



eazizi waliu al'amr 'aw muqadim alrieayat ,

'aktub 'iilaykum li'uealimakum , 'anah kanat hunak halat 'iijabiat la COVID-19 fi madrasatik , hadha alshakhs alan fi euzlatin. tama rabt alqadiat bi "nawe mukhtalif min alqalaqi" wahunak dalil ealaa 'anah yantashir bisuhulat 'akbar min alsulalat al'akthar shyweana fi almamlakat almutahidati. wamae dhalik , la yujad halyana 'ayu dalil ealaa 'anah yusabib mrdana 'akthar khuturatan , 'aw yazid min khatar alwafaat 'aw yajeal allaqahat alhaliat 'aqala faeaaliatan.

'awadu 'an 'astaghriq baed alwaqt litam'anatik 'iilaa 'anana aitakhadhna jamie al'iijra'at allaazimat mundh samae hadhih almaelumt li'iibqa' jamie al'atfal fi madrasatina bi'aman qadr al'iimkani. waqad tulb min al'atfal walmuazafin aladhin kanuu ealaa aital mubashir 'aw wathiq bialqadiat , euzl dhatiun bialfiel limudat 10 'ayaam , 'iijra' aikhtibar tafaedul albulimiraz almutasalsil watama tanzif almadrasat bishakl munasibin.

kayf nuqif antishar COVID-19

min almuhimi 'an yudrik aljamie 'anah ealaa alraghm min anfitah lifarbul , ma zilna bihajat 'iilaa tawakhiy alhadhr alshadid bishan makhatir Covid-19 , khasatan fi daw' albadil aljadidi. hunak 'ashya' la tazal bihajat 'iilaa alqiam biha lilmusaeadat fi taqlil khatar 'iisabatik 'ant wa'ayu shakhs taeish maeah bimarad COVID-19:

- min almuhimi 'an tahsul ealaa altateim eindama yahin dawruk
- artd 'aghtiatan lilwajh eind taslim almadrasat wastilamiha
- aghsil yadayk bialma' walsaabun bishakl mutakarir - afeal dhalik limudat 20 thaniat ealaa al'aqali
- astakhdim jala maeqam alyadayn fi halat eadam tawafur alma' walsaabun
- aghsil yadayk halama tasil 'iilaa almanzil
- ghatu famik wa'anfuk bimindil 'aw kamik (wlis yadika) eind alsueal 'aw aleats
- dae almanadil alwaraqiat almustaemalat fi salat almuhmalat ealaa alfawr waghsil yadayk baed dhalik

yumkin li'ayi shakhs la yueani min 'aerad Covid-19 'iijra' aliakhtibar maratayn fi al'usbuei. yumkinuk akhtiaru:

- ahsul ealaa akhtibar khadie lil'iishraf fi markaz akhtibar - <https://liverpool.gov.uk/communities-and-Safety/Emergency-Planning/Coronavirus/how-to-get-test/Symptom-free-test/>
- akhtar 'adawat aliakhtibar almanziliat min markaz aliakhtibar 'aw min alsaydaliat almahaliyat , 'aw
- atlub eabr al'iintarnit ealaa: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

'iidha kunt tasheur bitueik

'iidha kunt mrydana , ahsul ealaa akhtibar tafaedul albulimiraz almutasalsilu. lihajz akhtibar PCR , atasal ealaa 119 mjanana 'aw ahjiz eabr al'iintirnit ealaa: <https://www.gov.uk/get-coronavirus-test>

'ahamu 'aerad fayrus kuruna (kufid -19):

- sueal mustamirun jadid w / 'aw
- artifae fi darajat alhararat w / 'aw
- fuqdan 'aw taghayur fi hasat altadhawuq 'aw alshami altabieia (fiqdan alsham).

bialnisbat limuezamalnaas , sayakun fayrus kuruna (kufid -19) mrdana khfyfana. 'iidha zaharat ealaa tiflik 'aerad , fayumkinuk talab almashurat min NHS 111 ealaa <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-ladayk-aerad-fayrus-kuruna/> 'aw ean tariq alaitisal biraqm 119.

tafadalu biqabul fayiq alaihtirami,

mat 'ashtun

mudir alsihat aleama