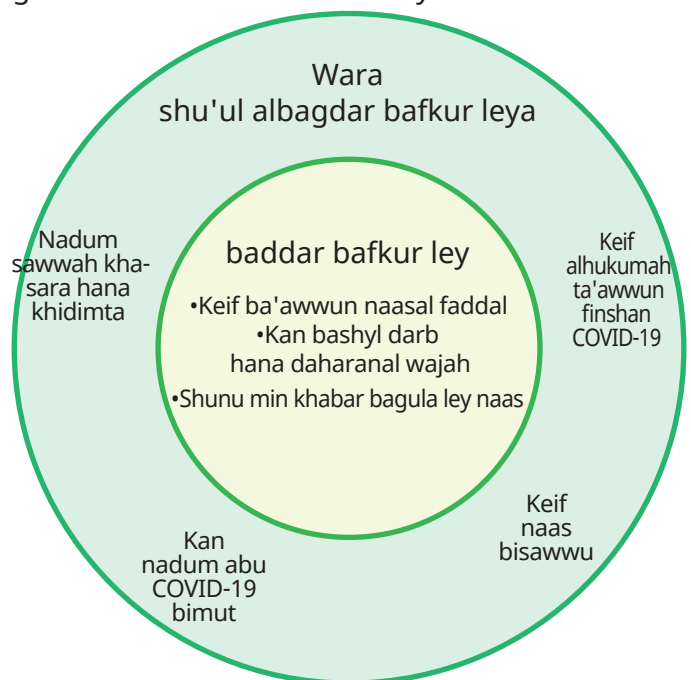
6 Saww shu'ul altasaw kulli yaum wa ataba (shyf shu'ul albi'awwun ley sawwiyan shu'ul hana kulli yaum fi Annex B).

7 Angus sharab hanal marisey, magaani, goro walla gahwah. Huda bikun bi'awwun fi waqt shiye, lakin biddar bijyb tilaf hanal galb, hariye, gital ni'as wa nadum bidawus bilhayn kula kan haylal shu'ul bada bimshi. Kan tasharba bilhayn da, taddar tangusah min darb hana nagasan kutura fi baytak, wa fattashan durub gadey ley fakaran ley za'alak, shabal galo hineyn.

8 Wara kulli yaum, saww durub shiye (fi rasak walla faougal kakkada) hana gudur awwan naas walla shu'ul farhan beya, misal "awwan wugyt zayn ley nadum wahidkay missa'eyd" walla "Farhan finshan mi'awana alligtya min rafigy".

9 Gulal sahi ley dumtak faoug shu'ul altaddar wa ma taddar fakaran leya. Da'eyra hana fakaran bey shu'ul bi'awwun bey da. Misal hana da'eyra hana fakaran bey shu'ul hana khaddami tyt, taddar tasaw hanak fi Annex C.

Kan ma layk gudura ley awwanan naasal faddal, muhim ley ta'aruf mashakil altaddar tasaw shu'ul faougah, wa alma taddar tasaw shu'ul faougah. Saww musamaha hana nafsak kan ma gudur awwan fi haal wahidkay.



10 Saww fi'el finshan jammaman - shyf yatu bikhadum layk. Ankunney af'alat fi altannaf beya dugut walla nafayt beya gabul. Taddar:

- nifas bayl maala (shyf shaba bisawwu fi safha hana XX);
- mathathan, li'eb, salah, walla mathathanal jild;
- mathathan hanal jild ley jammaman (shyf shaba bisawwu fi Annex D).



Mudiryn wa naas albishyfu khidimtal khaddamin:
akhbar ley awwanan naas albikhadumu fi tytku billagi fi Annex A.

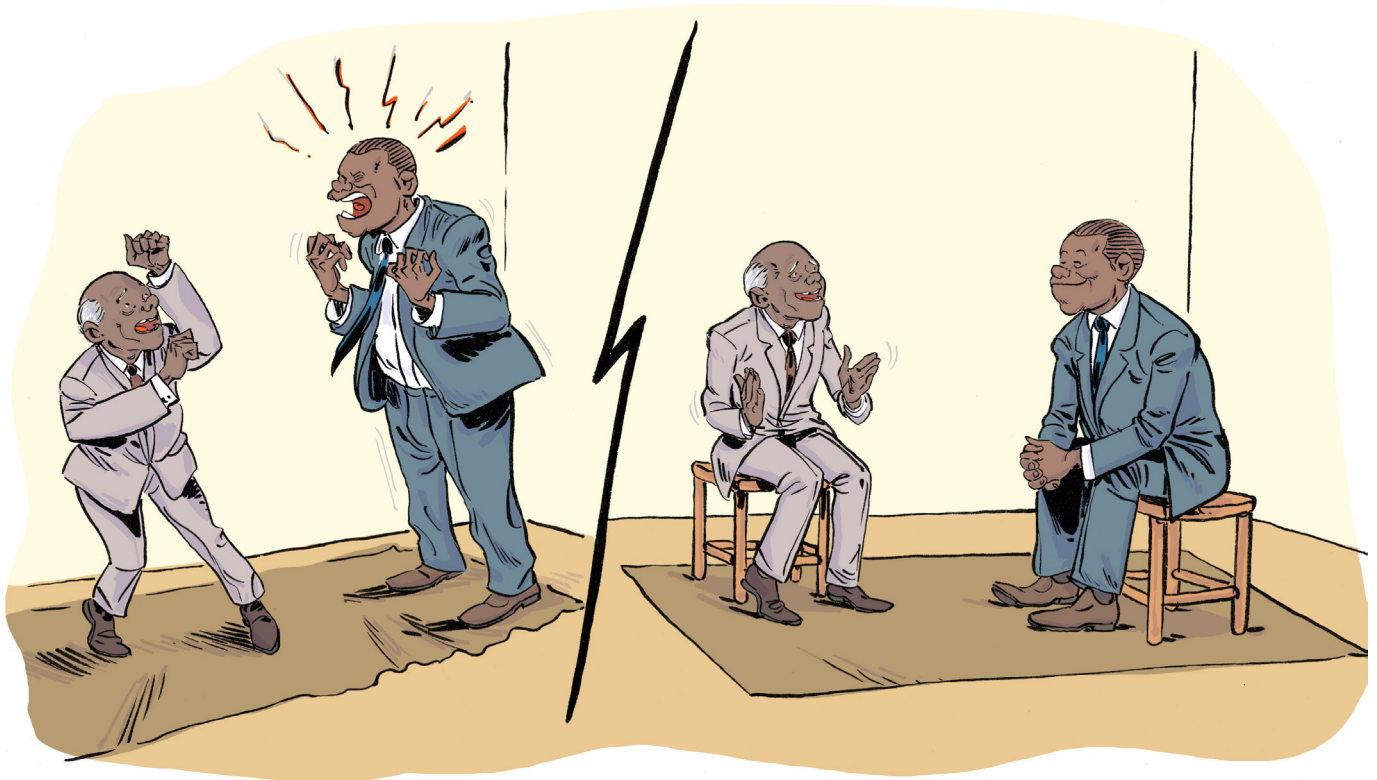
Khabar hana Patrick ra'eisal raf: fakaran ley nafsak

Patrick bisamah halat khidimta hana ra'eisal raf. Lakin, fi waqt musiba hana COVID-19, jama'a hanal raf katyr sallohum min khidimtum wa ma layhum hana akul. Kalam naas faoug COVID-19 mi sahi fasahat hadi mashi. Naas bado bis'alo Patrick ley mi'awana wa kofo.

Patrick shaf dumta bada bikhadum ley sa'at katyr bilsannath ley mashakil hana jama'a raffah. Shaf maleya gudura wa ma eirif shaba bi'awwunal jama'a afdal. Galbah tuluf wa dawas nadum wahid kula. Shaf wajib eisawwi shu'ul finshan fakaran ley nafsah.

Patrick sawwah shu'ul hana kulli yaum albisawwi. Dassah waqt ley a'halah wa ley mamsha bayl rijley kulli yaum. Sawwah "da'eirah hana fakaran" wa eirif ma biddar bikaffi ley naas alwugo ma bilgo ajur wa nazar bey durub nadyf albiddar biwassif da ley naasal faddal kan sa'alo. Eirif durub albiddar bi'awwunal naas: sannathan wa awwanan naas finshan ei'awwunu gabalahum.

Wara daura, Patrick wugi anjammah, wa bada kalam ley jama'a hanal raf bey darajah wa bisawwi khidimta nadyf ley waqt katyr.



Ziyada hana shu'ul hana fakaran bey nafs wa faryq

Taddar tagura wa tal'allam faoug fakaran bayl nafs fi shu'ul da

Mi'awana hana awwal ley afytal agul

PFA hady ley khaddamin albikhadumu ma'al jama'a (WHO, WTF, wa WVI, 2011) fi luggat katyr

<https://bit.ly/2VeJUX7>

PFA minal bayt fi waqt musiba hana COVID-19, hady hana waqt shiye (bikan hana IFRC hana waddiyan giddam hana mi'awana ley magyd bayl jama'a, March 2020) <https://bit.ly/2RK9BNh>

Waraqah wahdey hana WHO faoug gu-dur hana za'al fi waqt hana COVID-19

Khabar albinshaf hayyin ley gurayta

<https://bit.ly/2VfBfUe>

Kitab faoug afiye ley yaum 14

Wasiyan shu'ul altataba hana eirfutak wa harakatak faoug shaba gudurak

<https://bit.ly/3aeypmH>

Eifey minal jama'a almulamma bey COVID-19

Darb ley daharan wa duwas faoug eifey aljama'a bisawwu. IFRC, UNICEF, WHO

<https://bit.ly/3czCZh5>

WHO tasawwi shu'ul albinfah bilhayn fi waqtal za'al: darb albiwaru

Darb alwaro nadyf alhayyin layl gura bey akhbar wa eirfey finshan mi'awana ley fakaran bey za'al. Ajala bikun binnafu bey eirfey

ley daqayiq shiye kulli yaum <https://bit.ly/3aJSdib>

Hana 2

Kalamal bi'awwun fi harakat hana kulli yaum

Musiba hana COVID-19 da bilhayn gaasi wa bidis naas bisamo shaba wahatum, khayfyn wa ma bi'arfu shu'ul albisawwu kula. Nafiyan bey harakat hana kulli yaum ley mi'awana hana naas wa bizyd afyt hana naas janbak.

Shaba tawar dumtak layl naas (hyssak, wugufanak, kalamak) biwari shaba naas:

- **Bishyfu:** kan bikun bisaddukuk, biryduk.
- **Binkallamo layk:** Kan bitabo shorutak, bidawusu, biragudu agulhum, binkallamo layk ley mi'awana.
- **Nisi:** shaba nadum bi'awwunu bilhayn da bidissah bisama afyt jildah wa hana galbah akhayr.

Mi'awana hana naas ley eisamo agulhum ragud ley kalam layk

Ley nadum ei'assud ley ta'awuna, awwal illa kan saddakak wa agulah ragud bayk.

Kan nadum alamta bidawus walla milhalbat da, taddar tankallam leya nadyf (wa fi da taraggud gammamanal agul kula) kan kallam leya fi darb nadyf wa bey darajah. Shu'ul 'wasah wa "ya tawasah" warohum jay - tabbut wasaytum ley hana aada hanak.



Atharrah waqt nadum dahaba lagaytaawwanak. Keif ankallam leyk? Keif waro dummutum layk?

Wasah	Ya tawasah
Agyf zayn	Ya takurub jildak
Shyfal nadum	Ya tashyf bikan gadey, tyt walla fi jawalak
Shyfal nadum fi eya fi darbal aada assad beya wa waasal nadum agula eirgud bayk wa bishyf talsannatha	Shafiyen nadum fi darbal aada ma assadat beya, misal shof thawul faoug nadum
Gul inta miney wa fi darb zayn - usumak wa makamak	Ya tazun nadum bi'arfak walla bi'aruf makamak fyl khidimey da
Ankallam ley nadum bey hys barud wa mi ta'eyd	Ya ta'eyd walla tankallam ajala
Kan alnadum ma bishyf wuchik, hawul dys suwarak faoug karayk (misal kan tannaf bey shu'ul hana khimaya shaba shu'ul hana saddadan ashym wa muhur)	Ya tazun alnadum bi'aruf keif inta
Tabbut agulhum ragud ley kalam layk. Misal, "agulak ragud wah ley kalam leyi (rajil)? Kan tador tankallam bey mara hadi, baddar bankallam ley rafigty hana khidimey ley tankallam layk.	Ya tazun agulal nadum ragud ley kalam layk
Kan alnadum binkallam luggah shyk layk da fattish mufassir (walla nadum a'halah) wa ley tabbatan leya gadey kula	Ya tazun binkallam shaba luggatak
Agyfu shiyakay ba'eydyn min gabalaku finshan nagasan shattatan hana wajah hana COVID-19 wa wassif maala sawwayt da; misal, allago fi kuzi ka-byr, bey shu'ul baynatku walla kalam minal jawwal	Ya tadys nafsak wa naas gadey fi khatr hana ligiyan wajah hana COVID-19 kan ma tibytu qawa'eid hana ba'adan minal naas

Khabar hana David sydal dukkan

David bikhadum fi dukkan sa'ayrey hanal raf, wa jama'a katyr kula bishuru shu'ulhum hana akul minnah. Kan naas dakhalo layl dukkan, David waguf waral bikan wa mi karub jildah, bishyfal naas fi eyunhum waqt bidukhulu wa bigul layhum "Marhaba" wa wuchi farhan. Naas katyr galo ley David haalal zayney bi'awwun naas fi haalatal gaasi da wa bi'awwun nadum ya eisamah shaba hu wahda mafi nadum raydah.



Mi'awana naasal faddal bey sannathan zayn hanahum

Sannathan nadum hubas muhim bilhayn fi mi'awana fi darbal kalam. Ley ta'ad shora ajala da, hal naas inkallamo rayhum bayl maala wa alsannathum finshan tafham shunu asali alhaal wa muradhum, awwunhum eiragudu agulhum wa awwunhum fi shu'ul alsayid leyhum. Al'allam ley sannathan bey:



agulak ya imshi
ley bikan gadey



simiyan
midama
hanahum layl
sahi



bey tafakkur,
hinniye wa
darajah

Afkur ley **kalma** wa **shaba tahal jildak layl nadum**.

Kalimat Anna bey kalimat zaynyn ley wariyan hinniye ("Fahim shu'ul altagula") wa waar eirif khasara alsawwo walla gaasi alhumma fiya ("Ma simyt halaat da", "huda haal bilhayn gaasi").

Shaba tahal jildak hubas shaba wuchyk biwari, shaba tashyfal nadum, kalam wa shaba ga'ad walla waguf layl nadum altankallam leya.

Tabbut ankallam wa haalak zayney wa bey darajah, shaba hana aadat, sinyn, jins wa deen hanal nadum. **Ya tadys hayl layl nadum inkallam kan ma leya niya hanal kalam.**

Khabar hana Asma khaddama alta'awwunal thabib

Asma khaddama alta'awwunal thabib takhadum fi libtan hanal raf. Nadum alma nisi al fakirey leha Fatima, eindaha COVID-19. Fatima takhabbur Asma faoug tafud a'halha, wa khaifey ankunney tamurud fayit da kula. Asma nazzalat kakkadha finshan tawari ley Fatima hy talsannatha, gadat wa tashyf fi Fatima tankallam leyha. Asma tahis fi raasa wa tagul "Huda bilhayn gaasi", "Fahim tafuddi a'halki", "bilhayn gaasi ma talgey tashifihum da". Shiyakay ka, Fatima gaalat ley Asma "Shukran sannath thini da, dugut ma basamah shaba ana wahdy finshan waqatki wa agulki al'athaythini leya".



Kan tankallam mi ma'a nadum bishyafak (misal fyl jawwal):

- Kan tankallam faoug shu'ul muhim bilhayn, tabbut alnadum biddar binkallam, "Nadaytak finshan midama hana afytak. Taddar tankallam bey rayak dugut wah? Taddar tagul aaha walla a'a."
- Saww bayan faoug ayyi kalam alma eirifta walla kan ma fahim shu'ul, misal "dugut shyk nankallam fyl jawwal da, ma eirif shunu tagul yam gul... taddar tawassifa gadey kula wah."
- Shiyakay agyf kan alnadum saakut.
- Gul kalam abu munfah albisyl sakuta

shaba "mafi shaykula, bayl maala kula", "Ana fi kan tador tankallam," shabahum kay.

- Haawul ley nagasan shu'ul albijybdal agul, misal "Ma basamak zayn, bikun wah tamush ley bikan alma leya awah katyr?". Tabbut inta fi bikan mafi awah kan tanad naas.
- Kan bikun, awwunal nadum eishifak wa eisamak waqt tankallam leya. Misal, kan shabak fi, ankallam leyhum barrah hanal shabak fyl jawwal finshan eishifuk, walla kan bikun saww ittisal hana fideo ley kalam beyhum kan fi.

Sannathan fyl waqt darb albi'awwunak ley sannathan zayn wa kalam ley nadum albi'awwun. Bishyl durub talata:



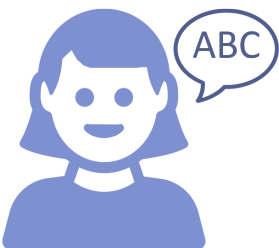
Alsannath zayn

- Haawul bilhayn ley tafham kalamal nadum wa shu'urah.
- Askut, halhum inkallamo hatta itammumu.
- Sil shu'ul albijbud agulak - awah katyr fyl bikan fiwah? Taddaro tamshu ley bikan alma leya awah wah? Taddar tahuth agulak faougal nadum wa shu'ul bigula wah?
- Hal jildak kan tankallam leyhum



Sawwiyan gadey kula

- Gadey kula gul alkhbar wa kalimat almuhim alnadum gaala, misal "Gul nadum bikhadum wa bifkur ley eiyal da 'gaasi'".
- As'al bayan kan ma fahim shu'ul, misal "Ma fahim shu'ul algulta dugut, albarak taddar tabayyina leyi gadey kula wah?"



Lum jamal hana shu'ul alfahimta fyl nihaya

- A'aruf wa akhadum faoug shu'ul muhimmyn alsimyt galo, finshan ei'arfu simytum wa ley tatabbut fahim shu'ulal galo zayn, misal, "min shu'ul alsimyt gulta dugut da, fahim inta middama khassa kula faoug [gul midama hana-hum almuhim alsimyt galo layk], da sahi wah?"
- Wassif shu'ul alsimya, ley gadey kula tagul shaba bisamo faougal haal (misal, ya tagulu: "huda bilhayn mur layku/maknus layku!"). Ya tahakkumhum wallal haal.

Khabar hana Precious

Precious takhadum fi bikanal bihuthu naas almato, gudurat annafat bey sannathan zayn finshan ta'awwun

Grace:

Grace: Marhaba, bador balum shitra hana akhuyi al... [baki]

Precious: Mafi shay kula, ya tassajeley, bayl maala. Shaba inti fi haalal gaasi.

Seycond 10 mineykula sakat

Grace: Halas, dau ana. Aaha, shukran. Bilhayn gaasi - bal'ajjab huda kay kan.

Precious: Bashyf fi shaba bilhayn tallaf galubki.

Grace: Bador huda eibgah mi sahi.

Precious: hmm, dau ana, balsannath ki.

Grace: Raydey akhuyi bilhayn - bilhayn garibyn. Hubas rafigi al'afdal. Wa alyaum maat.

Precious: Akhuki da shaba bilhayn muhim leyki - rafigki al'afdal.

Grace: Aaha, hubas rafigi al'afdal... bilhayn gaasi..Batharrah awqat alnadalal beya chatta. [dihik shiyakay]

Precious: Simyt tatharrey awqat al'addalaltu jami kula.

Grace: Aaha, huda bidissini basama hilu shiyakay kan atharrayt bey awqat hana hilu alsawwayna jami. Shukran, azizty, awwan tini simyt akhayr dugut.

Precious: Zayn, farhana ley a'awwun fi awqat algaasi da.

Grace: Ammal dugut ley nankallam faoug shu'ul albindawar layl shitra.



Hana 3

Adiyan mi'awana albinshaf

Naas abu wajah hana COVID-19 bikun bey shu'ul albidoru shaba:



Khabar faoug COVID-19 (Misal, alamata, darb layl dawah, keif tafkur ley naasal faddal, keif bifkuru ley dummutum eigodu afey, khabar hana bikanal magyd, keif bisawwi layl khidimey).



Darb ley akul, shu'ul muhimmyn wa khidimat finshan dalil hana ba'adan minal jama'a wa gital khidimey.



Durub gadey layl shitra kan nadum maat.



Durub ley tabbatan fakaro ley naasal bayt (eiyal) kan nadum alfakur leyhum fi libtan walla fi bikan albihuthu naas wahathum.

Athiyan khabar walla adiyan shu'ul muhimmyn bey nafsak.

Athiyanal khabar:

Khabar almi sahi wa kalamal naas katyr waqt musiba hana COVID-19 da. Ley adiyan khabar nadyf wa sahi:

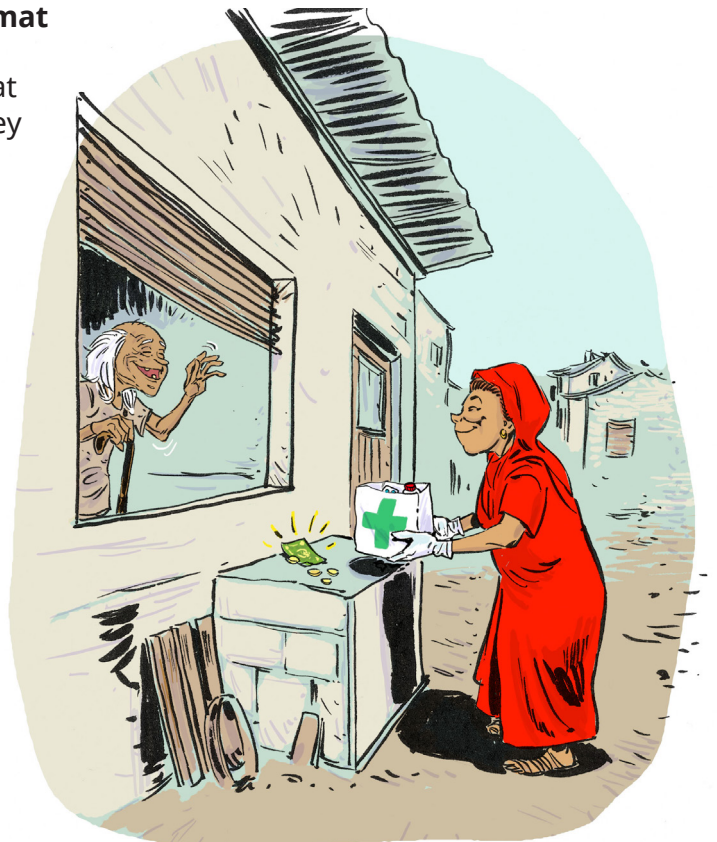
- Annaf bey luggah hayyin albilfaham ajala. Tabbut nafayt bey kalimat alsayid ley sinyn wa kubural nadum. Ya tasaw halbath walla nafiyan bey kalimat alma bilfaham.
- Aath khabar min bikan abu sahi, shaba min munazzama hana afiye hanal dunye.
- Haawul ley ligiyan alrisalat makbut wa binshaf fi luggat abu munfah katyr.
- Kan bey murada, fattish mufassir.
- Kan ma eirif shu'ul, abgah bey sihak mi tahawul fi galiyan shu'ul almak arfah.

Biyathu shu'ul hanal hayah almuhim walla khidimat almuhim:

Taddar tath shu'ul layl hayah almuhim walla khidimat bey nafsak kula, shaba akul, almey walla shariyana ley naas gadey. Lakin, ya tasamah shaba illa kan adaytal shu'ul dol da. Afkur ley shu'ul altaddara.

Khabar hana Priya wa Deepak

Priya gaadey fi raf abu zahmah. Eindaha jaar Deepak nadum shayib gayid wahda. Priya tanady fyl jawwal wa tas'ala keif hu. Deepak gaal ma gudur haram ley shariyan magaani altakula bisharba hana dammah birkab. Priya mashey ley shariyan akul kulli daurah wa aathat shora ley tamshi ley bikan albibi'ul magaani ley tashiri ley Deepak magaani. Attasharo ley bihuthul kofo fi bikan amaan jam tafayta wa Priya tahuthal magaani fyl bikan. Fi kay da, mi sai kan jo jam gabalahum.



Mulamma hana naas gadey ley eisawwu mi'awana albinshaf

Ley talum naas bey khaddamin albiyathu mi'awana da, aktub usum hanal munazzama albikhadumu fi raffuku chatta wa keif talgahum (dissah fi shu'ul da fi Annex E). Tabbut lammayt naasal fyl za'al ajala walla bey muradhum ley akul, almey, bayt walla magaani walla khidimat hana magyd finshan tatabbut afytum wa fakaran leyhum.

Ataba shyf faougal shu'ul kan assad tasawwa da!

Awwanan naas ley ei'awwunu dummutum

Ley naas inso zayn da, katyr kula bidoru bisamo bas fakiryn ley hayatuhum. Aldarb alnadyf ley awwanan naas da hubas ta'awwunhum ley ei'awwun dummutum. Huda biyathyk waqt wa hayl zayn ley ta'awwun naas gadey kula.

Annaf bey darb hana AGYF-ATHARRA-ABDA ley awwanan naas gadey ley eifkuru bey mashakilhum.



AGYF Awwunal naadum ley shiyakay eigif, wa eitharrah mushkila yatu albey muradhum ajala leya. Awwunal nadum innaf bey da'eira hana azzalan wa ei'aruf mushkila yatu biddar bisawwi shu'ul faougah.



ATHARRA Gul layl nadum matakula eifatish durub ley fakaran layl mushkila.

Alsu'alat da ankunney binfo:

- Shunu tasaw gabul ley tafut haylal mushkila da kan layk?
- Shunu badayt hawalan?
- Nadum gadey fiwa albi'awwun ley fakaran bayl mushkila da (misal, rafigan, naas alrayidhum walla munazzamat)?
- Naas gadey arfyn eindak shabal mushkila hanahum wah? Keif fakaro leya?



ABDA Awwunal nadum ei'azzul shaba bifikur bey mushkila hanah wa ei'hawul was-iyana.

Kan ma bikhadum, gul leya ei'hawul durub gadey.

Khobar hana Ahsan wa Muhammad: AGYF-ATHARRA-ABDA

Muhammad shaba mashakila faat hayla. Ahsan bi'awwun fiya.

AGYF: Ahsan awwan Muhammad ley ei'azzul mashakila alkubar tineyn. Bigul fiya gadey kula ley eishyf fahima wah: "Middama faoug akul hana a'halak wa middama faoug martak ya takurub wajah hana COVID-19". Ley ei'awwun Muhammad ei'azzul mushkila wahid, Ahsan sa'al, "Shu'ul fiwa altaddar tasawwah faoug da?" Muhammad attashar bisawwi shu'ul faoug mushkila altineyn chatta. Attashar akul hana a'halah hubas almuhim bilhayn ley dugut.

ATHARRA: Ahsan gaal ley Muhammad EITHARRA durub chatta albikun biddar bi'akul a'halah. Gaal leya bikun biyathi shorat - kan ma bikun kula walla ma bingadur kula. Muhammad haawal badiyan, darab ley marta, ley ta'awuna bey durub albikun. Jami, jo bayl durub da: Eishado layl eysh / ibdo zar ley eikuburu akul albiyakulu / inkallamo ley munazzama hanal daar walla bikan albiyathu eysh / eikhadumu ley jawari wa eikaffu bey eysh.

ABDA: Ahsan gaal ley Muhammad ei'azzul shora wahid min shu'ul algala ley ei'hawul sawwiyan. Muhammad einda kusuni wa bidor bitayrub akula bey nafsah; lakin, da bishyl waqt. Shahidey layl akul bidys Muhammad fi khatr hana karabanal wajah. Muhammad attashar ley einkallam ley NGO hanal daar ley akul ajala wa bibda tayraban khadarat fi zarrah ya giddam. Kan ma ligyl mi'awana hana akul minal NGO, birud ley durub alkataba ley eishyf gadey. Ahsan aatha Muhammad raqm hanal NGO ley eynadihum.



Hana 4

Mi'awana hanal naas alfyl za'al

Alamat hana za'al

Za'al shu'ul fi jild kulli nadum makhluq. Alamat hana za'al shaba:

- alminal galb: nadum bissha'eyd, qiddey, khayif shabahum kay
- albinwar minal haal: gital murad ley sawwiyan shu'ul, abiyar sawwiyan hana shu'ul, nadum bibgah dawwasi shabahum kay
- albinwar fi jildal nadum: wajal raas, wajal dahar, gital ni'as, gital murad ley akul shabahum kay

Mi'awana hana naas alfyl za'al

Eirfey hana mi'awana bayl kalam wassafo fi hana 2 wa bikun bilag ley nadum eisamah agula ragad. Kan nadum bidor ziyada hana mi'awana, huda bi'awwun.

Gul layl nadum eitharra shu'ul albisawwi wa biraggud agulah

Naas wahdyn shu'ul fi albisawwu ei'awwunu dummutum kan humma fi haalat hana za'al. Ley ta'awwunhum eikhadumu faougal eilim da, as'al alnadum "Shunu awwanak gabul yam simyt shaba hana dugut da?" walla "shunu tasaw dugut ley taraggud agulak?" Taddar tagul leyhum kan bita'eibu ley tharraran shu'ul, misal "Nadum fiwa albidar bi'awwunak?"; "Shu'ul fiwa altasama halat wasiyana algabul tasaw fiya?" Ziyd leyhum hayl ley innafu bayl durub da.

Haawul af'al hana jammaman

Kan nadum minhari walla za'alan, **nifas bayl maal** bikun bi'awwun.

Gul:

"Aruf darb albi'awwunak ley taraggud galbak kan simyt shaba za'alan kay. Huda jami bey nifas bayl maala. Mafi shay kula wah ley nahawul da jami?"

Kan alnadum bi'assud, halas abda:

"Nasawwi jami, nifas minal muhur wa na'assub ley talata. Nazzul kataafi wa hallal riy eimalal abu fashfash wa sullul riy min ashym ta'assub ley sittey. Al'ammal wah? Nasawwi da ya talata."

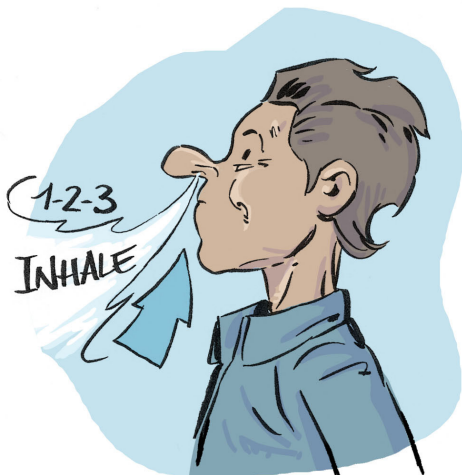


Aath shora layl nadum ei'hawul was-iyana ley agula eirgud

- Aktub shu'ul inta farhan beya (kan fi raasak walla faoug kakkada kula)
- Haawul ley fattashan waqt ley tasaw shu'ul inta farhan beya (shu'ul alrayid sawwiyan) walla albizyd munfah ley yaumak
- Mumarisa, mashi walla li'eyb
- Saww shu'ul nadyf, shaba faan, aney, kharaf walla katub
- Alsannath ley aney walla raydiyo
- Ankallam ley rafig walla nadum fi a'halak
- Agur kitab walla alsannath ley kakkada al-sajjalo



Aldarb da mi bi'awwun mineykula, lakin kan alnadum ma bisamah halata da wagguful mumarisa

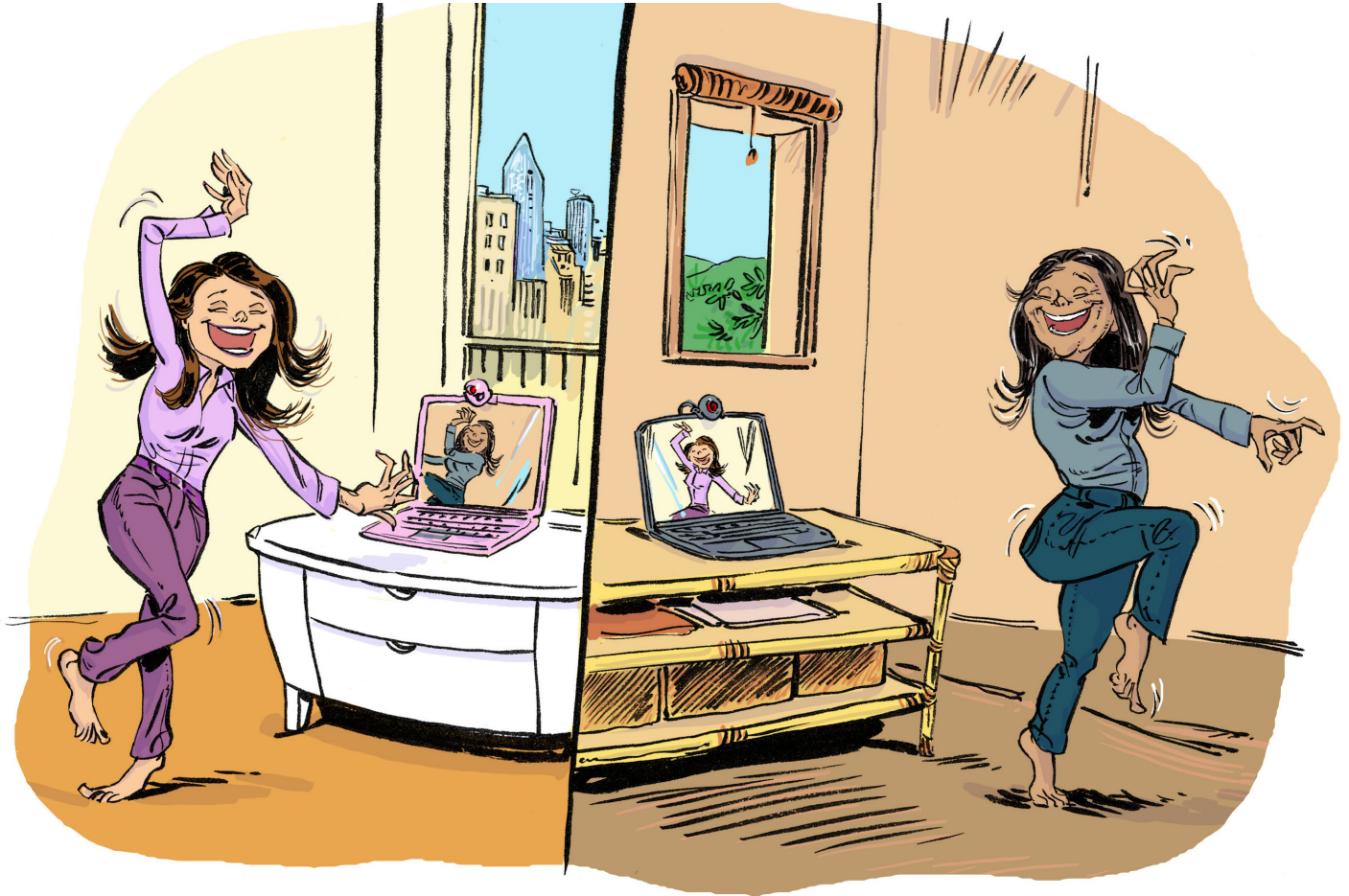


Khabar hana Josephine wa Julia

Rajil Josephine fi libtan finshan COVID-19. Finshan middamey bilhayn faougah da ma taddar tanas fyl layl, takul wa ligat wajah hana dahar.

Josephine tankallam ley rafigitha hanal khidimey, Julia, fyl jawwal wa takhabbur keif hy. Julia talsannatha wa tawari midama hanaha wa hinniye. Sa'alat Josephine kan shu'ul fi tasawwi albi'awwun ley afiye. Josephine bilhayn ayyana wa ma gudurat tatharra shu'ul wahid kula. Daharha biwojiha bilhayn... Eirfat gadey fyl bayt ma mashey

walla magad fi bikan wahid wa attasharat ley tabda talmatha wa talab fyl sabah ley aney hilu, shaba hy bey rajilha takula bisawwu. Julia simat halat shora hana mathathan wa li'eyb wa gaalat layha bisawwu jami kan min ittisal hana jawwal walla ittisal hana fideo kula. Josephine simat halat shora hana rafiguta hanal khidimey tasawwi jami beyha.



Kan nadum bilhayn za'alan

Alamat algalo faoug da takula fi jild nadum wa bikun binbadal kan waqt bifut. Naas wahdyn alamat bibgah bilhayn bey hayl wa binwar bilhayn. Kan huda kan, humma fi za'al bilhayn. Nadum bibgah bilhayn za'alan da takula bikun fi haalat gaasi wahdyn, lakin bikun naas wahdyn ma biddaro bikhadumu nadyf. Fi haalat shaba da, zayna bikun taluzzal nadum ley bikan albi'awwunu khassa faougal shu'ul da. Alamat nadum fi za'al bilhayn binwar kan alnadum:

Bilhayn mur leyhum hatta ma biddaro bifkuru ley dummutum walla naas gadey

Bilhayn galba
bingathi ajala
wa khawwaf
Binkallam faoug
bidor bi'adur nadum walla
biqtul nafsah
Ma aruf usuma,
min wayn jo,
shunu bikun
Baki
bi'eyd
Bimiyar nadum mi fi agula wal-
la shu'ul mi sahi
birjuf
Nadum ankarab minal jama'a
Bissa'eyd
hadad ley ei'adur naas gadey

Shunu tasaw kan lagayt nadum bilhayn za'alan

1 Amaan awwal! Tabbut inta, alnadum wa naas alfaddalo mi fi khatr. Kan simyt shaba mi afey da, hallal bikan wa fattish mi'awana. Kan tashyf shabal nadum bi'adur dumta, fattish mi'awana (as'al rafyg hana khidimey, ittasil ley naas albikhadmu fi haalat musiba ajala, shabahum kay). Shyl durub hana fakaran bey shattatan hana COVID-19 (misal giltal wugufan jam nadum). YA tadis nafsak fi khatr.

2 Gul leyhum inta miney: Abda gul inta miney fi darb nadyf wa bey darajah: usumak wa makamak, wa jyt ley ta'awwun hady. As'alhum faoug usumhum finshan ley tabda tankallam leyhum.

3 Raggud agulak: Ya ta'eyd layl nadum walla tadahura minal mamsha.

4 Alsannath: Annaf bey eirfutak hana kalam, shaba wassafo fi hana 2. Ya tadyal nadum inkallam mi bey raya. Asbur wa tabbut leyhum gadey kula jyt ley ta'awwunhum wa talsannathum hadi.

5 Raggud agulal nadum wa atha khabar: Kan bikun, gul layl nadum ley tankallamo fi bikan mafi awah, atha sharab mi hana mareysey walla nuriye. Shu'ul albiragud agulal nadum da bidissal nadum eisamah fi amaan. As'alhum shunu bidoru - Ya tazan aruf shu'ul albidoru.



Kan tankallam bayl nadum fi jawwal hadi, tabbut ma halaytul illa kan agula ragad wa/walla gudur ankallam ley khaddamin hana haalat musiba ley imshu ei'awwunul nadum ajala. Shyf kan agulhum raagud wa biddaro binkallamo.

6 Awwun naas ilgo hayl ley fakaran bey nafsuhum:

a. Kan nadum birjuf, awwunhum ley innafaso bayl maala - shyf darb hana "nifas bayl maala" faoug.

b. Kan alnadum ma bi'aruf shu'ul alkayin janbah da, gul leyhum humma wayn, alyaum hanal daurah wa inta miney. As'alhum ley eigulu shu'ul alshafo janbuhum (misal "Gul shu'ul wahid altasama walla tashyfa dugut").

c Haawulhum ley innafu bey durubhum hana gudurutum wa imshu ei'awwunu naas gadey kula fi hayatuhum.

7 Aath khabar nadyf: Aath khabar nadyf ley ta'awwunal nadum ei'aruf haal alfiya wa shunu min mi'awana fi leya. Tabbut nafayt bey kalimat al-bifhamo (mi kalimat gaasi). Sawwal risala hayyin ley il-faham wa gadey kula gula walla aktuba kan bindawar. As'alhum kan fahimo walla bey ayyi su'alhum.

8 Agod ma'al nadum: Haawul ley ya tahalal nadum wahda. Kan ma taddar tagod ma'ahum, fattish nadum zayn (rafyg hana khidimey, rafyg) eigod ma'ahum ley hadar talgah mi'awana leyhum walla agulhum ragad.

9 Lizzah giddam ley mi'awana ma'aruf khassa: Ya ta'agub eirfutak. Hal abu eirfey faoug da eishilu min bikan alwuguf, shaba thabyb, naasal bisa'eidul thabyb, albiyathu shorat wa khaddamin hana afytal agul. Lummal nadum bey mi'awana, walla tabbut einduhum khabar nadyf albinkallamo ley ei'awwunuhum wa durub ma'arufat ley ligiyan ziyada hana mi'awana.

Hana 5

Mi'awana fi haalat khassa

Haalat wahdyn alkhassa alzayna eishifu waqt musiba hana COVID-19 da katibyn humma tyt.

Tabbut naasal ta'abanyin walla fi haalat humma shiye fakaro leyhum hummah kula

Mineykula bikun bibgah fi haalatal gaasi walla ta'aban fi awqat shyk fi hayatal nadum. Lakin, naas wahdyn, finshan shu'ul albidahyrhum, gital adaala leyhum wa eifey finshan nafarhum da, bishyfu shabal haalat da katyr wa gaasi bilhayn fi hayatuhum. Naas fi haalatal ta'ab bidoru bifkuru leyhum khassa fi waqt musiba hana COVID-19 da. Naasal ta'abanyin walla bihuthuhum fi diffey da humma bas:

- Naas fi khatr hana, walla bikun leyhum dugut kula, fasala walla duwas (misal, naas fasala faougal jinsi bikun leyhum wa/walla duwas baynat murahilyn albikun finshan magad fi bikan wahid waqtal musiba da, naasal shiye, LGBTQ+)
- shiyab, khassa kula naas albinso ajala (misal, naas abu wajah hana binso shu'ul ajala)
- maray qalbanat wa naas abu wajah bilhayn gaasi wa bidoru darb ley libtan matakula
- naasal darurn, jami bey mashakil hana afyatal agul wa darur hana magyd bayl jama'a
- eiya, nadum aldahaba balag wa naas alfakiryn leyhum
- naas gadyn fi bikan abu zahmah (misal nadum alfyn sijn, naas alkaribinhu, muhajiryn fyl zaribey wa magyd fi zaribey mi hanal hukumah, shiyab fi bayt albifkuru leyhum, naas fi libtan hana afyatal agul, bikan hana maridyn walla kulliyah wahdyn) walla naas alma leyhum bayt
- naasal gadyn wahathum wa bilhayn gaasi ley ei'harmu min buyuthum
- naasal gaasi leyhum ley ilgo khidmat (misal, muhajiryn)



Mi kulli nadum fyl ta'ab binshaf fyl wuchi, finshan da muhim ley tankallam ley ayyi nadum lagayta bey hinneyi wa tafakkur.

Mi'awana hana jama'a algadyn fi bikan albifkuru ley nadum

Naasal bikhadumu fi bikan albifkuru ley nadum (misal bikan albifkuru ley nadum wa mu'assasat gadey) bikun bilgo mashakil khassa. Misal, shiyab bas fi khatr aktar hana karaban wajah hana COVID-19 wa bikun bibgah leyhum wajah bilhayn gaasi. Bikun bilgo ziyada hana gadiyanal galb, khawf wa mussa'adan - khassa kula finshan durub hana hathathan nadum fi bikan wahid bidahirhum min shof hana naas algaribyn leyhum.

Haalat shyk, shaba waqt musiba hana COVID-19, bikun bidys fi mu'assasat tilaf hana haq wa darajah hana insani, jami bey gital fakaran ley nadum. Khaddamin bisamo khijley walla maleyhum hayl ley eibdulul haal, wa bikun bey muradhum ley ziyada hana khabar wa ta'alim hadar tabbatan haq wa darajah hanal naas albikhadumu fakaro beya.



Ziyada hana shu'ul hana khidimey

Shyf Annex faoug naasal kubar wa bayan shiye hana IASC faoug mi'awana hana afyatal agul wa magyd bayl jama'a fi nau'a hana COVID-19:

<https://bit.ly/3eDSYwh>

Maray wa banat COVID-19 karabhum

Shaba haalat musiba alfaddal, COVID-19 bidys maray wa banat ley ziyada hana ta'ab, shaba ziyada hana khidimey ley maray wa banat fi fakaran ley shiyab wa naasal maridyn hanal a'hal, walla ley a'hayan almam mashyn layl madrasah. Bikun bibgo fi khatr kabyr fyl bayt wa bingathu min khidimat hana khimaya almuhim wa mulammat bayl jama'a. Maray wa banat wahdyn ma bilgo darb nadyf ley afiye hana jild, hanal waluda, hana mara qalbana, walad alwuldo dahaba wa libtan hana eiyal. Ley dugut wa ya giddam, bikun bibgah gaasi leyhum ley eisawugu, wa bikun bizyd dassasanhum fi khatr hana fasala, fitiney wa khidimey abu khatr bilhayn. Muhim ley fakaran ley murad khassa hana maray wa banat fi khidimey hana mi'awana hanal musiba da chatta - jami bey fi bikanal khidimey, rufaf wa zaribat.



Ziyada hana shu'ul hana khidimey

Maray UN. Bayan hanal qawa'eid: Shu'ul COVID-19 sawwah ley maray

<https://bit.ly/3avwg6v>

IASC katub hana eirfey mu'aqat faoug fasala hana ijtimaa wa fitiney (psea) waqt mi'awana hana COVID-19

<https://bit.ly/2VNuvvX>

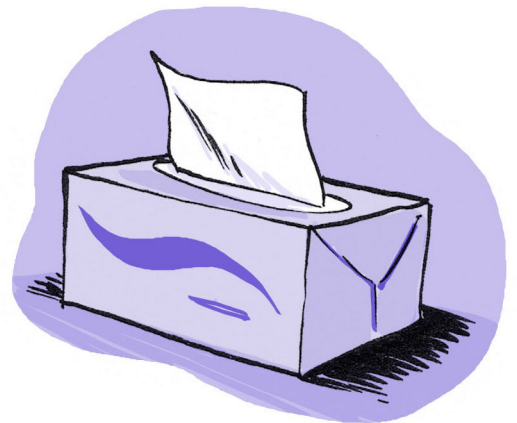
Hady mu'aqat: Fakaran bey Jins waqt musiba hana COVID-19

<https://bit.ly/2XUDjcr>

Mi'awana hana naasal mur kan leyhum

Khassa kula bilhayn gaasi ley ma'aza hana naasal raydinnah fi waqt musiba hana COVID-19. Bikun naas ma bilgo binnaafu bey durubhum alwalafo ley gudura hana za'al, shaba fattashan mi'awana min naashum, walla ley sawwiyan af'alhum albisawwu kulli yaum. Bishyfu shaba mawthum mi shunu kula finshan naas katyr bimutu min COVID-19, wa bikun ma bilgo shitra nadyfey kula.

Naasal bikhadumu waqt musiba hana COVID-19 da bikun bishyfu mawt wa mur katyr maala gabul. Bikun bishyful mawt wa mur albishyfu kulli yaum bitalluf leyhum wa bifut haylhum, bey ziyada hana gudura bey mur alkan leyhum humma kula.



Ziyada hana shu'ul hana khidimey

Ma'aza fi awqat nafar gadey: <https://bit.ly/2Sh60X1>

Mayor hana London, keif tagdaral mur wa ma'aza waqt musiba hana Coronavirus: <https://bit.ly/2XTKFXn>

Kalam bey eiyal faougal mawt, wa awwananhum ley eigdaro isburu kan mur kan leyhum: <https://bit.ly/3d2hZQp>



Awwunu naasal gadyn fyl zaribat wa zaribat almi hanal hukumah wa bikan shaba hana muhajiryn

Ta'ab gadey kula hanal jama'a algadyn fi shaba magyd da shaba gital darb ley murad muhim bilhayn shaba eysh, almey, hawari, nazafa, wa bikan hana libtan albilag; gital gudura ley tibiyan qawa'eid hana ba'adan minal jama'a finshan zahama hanal bikan; tilaf hana haq hana insani shaba daharan mamsha katyr walla saddadanal zaribat. Naasal bikhadumu fyl zaribat wara munazzamat kan masho kula da, bikun khidimey bibgah leyhum bilhayn katyr eifut haylhum wa fi kay da kula, muhajiryn wa naasal tharadohum min buyuthum takula mafi sawwo khasara hana buyuthum,

raf, naasal raydinnah walla darbal lagah, wa bikun bilgo shu'ul albikhadumu beya hana lub wa barrah shiye ley gudura bey ziyada hana ta'ab hana musiba hana COVID-19.

Ziyada hana shu'ul hana khidimey

UNICEF, shorat shiye faoug COVID-19 wa muhajiryn, muhajiryn hana lubbal balad wa eiyal muhajiryn:

<https://uni.cf/2VZIDCk>



Mi'awana hana naasal daruryn

Bikun naasal daruryn shu'ul bidahyrhum fi ley ligiyan khabar almuhum wa bey humma fiya faoug COVID-19, darbal binshatta wa darb hana fakaran layl nafs minnah. Naasal gadyn fi mu'assasat shu'ul almaktub faoug ley 'naasal gadyn fi buyut albifkuru leyhum' mashakil da bilgahum, wa bikun bibgo fi khatr hana fitiney wa/ walla gital fakaran leyhum. Fi magyd alma bikhadumu faoug gital dassasan jama'a kurut da, naasal daruryn bilgo durub shiye ley tafakkur wa khidimat, jami bey eysh, libtan, khidimat almuhim wa khabar. Finshan da, naasal daruryn bikun bibgo fi mashakil bilhayn fi waqtal musiba da.

Ziyada hana shu'ul hana khidimey

Mi'awana hana COVID-19 jami bey naasal daruryn:

Shorat 10 min Mulamma hana dunya hana naasal Daruryn:

<https://bit.ly/3anq4NX>

Khidimey hanal raf jami bayl naasal daruryn - COVID-19 Matrix, min CBM International

<https://bit.ly/2KooqRu>

Annex A

Akhbar ley mudiryn wa naasal bishifu khidimey al-bi'awwunu khaddamin wa khaddamin albikhadumu sul walla ley kofo shiye

Bey khidimtak inta mudyr wa/walla nadum albishyfal khidimtal naas da muhim ley tabbatan afyt, amaan wa ragadanal agulal khaddamin wa/walla khaddamin albikhadumu sul walla ley kofo shiye. Taddar tannaf bey eirfey alwassafu fyl kutub da ley mi'awana hana khaddamin wa khaddamin albikhadumu sul walla ley kofo shiye kan wugo za'alanyn, wa taddar tabun bikanal khidimey albizyd ley afytal agul wa afiye hana naasal bikhadumu layk.

Ley mi'awana hana khaddamin wa khaddamin albikhadumu sul walla ley kofo shiye, taddar:

Zyd hayl ley eisawwu mu'amalah fi durub hana fakaran bayl nafs zayn, wa saww bikan hana khidimey nadyf alminey kula fakur ley gabilah.

Jyb darb hana naas eibgo rafigan wa zyd hayl ley mi'awana baynat gabalahum.

Abgah misal layl naas, min darb hana wariyan haalat nadyf hana afiye hana khidimey (misal ma takhadum eifut waqtak, bilhayn tabgah zayn layl naas).

Aath khabar ley khaddamin wa khaddamin albikhadumu sul walla ley kofo shiye faoug shora faoug afytal agul wa ma bigulu usumhum kan galo wa mi'awana alfi leyhum.

Ammulhum min darb hana ta'alim ya katyr faoug khidimey fi mi'awana hana COVID-19.

Afku ley khaddamin wa khaddamin albikhadumu sul walla ley kofo shiye albikun fyl ta'ab walla fi haalat hallohum wahatum, wa bikun bidoru ziyada hana mi'awana.

Aath khabar sahi, jadyd wa hayyin ley ilfaham faoug magad afey fi waqt musiba hana COVID-19.

Saww darb hana gadaran mashakil ley mineykula, kan bikun mi ley mudyrrhum.

Saww mulammah katyr ley tanaqushu faoug mashakil, midamah wa durub ley sawwiwana.

Akhadum bilhayn ley waggafan mashakil: waar munfah hana khidimey fi bikan almineykula bi'awwun gabilah, waar misal hana zayn wa hinniye ley nafsak wa naasal takhadumu jami.

Tabbut einduhum waqt hana jammaman fi, wa waqt ley kalam bey a'hal wa rafigan.

Khabar hana Selena, almudyr:

Selena fakirey ley khaddamin albiyathu shorat. Mineykula bikhadum minal bayt finshan musiba hana COVID-19. Ley ta'awwun khaddaminha, Selena sawwat darb hana munadah kulli yaum, ley tas'al keif mineykula, ley munaqasha faoug ayyi midama kan fi wa ley adiyar khabar aljadyd faoug fakaran walla khabar faoug COVID-19. Selena tagul leyhum kan bikun illago baynathum bala hy wa ei'awwunu dummutum, finshan bi'awwunhum injammo wa bibunu bikan hana khidimey hiluwwey. Ta'athi raqm hana ittisal ley khidimat hana adiyar ley nadum shora. Ley ta'awwun khaddaminha eisamo bidarrijuhum wa khidimutum, Selena tarassul email kulli daurah tashakkurhum faoug khidimey albisawwu.



Ziyada hana shu'ul hana khidimey

Headington Institute: munazzama hana fakaran ley khaddamin wa shu'ul khassa hana khidimey hana COVID-19

<https://bit.ly/3ewMIq8>

Antares Foundation: munazzama hana shu'ul hana khidimey ley fakaran ley mudiryn wa khaddamin, fi luggat katyr <https://bit.ly/34McOkp>

IFRC, mi'awana ley afytal agul wa magyd bayl jama'a ley khaddamin, khaddamin albikhadumu sul walla ley kofo shiye wa rufaf fi musiba hana Novel Coronavirus <https://bit.ly/2XIAC7t>

Annex B

Sawwu shu'ul altadoru ta-
sawwu hineyn

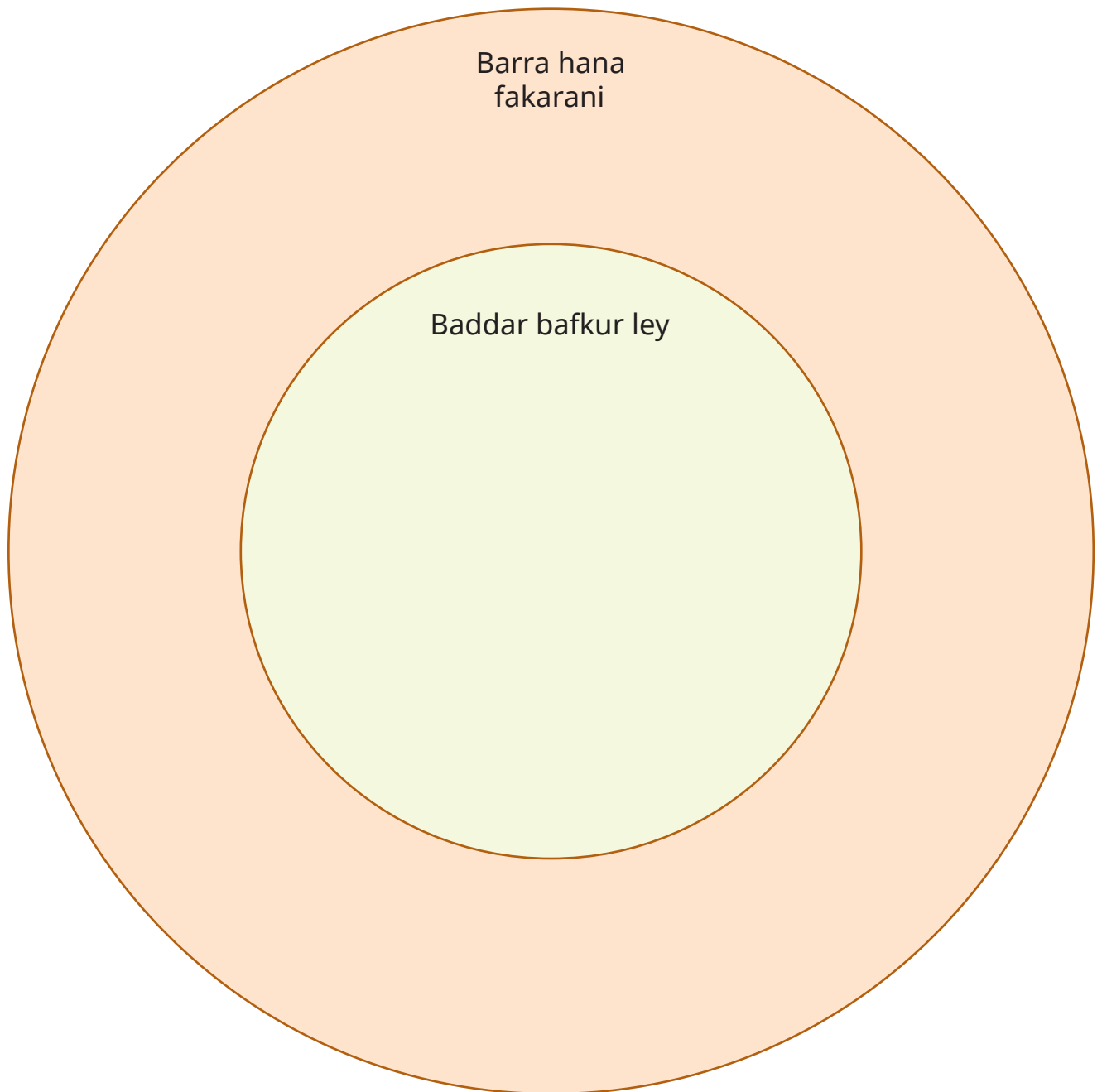


Waqt	Shunu asawwi?

Haawul
anas
Ley shiye ha-
nakula sa'at 7
kulli layl !

Annex C

Da'erah hana fakaran



Annex D

Durub bayl maala ley jammamanal jild

Shu'ul hana fakaran bey za'al nadyf !
Almumarisa bishyl shaba sab'ah daqayiq

Taddar tannaf bayl mumarisa da ley fakaran ley nafsak, wa taddar tagula ley naas gadey kula, shaba naasal bikun ta'awwunhum. Kan tannaf beya ley naas gadey, atharra ley kalam bayl maala bey hys barud kan tagul shaba bisawwul shu'ul da tyt, biyathi waqt zayn ley naas eisamol jammaman fi jilduhum.

Jammaman hanal Jild bayl Maala

Kan nannafas, nasawwi jammamanal jild bayl maala ley ta'arfu baynat shu'ul karub jildak wa jammamanal jild. Katyr kula ma na'arfah kula kan asab hana jilduna ankarab. Almumarisa da bi'awwunna ley na'arfah wa biyathina darb ley sallalan da.

Sud eynak wa agod zayn faougal sais. Hud rijleyk tyt wa asama rijlayk lammas tyt. Hud eydeyk faoug gasirak. Kan tannaftas da, bagul layk waqt takurub jildak. Kan karab jildak da, akurub nifasak ley hisab ley talata, halas hal jildak kan gul layk sillal nifas.

Nabda bey asabey hana rijleyna...

Abgah fyl giddam fi darb hana sawwiyan jammamanal jild bayl MAALA. As'alhum ley eikurbu qism fi jilduhum wa eikurub nifas dakhal wa ta'assub bey hayl wa maala, shaba kay: akurub nifas, 1 --- 2 --- 3. Halas gul: hallul nifas wa anjammo.

Arfah hyssak bayl maala wa gul "akurub nifas" wa nazzul hyssak wa gul "hallul nifas wa anjammo."

Gul layl nadum eikurub wa eihalli jildah fi darb da:

- barrum asabayk hana rijley wa akurba bayl hayl
- akurub adum hanal mutha wa rijley
- akurub bathnak, karaban
- eydeyk shaba tadorub shu'ul
- akurub durra min darb hana barramana ley ku'eyn wa jabiyan aldurra jam jildak bilhayn min faoug
- arfa katafayk ya adanak
- akurub asab hana wuchyk chatta

Wara karaban wa hallalan kulli qism hanal jild, gul: ...dugut asamo [asabey hana rijleyku, mudaykku, wuchiku/jaffutku, shabahum kay] anjammo. Annaftas nadyf. Asamal dam mashi ley [asabayk hanal rijley, muthutak, shabahum kay].

Dugut, nazzul zuqunak bayl maala ley sadurak. Kan karabtal nifas, afkur bayl maala barrum rasak layl lub fi da'eyra layl zaynayye, sullal nifas kan tabarrum wuchyk ley israyye wa eirud ley sadurak. Akurbal nifas layl zaynayye wa wara...sullal nifas ley israyye wa tyt. Akurbal nifas layl zaynayye wa wara...sullal nifas ley israyye wa tyt. Dugut, abdul shaba sawwayta wa waas...akurbal nifas ley israyye wa wara, sullal nifas ley zaynayye wa tyt (sawwa ya tineyn).
Dugut wagguf rasak fyl lub.

Shyf shaba agulak wa galbak ragad.

Dugut shyl wa'ad ley fakaran ley nafsak kulli yaum.

Annex E

Shu'ul altakhadum beya fi raffak

amalah hanak



Khidimat hana mi'awana	Raqm hana jawwal	Keif taluz giddam
Askar		
Haalat musiba khidimat hana afiye		
Nadum albiktulal naar		
Khidimat hana magyd bayl jama'a		
Khidimat hana Afytaal Agul		
Khidimat ley maray		
Khidimat ley khiamaya hana Sa'eyr		
Khidimat hana mi'awana bayl qanun		
Raqm hana Mi'awana hana COVID-19 MHPSS		