

The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.
أصبح نظام الفحص والتتبع الجديد المقدم من الهيئة الوطنية للخدمات الصحية "NHS" متوفرًا الآن في جميع أنحاء البلاد وسيكون جزءًا أساسيًا من كيفية تقليل انتشار الفيروس لحماية الناس وإنقاذ الأرواح.
Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.
تم إنشاء نظام الفحص والتتبع لضمان خضوع أي شخص تظهر عليه أعراض فيروس كورونا للفحص بسرعة.
It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.
كما أنه يساعد على تتبع المخالطين القريبين لأي شخص تأثر بالعدوى، وإذا لزم الأمر يتم إخطارهم بأنهم يجب عزل أنفسهم في المنزل لوقف انتشار الفيروس.
Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.
سيتم الاتصال بأي شخص يثبت بالفحص أنه إيجابيًا وحاملًا لفيروس كورونا من خلال برنامج الفحص والتتبع الجديد المقدم من الهيئة الوطنية للخدمات الصحية "NHS Test and Trace" وسيطلب منه مشاركة معلومات حول الأشخاص المخالطين له والذين لديهم اتصال وثيق أو تفاعل معهم.
If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus . Or you can call 119 to book a test.
إذا كانت تظهر عليك أعراض فيروس كورونا، مثل السعال المستمر أو ارتفاع درجة الحرارة أو تغير في حاسة الشم أو الذوق، فيجب عليك عزل نفسك على الفور، بالإضافة إلى الإبلاغ عن هذه الأعراض وحجز الفحص على www.nhs.uk/coronavirus أو يمكنك الاتصال بالرقم 119 لحجز الفحص.
An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.
من النقاط المهمة التي يجب ملاحظتها أنه إذا كنت قد تعرضت سابقًا للإصابة بفيروس كورونا، أو كانت نتيجتك إيجابية في فحوصات الأجسام المضادة تشير إلى أنك تعرضت بالفعل لإصابة بفيروس كورونا، فلا تزال بحاجة إلى اتباع النصائح والإرشادات للعزل إذا كنت قد خالطت وتعاملت مع حالة مؤكدة.
This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.
هذا لأننا لا نفهم مقدار المناعة السابقة التي تمنحنا إياها العدوى، ويمكنك أن تنقل الفيروس عن غير قصد إلى أشخاص آخرين في حالة الإصابة.
I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.
تحدثت أيضًا في وقت سابق عن ضرورة اتباع توجيهات التباعد الاجتماعي. فيما يخص الفحص والتتبع، فثمة سبب عملي وراء ذلك.
Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.
أولاً، إذا لم تتبع التوجيهات بترك مسافة مترين بينك وبين الآخرين، فقد تزيد من خطر الإصابة بالفيروس من الآخرين.
But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.
ولكن ثانيًا، قد يؤدي ذلك إلى الاضطرار إلى عزل نفسك لمدة 14 يومًا في بيئات متعددة إذا تم تحديده كمخالط قريب من شخص مصاب بالفيروس الآن.
By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.
باتباع التعليمات للعزل الذاتي، سوف تحمي عائلتك وأصدقائك وزملاءك والأشخاص الآخرين المحيطين بك.
We all have a part to play in stopping the spread of the virus.
لدينا جميعًا دور يجب أن نقوم به في منع انتشار هذا الفيروس.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

لذلك في النهاية، سنستمر في اطلاعك على أحدث المستجدات بشأن "الفحص والتتبع" على مدار الأسابيع القادمة بينما نطور
طريقتنا المحلية. أتطلع إلى التحدث إليكم قريبًا.

Thank you

شكرًا جزيلاً.

Stuart Keeble, Director of Public Health

Stuart Keeble (ستوارت كيبل)، Director of Public Health (مدير الصحة العامة)

<p>The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.</p>
<p>Le nouveau système NHS Test and Trace est désormais répandu dans tout le pays et jouera un rôle majeur dans notre lutte contre la propagation du virus pour protéger les personnes et sauver des vies.</p>
<p>Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.</p>
<p>Test and Trace a été mis au point de sorte que toute personne qui développe des symptômes du coronavirus puisse être vite testée.</p>
<p>It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.</p>
<p>Cela favorise la traçabilité des proches de toute personne qui a été atteinte, et si nécessaire, cela permet de les avertir qu'ils doivent s'auto-isoler chez eux pour contenir la propagation du virus.</p>
<p>Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.</p>
<p>Quiconque testé positif au coronavirus sera contactée par le programme NHS Test and Trace et sera invité à partager des informations sur les personnes avec qui il a eu un contact ou un échange rapproché.</p>
<p>If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus. Or you can call 119 to book a test.</p>
<p>Si vous présentez des symptômes du coronavirus, comme une nouvelle toux continue, de la fièvre ou un changement de l'odorat ou du goût, vous devez vous auto-isoler immédiatement, mais aussi signaler ces symptômes et prendre rendez-vous pour un test au www.nhs.uk/coronavirus. Vous pouvez aussi appeler au 119 pour prendre rendez-vous pour un test.</p>
<p>An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.</p>
<p>Il convient de faire remarquer que si vous avez déjà eu le coronavirus, ou que votre test d'anticorps positif révèle que vous avez eu le coronavirus, vous devez quand même suivre les conseils et les règles d'isolement si vous avez été en contact avec un cas confirmé.</p>
<p>This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.</p>
<p>Cela peut être expliqué par le fait que nous ignorons le degré d'immunité acquis au cours de l'infection précédente, et vous pouvez contaminer d'autres personnes par inadvertance en cas d'infection.</p>
<p>I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.</p>
<p>J'ai déjà évoqué le besoin de respecter la règle de distanciation sociale, Pour Test and Trace, une raison pratique vient la justifier.</p>
<p>Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.</p>
<p>D'une part, si vous ne respectez pas la règle des deux mètres, vous multipliez vos chances de contracter le virus d'autrui.</p>
<p>But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.</p>

D'autre part, vous serez probablement amené à vous auto-isoler pendant une période de 14 jours à plusieurs occasions si vous êtes identifié en tant que proche d'une personne qui vient de contracter le virus.

By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.

En suivant les instructions d'auto-isolement, vous protégerez votre famille, vos amis, vos collègues et d'autres membres de votre entourage.

We all have a part to play in stopping the spread of the virus.

Chacun d'entre nous doit œuvrer pour contenir la propagation du virus.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

Enfin, nous continuerons à vous tenir au courant de « Test and Trace » dans les prochaines semaines au gré de l'évolution de la mise en place de notre dispositif local. J'ai hâte de m'entretenir bientôt avec vous.

Thank you

Merci

Stuart Keeble, Director of Public Health

Stuart Keeble, Directeur de la santé publique

The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.
سىستېمى پىشكىن و بەدواداگەرانى تايىپت بە NHS ئىستى كارايە لەسەر تاسەرى ولات وە خەرىكە دەپىت بە بەشى سەرەكى چۈنەيتى كەم كىرەنەھى بىلەنەھى قايرۇسەكە بۇ پاراستنى خەلك و رزگار كىرەنە ژيانان.
Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.
سىستېمى پىشكىن و بەدواداگەران دانراوہ بۇ دلنەپونەھە لەھەى كە ھەر كەسنىك نىشانەكانى پەتەى قايرۇسى كۆرۈنەى لەسەر دەرىكەپتەت بىتوانرەپت بە خىراپى پىشكىنەى بۇ بىرەپت.
It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.
ئەھە ھەرەھە سوودى دەپىت بۇ بەدوادا گەران و سۇراخ كىرەنە پەپونەدە نەزىكەكانى ھەر كەسنىك كە كارى تىكرارەھە، ئەگەر پىنەست نەپت ئاگادار بىرەنەھە بۇ ئەھەى خۇيان دوورەپەرىز بىرەن لەناو مألەھە بۇ رەبىر كىرەن لە بىلەنەھەى قايرۇسەكە.
Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.
ھەر كەسنىك ئەنجامى پىشكىنەكەى پۇزەتەپت بو بۇ پەتەى قايرۇسى كۆرۈنە ئەھە لەلەپەن پىرۇگرامى پىشكىن و بەدواداگەرانى تايىپت بە NHS پەپونەدە پىنە دەكرەپت وە داواى لىدەكرەپت ئەھە زاننارەپانە ھابەشى پى بىكەت كە دەربارەى ئەھە كەسانەپە كە پەپونەدە نەزىك و كارلەكرەنە لەگەلەپان ھەپوہ.
If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus . Or you can call 119 to book a test.
ئەگەر تۇ نىشانەكانى پەتەى قايرۇسى كۆرۈنەت لەسەر دەكرەپت، وەكو كۆكەى نوئ و بەردەوام، پەلەى گەرمى لەش بەرز نەپت يان نەمانى ھەستى بۇن و تام كىرەن، دەپى دەستبەجى خۇت جىا بىكەپتەھە و خۇت دوورە پەرىز بىرەپت ھەرەھە ئەم نىشانانە رابگەپەنە و پىشكىنەك سەز بىكە لە مألەپەرى www.nhs.uk/coronavirus يان دەتوانەپت تەلەفون بىكەپت بۇ ژمارە 119 بۇ سەز كىرەنە پىشكىنەك.
An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.
خالىكى گىرەنگ ئەھە ئەھە تەپىنە بىكەپت كە ئەگەر تۇ پىشتر توشى پەتەى قايرۇسى كۆرۈنە بوپەپت، يان پىشكىن بۇ نەنتى بۇدى پۇزەتەپت بو دەپى بلىپت كە تۇ توشى پەتەى قايرۇسى كۆرۈنە بوپەپت، وە ئەگەر پەپونەدەپت ھەپو بە كەپىسەكى تەنكىدەرە ئەھە تۇ ھەر دەپى پەپەرى نامۇزگارى و رەنەپەپەكان بىكەپت بۇ خۇ دوورەپەرىز كىرەن.
This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.
ئەھە لەپەن ئەھە ئەھە نازانەن كە توشىبەنەكەى پىشوو چەند بەرگى داوہ بە لەشمان، وە تۇ دەكرەپت قايرۇسەكە بەپى ئاگا و پى مەپەستانە بىلەنەكەپتەھە بۇ خەلكانى تر ئەگەر توش بوپەپت.
I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.
من پىشترەپش قەسەم كىرە دەربارەى پىنەستى پەپەرى كىرەنە رەنەپەپە خۇ دوورە پەرىز كىرەن. بۇ پىشكىن و بەدواداگەران، ھۆكارەكى پىرەكتىكى و كىرەرى ھەپە بۇ ئەھە.
Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.
پەكەپەن، ئەگەر تۇ پەپەرى رەنەپەپە دوو مەتر دوورەپون لە پەكتەرى نەكەپت، رەنگە مەترەسى و مەكرەتەى قايرۇسە لە كەسانەى ترەھە بۇ سەر خۇت زىاد بىكەپت.
But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.
بەلام دوومەپان، ئەھە رەنگە بىنەتە ھۇى ئەھەى خۇت دوورە پەرىز بىرەپت بۇ ماوہى 14 رۇژ لە چەندەن جار ئەگەر تۇ بەرەمەنتت ھەپو بىت بە كەسنىك كە ئىستە قايرۇسەكەى ھەپە.
By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.
بە پەپەرى كىرەنە رەنەپەپەكانى خۇ دوورە پەرىز كىرەن، ئەھە تۇ خىزانەكەت، ھاورەكانت، ھابىشەكانت و كەسانەى ترە دەورەپەرى خۇت دەپارىزەپت.

We all have a part to play in stopping the spread of the virus.

ئىمە ھەممومان پۈتۈنلىكىمەن ھەممەيە لە رېگىرىكىردن لە بلاوبونەھەي قايرۇسەكە.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

كەواتە لەكۆتايىدا، ئىمە لە ھەفتانەي داھاتوو بەردەوام دەبىن لە پىندانى زانبارى نوئ بە تو سەبارەت بە 'پىشكىن و بەدواداگەران' چونكە ئىمە رېيازى خوجىي پەرەپىندەدەين. بە ئومىد بەم زوانە قسە لەگەل بەر زتان بەكەم.

Thank you

سوپاستان دەكەم

Stuart Keeble, Director of Public Health

Stuart Keeble (ستىوارت كىبل) ، Director of Public Health (بەريۆبەرى تەندروستى گىشتى)

The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.
Naujoji NHS „Test and Trace“ (Tirti ir sekti) sistema jau pradėjo veikti visoje šalyje ir tai bus esminė dalis, kaip mes mažinsime viruso plitimą, apsaugosime žmones ir gelbėsime gyvybes.
Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.
„Test and Trace“ buvo sukurta siekiant užtikrinti, kad koronaviruso simptomus pajutęs asmuo būtų greitai ištirtas.
It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.
Tai taip pat padės sekti asmenis, kurie turėjo artimą kontaktą su sergančiu, o prireikus pranešti jiems, kad jie turi izoliuotis namuose ir užkirsti kelią viruso plitimui.
Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.
NHS „Test and Trace“ programa susisieks su asmenimis, kurių koronaviruso tyrimo rezultatai yra teigiami ir jų bus prašoma pasidalinti informaciją apie asmenis, su kuriais jie turėjo artimą kontaktą ar bendravimą.
If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus . Or you can call 119 to book a test.
Jei jums pasireiškia koronaviruso simptomai, tokie kaip naujas nuolatinis kosulys, aukšta temperatūra ar pakitęs kvapo ar skonio supratimas, turite nedelsiant izoliuotis, pranešti apie šiuos simptomus ir užsisakyti tyrimus adresu www.nhs.uk/coronavirus . Arba galite paskambinti 119 ir susiorganizuoti tyrimus.
An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.
Svarbu atkreipti dėmesį į tai, kad jei anksčiau sirgote koronavirusu arba jums buvo atliktas tyrimas dėl antikūnų ir jis buvo teigiamas, kad sirgote koronavirusu, vis tiek turite vadovautis patarimais ir gairėmis dėl izoliavimosi, jei buvote kontakte su patvirtintu atveju.
This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.
Taip yra todėl, kad mes nesuprantame, kiek imuniteto įgaunate iš buvusios infekcijos ir todėl jeigu esate užsikrėtęs, galite netyčia skleisti virusą kitiems žmonėms.
I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.
Taip pat anksčiau kalbėjau apie poreikį laikytis socialaus atstumo. Dėl „Test and Trace“ tam yra praktinė priežastis.
Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.
Visų pirma, jeigu nesilaikysite dviejų metrų atstumo gairių, galite didinti savo riziką užsikrėsti virusu iš kitų.
But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.
O visų antra, jums gali tekti izoliuotis 14 dienų laikotarpiui daugelį kartų, jeigu jūs būsite identifikuotas kaip asmuo turėjęs artimą kontaktą su virusą turinčiu asmeniu.
By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.
Sekdami izoliavimosi nurodymus apsaugosite savo šeimą, draugus ir kolegas.

We all have a part to play in stopping the spread of the virus.
Mes norime visi prisidėti prie viruso plitimo kelio užkirtimo.
So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.
Taigi galiausiai, mes ir toliau pranešime jums naujienas per „Test and Trace“ per ateinančias savaites, mums kuriant vietines strategijas. Iki greito.
Thank you
Ačiū
Stuart Keeble, Director of Public Health
Stuart Keeble, Director of Public Health (Visuomenės sveikatos apsaugos vadovas)

The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.
د NHS نوی د ټیسټ او ټریس سیستم اوس په ټول هیواد کې فاله شوي دی او دا سیستم به خلکو د خوندي ساتلو او د ژوندي ساتلو او د ویروس خپریدو د کچې راټیټولو اصلي برخه وي.
Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.
د ټیسټ او ټریس سیستم د دي لپاره جوړ شوي ترڅو د ټولو هغو کسانو ټیسټ ژر تر ژره ترسره کړي چې د کرونا علایم لري.
It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.
همداراز دا سیستم مرسته کوي چې ټول هغه کسان تعقیب یا پیدا کړي چې ممکن متضرر شوي وي، او د اړتیا په صورت کې خبر ورکړي چې خپل ځان گوښه یا قرنطین کړي ترڅو د کرونا د خپریدو مخه ونیول شي.
Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.
د ملی روغتیا خدماتو یا NHS د ټیسټ او ټریس پروگرام به د ټولو هغو کسانو سره چې د کرونا نتیجه یې مثبت راشي تماس ونیسي او له هغوي څخه به غوښتنه وکړي چې د ټولو هغو کسانو معلومات شریک کړي چې دغه شخص ورسره نژدې پاتې شوي.
If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus . Or you can call 119 to book a test.
که په تاسې کې د کرونا ناروغی علایم ښکاره شي، لکه نوی، دوامداره ټوخی، لوړه تبه، یا د خولي ذایقه او بوی کولو په حس کې د بدلون په صورت کې، تاسې باید ژر تر ژره خپل ځان گوښه یا قرنطین کړئ، همداراز دغه علایمو په اړه راپور ورکړي او په www.nhs.uk/coronavirus ویب سایټ کې ټیسټ بک کړئ یا 119 ته زنگ ووهئ چې یو ټیسټ درته برابر کړي.
An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.
یوه اړینه نقطه چې باید په یاد یې وساتئ، هغه دا چې که چیرې تاسې پخوا کرونا ناروغی تیره کړي وي، یا مو د انټی باډي ټیسټ مثبت راغلی وي او ښکاره کوي چې تاسې کرونا تیره کړي، نو تاسې بیا هم اړ یاست چې د گوښه والی یا قرنطین لارښوونې تعقیب او مشورې ومنئ که چیرې تاسې د کوم تثبیت شوي شخص سره په اړیکه کې پاتې شوي یاست.
This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.
ځکه چې مونږ نه پوهیږو چې تیر ځل ناروغی زموږ دفاعی سیستم څومره قوي کړي، او تاسې شاید په غیر ارادي توګه نورو ته دغه ناروغی خپره کړئ، که چیرته تاسې اخته شوي یاست.
I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.
ما دمخه د ټولنیز واټن د لارښود تعقیب کولو د اړتیا په اړه هم خبرې وکړي. د ټیسټ او ټریس لپاره، عملي دلیل شتون لري.
Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.
لومړی، که تاسو د دوه متره واټن لارښوونې تعقیب نه کړئ، نو تاسو ممکن د نورو څخه په ویروس د اخته کېدو خطر زیاتوئ.
But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.
مګر دویم، دا د دي لامل کېدی شي چې تاسو څو څو ځله د 14 ورځو لپاره ځان گوښه قرنطین کړي که تاسو کوم شخص لخوا د نږدې اړیکې په توګه پیژندل شوي یاست څوک چې اوس ویروس لري.
By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.
د ځان گوښه کولو د لارښوونو سره سم، تاسو د خپلې کورنۍ، ملګرو، همکارانو او نورو شاوخوا خلکو ساتنه کوئ.
We all have a part to play in stopping the spread of the virus.

مور ٽول د وپروس د خپريديو په درولو كي برخه لرو.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

نو په پايله كي، مور به په راتلونكو اونيو كي تاسو ته د 'ٽيسٽ او ٽريس' په اړه تازه معلومات دركرو، خكه چي مور خپل سيمه ايز چلند ته وده وركوو. زه ډير ژر تاسو سره خبرو ته سترگي په لار يم.

Thank you

ډيره مننه

Stuart Keeble, Director of Public Health

Stuart Keeble (ستارټ كيبل) د Director of Public Health (عامه روغتيا رئيس)

<p>The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.</p>
<p>Nowa usługa NHS Test and Trace działa obecnie w całym kraju i w ramach ochrony ludzi i ratowania życia będzie stanowiła kluczowy element w ograniczaniu rozprzestrzeniania się wirusa.</p>
<p>Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.</p>
<p>Zadaniem usługi jest sprawne badanie i monitorowanie osób z objawami koronawirusa.</p>
<p>It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.</p>
<p>Ponadto jest ona również pomocna w śledzeniu bliskich kontaktów każdej chorej osoby, w razie potrzeby powiadamiając ją o konieczności samodzielnego odizolowania się w domu w celu powstrzymania rozprzestrzeniania się wirusa.</p>
<p>Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.</p>
<p>Każdy, kto otrzyma pozytywny wynik testu na koronawirusa, zostanie włączony do usługi NHS Test and Trace i poproszony o podzielenie się informacjami o osobach, z którymi miał bliski kontakt lub interakcję.</p>
<p>If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus. Or you can call 119 to book a test.</p>
<p>Jeśli u pacjenta występują objawy koronawirusa, takie jak świeży, ciągły kaszel, wysoka temperatura lub zmiany węchu lub smaku, musi on niezwłocznie odizolować się i zgłosić te objawy oraz zapisać się na test, wchodząc na stronę www.nhs.uk/coronavirus. W celu zapisania się na test można też zadzwonić pod numer 119.</p>
<p>An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.</p>
<p>Ważne jest, by pamiętać, że jeśli kiedykolwiek przechodziłeś już chorobę wywołaną koronawirusem lub miałeś pozytywny wynik testu na obecność przeciwciał, potwierdzający zarażenie koronawirusem, nadal musisz stosować się do porad i wskazówek dotyczących izolacji, tak jak gdybyś miał kontakt z potwierdzonym przypadkiem.</p>
<p>This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.</p>
<p>Dzieje się tak dlatego, że nie wiemy jaką odporność nabywa się po przejściu infekcji, a w razie zakażenia wirus mógłby niekontrolowanie rozprzestrzenić się na inne osoby.</p>
<p>I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.</p>
<p>Mówiłem również wcześniej o potrzebie stosowania się do wytycznych dotyczących dystansu społecznego. W przypadku usługi Test and Trace, istnieje ku temu praktyczny powód.</p>
<p>Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.</p>
<p>Po pierwsze, jeśli nie zastosujesz się do zasady zachowania dystansu dwóch metrów, możesz zwiększyć ryzyko zarażenia się wirusem od innych.</p>
<p>But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.</p>

Po drugie, może to doprowadzić do konieczności poddania się 14-dniowej kwarantanny w wielu zawodach, jeśli zostaniesz zidentyfikowany jako bliski kontakt kogoś, kto aktualnie ma wirusa.

By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.

Postępując zgodnie z instrukcjami dotyczącymi samoizolacji, będziesz chronił swoją rodzinę, przyjaciół, znajomych i inne osoby z otoczenia.

We all have a part to play in stopping the spread of the virus.

Wszyscy mamy do odegrania rolę w powstrzymaniu rozprzestrzeniania się wirusa.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

Tak więc w nadchodzących tygodniach, w miarę jak będziemy rozwijać nasze lokalne podejście, będziemy nadal informować cię o usłudze 'Test and Trace'. Czekamy na Twoją odpowiedź.

Thank you

Dziękujemy

Stuart Keeble, Director of Public Health

Stuart Keeble, Director of Public Health (dyrektor ds. zdrowia publicznego)

The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.
O novo sistema Test and Trace do NHS está agora ativo em todo país - e terá um papel fundamental na forma como reduzimos a propagação do vírus, permitindo assim proteger as pessoas e salvar vidas.
Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.
O Test and Trace foi projetado para garantir que qualquer pessoa que desenvolva os sintomas do coronavírus possa ser testada rapidamente.
It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.
Ajuda também no rastreio de contactos próximos com pessoas afetadas. Se for necessário notifica também as mesmas para que se isolem em casa - no sentido de evitar espalhar o vírus.
Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.
Qualquer pessoa testando positivo para o coronavírus será contactado pelo programa Test and Trace do NHS, sendo-lhe solicitado que partilhe informação sobre as pessoas com quem tenham interagido ou mantido contacto próximo.
If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus . Or you can call 119 to book a test.
Se exibir sintomas do coronavírus, como tosse nova e contínua, temperatura elevada ou alterações de olfato ou paladar, deve autoisolar-se imediatamente, deve comunicar estes sintomas e deve agendar a realização de um teste em www.nhs.uk/coronavirus . Pode também ligar para o 119 para a marcação de um teste.
An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.
Um ponto importante a ter em conta é o seguinte: se teve coronavírus anteriormente, ou se testou positivo para anticorpos afirmando que teve coronavírus, deve na mesma seguir os conselhos e orientações de isolamento se esteve em contacto com um caso confirmado.
This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.
Isto porque ainda não sabemos o grau de imunidade que uma infeção anterior nos confere, portanto pode estar inadvertidamente a espalhar o vírus a outras pessoas caso esteja infetado.
I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.
Eu falei anteriormente sobre a necessidade de seguir as diretrizes de distanciamento social. Para o Test and Trace, há uma razão prática para isto.
Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.
Primeiramente, se não seguir a regra dos dois metros, pode estar a aumentar o seu risco de contagiar o vírus a partir de outras pessoas.
But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occasions if you're identified as a close contact by someone who now has the virus.
Em segundo lugar, isto pode levar à que tenha que se autoisolar durante um período de 14 dias em várias ocasiões, caso seja identificado como um contacto próximo por alguém que tenha sido contagiado pelo vírus.

By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.

Ao seguir as instruções de autoisolamento, estará a proteger a sua família, amigos, colegas e restantes pessoas à sua volta.

We all have a part to play in stopping the spread of the virus.

Todos nós temos um papel a desempenhar em impedir a propagação do vírus.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

Por fim, continuaremos a enviar-lhe atualizações sobre o 'Test and Trace' durante as próximas semanas, à medida que desenvolvemos a nossa abordagem local. Espero poder falar consigo em breve.

Thank you

Obrigado

Stuart Keeble, Director of Public Health

Stuart Keeble, Director of Public Health (Diretor de Saúde Pública)

The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.
Noul sistem de Testare și Urmărire NHS (NHS Test and Trace system) este acum în transmisie de-a lungul țării și va fi o componentă esențială în ceea ce privește modul în care reducem răspândirea virusului, astfel încât să protejăm oamenii și să salvăm viețile acestora.
Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.
Sistemul de Testare și Urmărire a fost implementat pentru ca, în cazul în care o persoană prezintă simptomele coronavirusului, aceasta poate fi rapid testată.
It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.
Ajută, de asemenea, la monitorizarea contactelor apropiate ai celor ce au fost afectați, iar dacă este necesar, vor fi notificate că trebuie să se izoleze acasă pentru a opri răspândirea virusului.
Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.
Persoanele care sunt testate pozitiv pentru coronavirus vor fi contactate de programul de Testare și Urmărire NHS și vor fi rugate să dea informații legate de oamenii cu care au avut contacte apropiate sau cu care au interacționat.
If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus . Or you can call 119 to book a test.
În cazul în care prezentați simptomele coronavirusului cum ar fi tusea continuă, apărută brusc, febră sau o schimbare în ceea ce privește mirosul sau gustul, trebuie să vă auto-izolați imediat, apoi să raportați aceste simptome și să vă rezervați un test la www.nhs.uk/coronavirus . Sau puteți suna la 119 pentru a vă programa pentru testare.
An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.
Un lucru important de menționat este că, în cazul în care ați mai avut coronavirus sau ați avut un test pozitiv de anticorpi care să precizeze că ați avut coronavirus, este la fel de necesar să urmați sfatul și îndrumarea de a vă izola dacă ați intrat în contact cu cineva testat pozitiv.
This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.
Acest lucru se datorează faptului că nu cunoaștem câtă imunitate câpătăm în urma unei infectări precedente și ați putea răspândi din neștiință virusul către alți oameni, dacă sunteți infectat.
I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.
De asemenea, am făcut precizări anterioare cu privire la necesitatea de a respecta normele de distanțare socială. Pentru Testare și Urmărire, este un motiv practic ce susține acest argument.
Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.
În primul rând, dacă nu respectați distanța de doi metri, vă puteți expune unui risc crescut de a vă infecta de la ceilalți.
But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.
În al doilea rând, acest lucru ar putea conduce la necesitatea de autoizolare pe o perioadă de 14 zile în multiple ocupații dacă sunteți identificat ca fiind un contact apropiat al cuiva care are acum virusul.

By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.

Urmând indicațiile de autoizolare, vă protejați familia, prietenii, colegii și oamenii din jurul dvs.

We all have a part to play in stopping the spread of the virus.

Toți avem un rol de jucat în oprirea răspândirii virusului.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

În final, vom continua să vă ținem la curent cu "Testare și Urmărire" în următoarele săptămâni, timp în care dezvoltăm abordarea și pe plan local. Aștept cu nerăbdare să vă vorbesc în curând.

Thank you

Vă mulțumesc

Stuart Keeble, Director of Public Health

Stuart Keeble, Director of Public Health (Director al Sănătății Publice)

The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.
Новая система Test and Trace (Проверяй и отслеживай) NHS (Национальной службы здравоохранения Англии) теперь доступна по всей стране и станет важным инструментом уменьшения распространения вируса для защиты людей и спасения жизней.
Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.
Система Test and Trace была введена, чтобы обеспечить возможность быстрого проведения теста для любого, у кого наблюдаются симптомы коронавируса.
It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.
Она также помогает отслеживать контакты первого уровня зараженных людей и при необходимости оповещать их о необходимости самоизоляции дома, чтобы остановить распространение вируса.
Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.
С любым, кто получит положительный результат на коронавирус, свяжутся сотрудники программы Test and Trace NHS и попросят поделиться информацией о людях, с которыми он имел близкий контакт или взаимодействовал.
If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus . Or you can call 119 to book a test.
Если у вас наблюдаются симптомы коронавируса, такие как вновь возникший непрерывный кашель, высокая температура или изменение обоняния или вкуса, вы должны немедленно самоизолироваться, а также сообщить об этих симптомах и купить тест на веб-сайте www.nhs.uk/coronavirus . Либо вы можете позвонить по номеру 119 для приобретения теста.
An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.
Следует отметить, что если у вас ранее был коронавирус или у вас был положительный тест на антитела как свидетельство перенесенного коронавируса, вы по-прежнему должны следовать советам и указаниям по изоляции, если у вас был контакт с подтвержденным случаем.
This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.
Это потому, что мы не понимаем, какой иммунитет дает нам предыдущее инфицирование, а также вы можете непреднамеренно передать вирус другим людям в случае заражения.
I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.
Ранее также было сказано о необходимости соблюдать социальное дистанцирование. Для программы Test and Trace это имеет практическое значение.
Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.
Во-первых, при несоблюдении дистанции в два метра вы увеличиваете риск заразиться вирусом от других людей.
But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occasions if you're identified as a close contact by someone who now has the virus.

И во-вторых, это может привести к тому, что вам придется самоизолироваться на 14 дней от различных занятий, если вы будете признаны близким контактом человека, который сейчас заражен.

By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.

Следуя указаниям по самоизоляции, вы защитите свою семью, друзей, коллег и других людей вокруг вас.

We all have a part to play in stopping the spread of the virus.

Мы все должны сыграть свою роль в прекращении распространения вируса.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

И так, мы продолжим информировать вас о программе «Test and Trace» на предстоящих неделях по мере развития нашего местного подхода. Я с нетерпением жду следующей беседы с вами в ближайшее время.

Thank you

Спасибо

Stuart Keeble, Director of Public Health

Stuart Keeble (Стюарт Кибл), Director of Public Health (директор Public Health)

<p>The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.</p>
<p>Este nuevo sistema Test and Trace (Prueba y Seguimiento) del NHS está ahora activo en todo el país y va a ser una parte importante a la hora de reducir la transmisión del virus para proteger a las personas y salvar vidas.</p>
<p>Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.</p>
<p>Prueba y Seguimiento ha sido configurado para garantizar que cualquier persona que desarrolle síntomas de coronavirus pueda someterse rápidamente a una prueba.</p>
<p>It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.</p>
<p>También ayuda a rastrear los contactos cercanos de cualquier persona afectada, notificándoles, si es necesario, que deberán hacer una cuarentena en casa para detener la transmisión del virus.</p>
<p>Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.</p>
<p>El programa Prueba y Seguimiento del NHS se pondrá en contacto con cualquier persona que de positivo en Coronavirus y se le pedirá que comparta la información de las personas que hayan estado en contacto estrecho con ella o con las que haya interactuado.</p>
<p>If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus. Or you can call 119 to book a test.</p>
<p>Si muestra síntomas de Coronavirus, como una nueva tos continua, fiebre alta o un cambio en el sentido del gusto o del olfato, debe ponerse en cuarentena de inmediato e informar de estos síntomas y concertar una prueba en www.nhs.uk/coronavirus, o puede llamar al 119 para solicitar una prueba.</p>
<p>An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.</p>
<p>Algo importante a tener en cuenta es que si ha estado contagiado previamente de Coronavirus o se ha hecho una prueba de anticuerpos que haya sido positiva para Coronavirus, aún tendrá que seguir el consejo y las directrices de hacer cuarentena si ha tenido contacto con un caso confirmado.</p>
<p>This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.</p>
<p>Esto se debe a que aún no comprendemos cuánta inmunidad nos proporciona una infección anterior, y podría, inadvertidamente, transmitir el virus a otras personas si resulta infectado.</p>
<p>I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.</p>
<p>También hablé antes sobre la necesidad de seguir las directrices de distanciamiento social. Para Prueba y Seguimiento existe un motivo práctico para esto.</p>
<p>Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.</p>
<p>Primero, si no sigue la directriz de los dos metros, puede aumentar el riesgo de contagiarse de otras personas.</p>
<p>But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.</p>

Segundo, esto podría provocar que tenga que ponerse en cuarentena durante un periodo de 14 días en múltiples ocasiones si alguien que tiene el virus le identifica como contacto estrecho.

By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.

Al seguir las instrucciones de hacer cuarentena, estará protegiendo a su familia, amigos, colegas y otras personas alrededor suyo.

We all have a part to play in stopping the spread of the virus.

Entre todos debemos ayudar a detener la transmisión del virus.

So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.

Finalmente, seguiremos informándole sobre "Prueba y Seguimiento" durante las próximas semanas a medida que desarrollamos nuestro enfoque local. Hasta pronto.

Thank you

Gracias

Stuart Keeble, Director of Public Health

Stuart Keeble, Director of Public Health (Director de Salud Pública)

The new NHS Test and Trace system is now live across the country and is going to be a core part of how we reduce the spread of the virus to protect people and save lives.

ሐድሽ ናይ NHS Test and Trace (ገ.ሀ.ሰ ተስት ኣንድ ትረይስ) ምርመራ መግባርን በቲ ሕማም ዝተተንከፉ ከይህልው ዝከታተሉ ዝደልን ኣብ ሙሉእ ሃገር ተዘርጊሑ ኣሎ፣ እዚ ከኣ ነቲ እዚ ሕማም ናብ ካልእ ሰብ ንኸይመሓላለፍ ዝከላኸልን ሂወት ንምድሐን እዩ።

Test and Trace has been set up to ensure that anyone who develops symptoms of coronavirus can quickly be tested.

እዚ መንገዲ Test and Trace (ተስት ኤንድ ትረይስ) ምርመራ መግባርን በቲ ሕማም ዝተተንከፉ ከይህልው ከኣ ዝደልን፣ ተማሓዲሩ ዘሎ ንዝኸነ ሰብ ናይ እዚ ቫይረስ ሓምም ኮሮናቫይረስ ምልክት ዘርኢ ሰብ እንተ ድኣ ኣሎ ከይኑ ቀልጥፍ ክምርመር መታን እዩ።

It also helps trace close contacts of anyone who has been affected, if necessary notifying them that they must self isolate at home to stop the spread of the virus.

ከምኡ እውን ካልእ ሰብ ኣብ ጥቓኹም ቀሪቡ እቲ ሕማም ተመሓላለፍዎም ከይከውን ከኣ ዝምርምርን ኣረጋግጽን፣ እንተ ተረፈ እቲ ሕማም ተመሓላለፍዎም ከይከውን ነምሶም ካብ ኩሉ ሰብ ኣገሊሎም ክኣልዩ ኣብ ገዝኦም መታም እቲ ቫይረስ ናብ ብዙሕ ሰብ ከይዝርጋሕ ንምክልኻል እዩ።

Anyone who tests positive for coronavirus will be contacted by the NHS Test and Trace programme and will be asked to share information about people who they have had close contact or interaction with.

ዝኸነ ሰብ ምርመራ ዝተገበረሉ ኮሮናቫይረስ ከመለዎ እንተ ድኣ እቲ ውዲኢት ኣርእ፣ ሰራሕተኛ ናይ NHS Test and Trace (ገ.ሀ.ሰ ተስት ኣንድ ትረይስ) ምርመራ መግባርን በቲ ሕማም ዝተተንከፉ ከይህልው ዝከታተሉ ሰራሕተኛታት ምሳኹም ኣብ ቀረባ ጊዜን ብቕርርብ ተራኪቦም ምስ መን ሰባት ተራኪብኩም ከምዝነብርኩም ሓበሬታት ክትህብዎም ክሓትኹም እዮም።

If you are displaying symptoms of coronavirus, such as a new, continuous cough, a high temperature or a change in sense of smell or taste, you must immediately self-isolate, plus report these symptoms and book a test at www.nhs.uk/coronavirus. Or you can call 119 to book a test.

እንተ ድኣ ናይ ኮሮናቫይረስ ሕማም ምልክት ኣርእይኩም ከም፣ ሐድሽ ስሚዒት ናይ ቀጻሊ ሰዓል ምስዓል፣ ላዕሊ ቁጽጥ ዝበጽሑ ረስኒ፣ ወይ ከኣ ናይ ሽታን ናይ ጣዕሚ ምጥዓም ስሚዒትኩም ተለዊጡ፣ ብቕልጡፍ ካብ ሰብ ተገሊልኩም ክትጸንሑ ኣለኩም፣ እዚ ሕማም ምልክት ደርእዮኩም ከምዘሎ ከኣ ሓብሩ፣ ኣብ እዚ ዝስዕብ ኣድራሻ ዌብ ሳይት ኣቲኹም ከኣ ምርመራ ክትገብሩ ቆጸራ ግበሩ www.nhs.uk/coronavirus ።

An important point to note is that if you have previously had coronavirus, or had a positive antibody test to say you have had coronavirus, you still need to follow the advice and guidance to isolate if you have had contact with a confirmed case.

ኣገዳሲ ዝኸነ ነጥቢ ከነዘኸኸኩም ንደሊ ነገር እንደ ድኣ ሃልዩ፣ እንተ ድኣ ቅድሚ ሕጂ እዚ ሓምም ኮሮናቫይረስ ሃልይኩም፣ ወይ ከኣ ምርመራ ኔርኩም እቲ ሕማም ኣብ ስውነትኩም ተራእዩ ከምዝነብረ እንተ ድኣ ውዲኢት ተዋሂብኩም ኔሩ፣ ሕጂ እውን እዚ ተዋሂቡ ዘሎ መምርሕታት ክትኸተሉ ይግባእ፣ ካብ ሰብ ክትርሕቁ ይግባእ እንተ ድኣ ምስ እዚ ኮሮናቫይረስ ሕማም ዘለዎ ሰብ ጥቃ ቀሪብኩም ኔርኩም።

This is because we do not understand how much immunity previous infection gives us, and you could inadvertently spread the virus to other people if infected.

እዚ ከኣ እቲ ሕማም ቅድሚ ሕጂ እንተ ድኣ ኔርኩም ሕጂ ማዕረ ኸንደይ ነቲ ሕማም ዝከላኸል ኃይሊ ኣብ ስውነትኩም ውሸቲ ከምዘሎ ክንፈልጡ ስለዘይንኸእልን ኣብ ልዕሊኡ ከኣ እቲ ቫይረስ ኣብ ሰውነትኩም ተረኪቡ ዘሎ ናብ ካልእ ሰባት ብቕሊሉ ክመሓላለፍ ስለዝኸእል።

I also spoke earlier about the need to follow social distancing guidance. For Test and Trace, there is a practical reason for this.

ከምኡ እውን ኣቐድም እቢሊ ብዛዕባ ካብ ሰብ ዘሎ ርሕቀት ምሕላው ብጣዕሚ ኣገዳሲ ከምዝኸነ እውን ተዛሪብ ኔረ እዩ። ነዚ ናይ Test and Trace (ተስት ኣንድ ትረይስ) ምርመራ መግባርን በቲ ሕማም ዝተተንከፉ ከይህልው ዝከታተሉ፣ ኣብ ተግባር ክውዕል ምኽንያት ኣሎ እዚ ማዕረ ኸንደይ ኣድልይ ከምዝኸነ።

<p>Firstly, if you do not follow the two metre guidance, you may be increasing your risk of catching the virus from others.</p>
<p>ብሙጀመሪያ፣ እቲ ናይ ክልተ ሜትሮ ካብ ሰብ ርሓቁ ዝተባህለ መምርሒ እንተ ድኣ ዘይተኸተልኩም ናቲ ቫይረስ ክመሓላፈሩም ዚያዳ ዕድል ትህብዎ ኣልኹም።</p>
<p>But secondly, this could lead to you having to self-isolate for a period of 14 days on multiple occupations if you're identified as a close contact by someone who now has the virus.</p>
<p>እንተኾነ ግን ካላኣይ ነገር ከኣ፣ እዚ ንነብስኹም ካብ ሰብ ተፈሊኹም ክትጸንሑ ከምዘለኩም ን 14 መዓልታት ዝኣክል ካብ ሰብ ክትፍለይ ኣለኩም፣ እዚ ኹውን ዝኸእል ከኣ ካልኣት ኣብ ጥቓ እቲ ቫይረስ ዘለዎም ጥቓ ቀሪብኩም ከምዝነበርኩም እንተድኣ ተፈሊጡ እዩ።</p>
<p>By following the instructions to self isolate, you will be protecting your family, friends, colleagues and other people around you.</p>
<p>ካብ ሰብ ተገላልኩም ምጽናሕኩምን፣ ነቲ ዝተዋህበ ምምርሕታት ብምክትታል፣ ንነብስኹምን፣ ንቤተሰብኩምን፣ ንመሓተትኩምን፣ መሳርሕትኹምን ከምኡ እውን ካልኣት ሰባት ኣብ ከባቢኹም ዝረክብ ካብ ሓደጋ ነጻ ንኹኹን እዩ ዝሕግዝ።</p>
<p>We all have a part to play in stopping the spread of the virus.</p>
<p>ነዚ ቫይረስ ሕማም ናብ ሰብ ከይዝርጋሕ ኩሉና ንገብሮ ኣስተዋጽኦ ኣለና።</p>
<p>So finally, we will continue to update you on 'Test and Trace' over the forthcoming weeks as we develop our local approach. I look forward to talking to you soon.</p>
<p>ኣብ መወዳእታ ብዛዕባ እቲ ናይ 'Test and Trace' 'ተስት ኤንድ ትረይስ' 'ምርመራ ምግባርን ካልእ ሰብ ተተንኪፉ ከይከውን ዝምርምርን' ንዝመዝ ሰሙናት ኣብ ከባቢኹም ከመይ ኢሉ ከዝዝጋሕ ከኣ ከነፍልጠኩም ኢና። ኣብ ቀረባ እዋን ምሳኹም ክራኹብ ብሃንጠውታ ይጽባ።</p>
<p>Thank you</p>
<p>አነ ይመግነኩም።</p>
<p>Stuart Keeble, Director of Public Health</p>
<p>Stuart Keeble (ስቱዋርት ክብለ) Director of Public Health (ናይ ሕዝቢ ጥዕና ዳይሬክተር)</p>