ܐܝܟܢ ܠܡܠܒܫܐ ܚܕܐ ܦܪܨܘܦܬܐ ܕܦܐܬܐ

How to wear a face mask – Assyrian

There are two types of face masks you can use: cloth masks and surgical masks. Cloth masks are made of washable fabric and can be re-used.

ܐܝܬ ܬܪܝܢ ܓܢ̈ܣܐ ܕܦܪܨܘܦܝܬ̈ܐ ܕܦܐܬܐ ܕܡܨܝ ܒܗ̇ ܕܡܦܠܚܝܬܘܢ ܠܗܘܢ: ܦܪܨܘܦܝܬ̈ܐ ܕܩܘܡܫܐ ܘܦܪܨܘܦܝܬ̈ܐ ܕܒܝܬ ܐܣܝܘܬܐ. ܦܪܨܘܦܝܬ̈ܐ ܕܩܘܡܫܐ ܥܒܝܕܐ ܐܢܐ ܡܢ ܩܘܡܫܐ ܕܡܨܝ ܕܡܬܚܠܠܐ ܘܡܨܝ ܕܗܘܝܐ ܡܦܠܚܬܐ ܚܕܬ ܙܒܢܐ.

ܠܡܥܢܝܢܐ ܡܘܕܥܢܘܬܐ ܙܘܕܢܝܐ، ܡܣܟܘܢ ܠܗܘܢ: DHHS.vic - ܦܪܨܘܦܝܬܐ ܕܦܐܬܐ 11.59 ܦܠܚܐ ܕܠܠܝܐ ܐܝܪܚ ܕܬܡܘܙ 22
<https://www.dhhs.vic.gov.au/face-masks-covid-19>

ܠܒܝܫܘܬܐ ܕܚܕܐ ܦܪܨܘܦܬܐ ܕܦܐܬܐ ܝܢ ܟܐܢܐ ܡܛܠܬܘܢ، ܘܐܦ ܠܚܘܫܒܬܘܢ، ܠܡܢܛܪܬܐ ܕܐܢܫܐ ܚܢܝܢܐ ܠܡܘܠܕܢܐ ܘܠܡܚܣܢܘܬܐ ܡܢ ܟܘܪܗܢܐ (COVID- 19).

ܝܢ ܠܐ ܡܨܝܬܘܢ ܚܕܐ ܦܪܨܘܦܬܐ ܕܦܐܬܐ، ܐܝܬ ܒܝ ܠܐ ܐܚܪܬܐ ܕܡܦܠܚܬܐ ܕܦܐܬܐ ܕܡܨܝ ܒܗ̇ ܕܡܦܠܚܝܬܘܢ ܠܗܘܢ، ܐܝܟ ܡܬܠ ܫܪܦܬܐ ܝܢ ܚܕܐ ܦܬܝܟܬܐ ܕܒܩܠܐ.

ܡܚܠܠܘܢ ܠܗܘܢ ܐܝܕܘܬܟܘܢ ܡܢ ܩܕܡ ܕܠܒܫܝܬܘܢ ܠܗ̇ ܦܪܨܘܦܬܐ.

ܐܝܢܩܘܬܐ ܠܗ̇ ܕܦܪܨܘܦܬܐ ܡܟܣܝܐ ܠܗܘܢ ܢܚܝܪܘܟܘܢ، ܘܦܘܡܘܟܘܢ، ܘܕܐܠܝܩܘܬܐ ܠܗ̇ ܚܒܝܩܐܝܬ ܥܠ ܦܬܘܟܘܢ ܘܒܝܬ ܓܒ̈ܐ ܕܢܚܝܪܘܟܘܢ، ܘܥܒܪ ܦܬܝ̈ܐ ܕܦܬܘܟܘܢ.

ܠܐ ܩܪܒܝܬܘܢ ܒܠܒܘܫܐ ܕܦܪܨܘܦܬܐ ܟܕ ܠܒܝܫܬܘܢ ܠܗ̇.
ܝܢ ܩܪܒܝܬܘܢ ܒܦܪܨܘܦܬܐ، ܡܚܠܠܘܢ ܠܗܘܢ ܘܡܢܓܒܘܢ ܠܗܘܢ ܐܝܕܘܬܟܘܢ ܚܕܬܐ.
ܠܐ ܫܒܩܝܬܘܢ ܠܗ̇ ܦܪܨܘܦܬܐ ܕܡܬܬܠܝܐ ܒܩܕܠܘܟܘܢ.

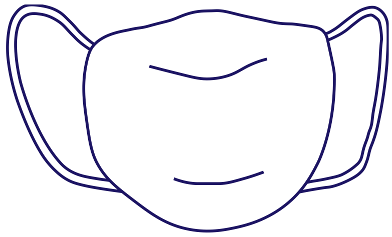
ܠܫܩܠܬܗ̇ ܦܪܨܘܦܬܐ، ܦܪܡܬܐ ܚܙܝܘܢ ܠܗܘܢ ܝܢ ܡܢܓܒܘܢ ܠܗܘܢ ܐܝܕܘܬܟܘܢ.

ܒܡܫܠܘܢ ܠܗ̇ ܦܪܨܘܦܬܐ ܒܦܬܟܬܘܬܐ ܒܕܒܩܬܐ ܒܐܝܕܬܘܬܐ ܕܐܠܐܢܝܬܐ ܝܢ ܒܚܕܡܬܐ ܕܡܚܠܠܐ. ܩܐ ܐܝܢܐ ܦܪܨܘܦܝܬ̈ܐ ܕܐܝܬܠܗܘܢ ܚܕ ܙܘܓܐ ܕܡܚܠܠܐ، ܦܕܩܬܐ ܚܕܘܢ ܠܗ ܡܚܠܠܐ ܦܪܨܘܦܐ، ܘܚܕܐ ܠܡܚܠܠܐ ܠܚܒܝܫܐ.

ܝܢ ܦܪܨܘܦܬܘܢ ܐܝܬܠܗ̇ ܡܦܠܚܢܝܬܐ، ܒܡܫܠܘܢ ܠܗܘܢ ܘܡܢܓܒܘܢ ܠܗܘܢ ܠܟܠܗ ܝܘܡܐ.
ܡܠܘܦܘܢ ܠܗ̇ ܦܪܨܘܦܬܐ ܘܦܬܚܘܢ، ܠܐ ܡܕܝܩܝܢ ܠܗ ܒܝܬ ܡܚܠܠܐ ܝܢ ܠܗ ܚܕܐ ܒܡܫܐ ܕܝܘܡܬܐ ܝܢ ܠܗ ܚܕܐ ܒܡܫܐ ܕܡܫܬܕܪܢܝܬܐ ܡܦܠܚܢܝܬܐ ܕܥܠܬܐ ܡܚܠܠܐ. ܦܪܨܘܦܝܬܐ ܕܦܘܪܫܢܐ ܕܝܢ ܩܐ ܡܘܦܩܝܢܐ ܐܚܪܢ ܚܕܐ ܐܝܟܐ ܐܝܟܢ ܕܩܐܬܐ ܡܘܦܩܢܐ ܒܡܫܬܕܪܢܘܬܐ.

ܡܚܠܠܘܢ ܝܢ ܡܢܓܒܘܢ ܠܗܘܢ ܐܝܕܘܬܟܘܢ ܡܢ ܒܬܪ ܫܩܠܬܐ ܕܦܪܨܘܦܬܐ.

ܦܪܨܘܦܬܐ ܠܗܘܢ ܡܟܣܝܢܐ ܕܦܐܬܐ ܡܚܘܕܝܐ ܡܢ ܩܘܕܡ ܕܩܐܡܝܬ ܠܗ ܡܚܠܠܐ ܐܚܪܢܐ (60 ܕܩܝܩܐ ܝܘܡܝܐ) ܒܡܫܐ ܝܢ ܒܡܫܐ ܕܡܚܠܠܐ. ܠܐ ܡܦܠܚܝܬܘܢ ܠܗ̇ ܦܪܨܘܦܬܐ ܕܦܐܬܐ ܕܐܢܫ̈ܐ ܐܚܪ̈ܢܐ ܘܠܐ ܫܒܩܝܬܘܢ ܕܐܢܫ̈ܐ ܐܚܪ̈ܢܐ ܡܦܠܚܝܠܗ̇ ܦܪܨܘܦܬܘܟܘܢ ܕܦܐܬܐ.



ܡܦܪܫ ܠܐ ܚܕܐ ܕܗܘܝܬܘܢ ܝܕܥܐ ܐܦܬܝܐ

- ܡܚܠܠܘܢ ܠܗܘܢ ܐܝܕܘܬܟܘܢ ܙܕܘܩܐܝܬ
- ܗܘܘܢ 1.5 ܡܬܪܐ ܪܚܝܩܐ ܡܢ ܐܢܫ̈ܐ ܐܚܪ̈ܢܐ
- ܦܠܘܚܘܢ ܕܟܬܒܝܬܘܢ ܡܘܣܝܐ ܐܦܐ ܕܡܢܝܬܘܬܘܢ ܦܬܚܬܐ ܡܢܐ.
- ܩܘܡܘܢ ܠܗ ܒܝܬܐ ܝܢ ܠܐ ܗܘܝܬܘܢ ܒܪܝܐܐ ܒܡܘܠܟܢܐ ܫܠܝܐ.

To receive this document in another format email Public Health branch <public.health@dhhs.vic.gov.au>.

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
© State of Victoria, Australia, Department of Health and Human Services, 24 July 2020.
Available at DHHS.vic – Coronavirus (COVID-19) <https://www.dhhs.vic.gov.au/coronavirus>

VICTORIA State Government | Health and Human Services