



REPUBLIC OF NAMIBIA

TARESA KHA A CORONAVIRUS TAMAS KA IO COVID-19?

#Hitlōs hīa #gūro!nās ase Hōasoreb !nā 2019 Ilī kuri khoen di ūgu !nā ge llgausens. llAu khama ī sō!ōa-i tamas ka-io #gau#gau !gau-i ge nētses kose a !khai tsī hō#ūisa tama hā. Nausa i ge a !lkhā !nī !nōa khama i tsāsigu tsī !ae-ai !nōan, māsib ta llgau kami !ae!khōhe llkha !khaisa.

#CoronaVirusNam #StayHome #Covid19nam #LockdownNam #StopCoronaVirusNam

COVID-19 SA MATI RA KHORA#ŪIHE?



#Āb khoe-i dib hīa khoe-i ga a !hoa, llui tamas ka io ra tsī soab ai ra llnāb !nā-ū.



Kaise !gūsets ka khoe-i !kha tsā!khagu tamas ka io lom tawedegu soab ai.



!Nīsits ga khoetsa xu-i di #gapab aillgause, daos !hui-ams, tāb tsī !nī!nīsa xūn hīa nē virus xa tsā!khāhe hā !naina a tsā!khā soab ai.

llGAUllGAUDI TSĪ !AE-ĪSIGU CORONA VIRUS TAMAS KA IO COVID-19'S DIGU.



38°C tsī !nās xa !nāsa soros di !gammi.



#Nāsa tamas ka io !hai lluib.



!Oms di !gomsib tamas ka io !gomsets ta !om soab ai.

MATI DA CORONAVIRUS TAMAS KA IO COVID-19 SA HŌS DI !AO!ĠĀBA A !IKHAE!IKHĀ?



!Gam-disi !gāurogu di !laeba !omga !khoera llgam-i !naga sē-i !khā llā re tamas kai o !omga #au-xūi-e ūhā sēllgam-i !khā llā re.



!Gam meterkha !nūsiba sats tsī naukhoen tsīn !laegu ūhā re.



llUi tamas ka iots ka tsī soab ai ams tsi #guis tsīra lunib !khā llkhae re tamas kai o tsaura !omanai+khaniroba sīsenū-re.



Aisa tsā!khāsa #gōsen tamas ka io !ūisen re, !ō-aisase mūdi, #guidi tsī ams tsīna.



MARI-O-!NĀ llĀ!lAPA !ĠŌAS: 0800 100 100



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