

# MELBOURNE FI MITCHELL SHIRE MANA TURI

Qoqqobbiin mana turuu amma Melbourne fi  
Mitchell Shire irra kaayamee jira.

Sababoota 4 qofaaf manaa deemuu danda'ama

Nyaata bitachuu fi dhiheessii si barbaachisuuf  
Kunuunsaa fi gargaarsa kennuuf  
Sochii qaamaa

Dalagaa fi barmootaaf, yoo mana irraa hojjachuu hin dandeesu tahe



**Yoo mallattoo dhukubaa qabaatte, laalami.**

GARGAR TURUUN WALITTI  
QABEE NU EEGA

Qoqqobbii yeroo ammaa hundaaf [coronavirus.vic.gov.au/oromo](https://coronavirus.vic.gov.au/oromo) laali.

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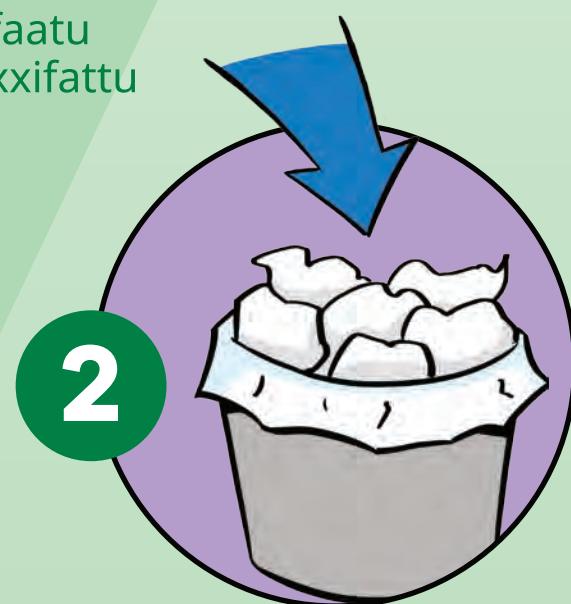
# Tiksi Lubbuu teetiifii Maatii kee

## Hagoogi qufaa keetiifii haxxisoo kee



1

**HAGOOGI** afaan keetiifii  
funyaan kee tishuudhaan  
yaroo qufaatu  
yakaa haxxifattu



2

Kaayi Tishuu ittiin  
fayadamte **QODA**  
qushaashaa keysa



3

Yoo kan tishuu hin qabaanne  
taaate, dachaatuu bobaa keetiitti  
yokaa Ciqilee keetiitti Qufai, **HARKA  
KEETITTI HIN QUFAIN**



4

**DHIQI** harka kee saamunaan bishaan  
yaau jalatti. Goggogsi harka kee akka  
gaaritti Waraqaa goggosaatiin yokaa  
goggogsituu harkaatiin.

Germisiirraa of eegii fayyaaleesa tahii jiraadhu.

# YOO MALLATTOOLEE KANNEEN QABAATTE ILAALAMI



Dhagna gubaa  
(layida)



Furrii



Dhukkubbii  
laagaa



Qufaa



Dhaamocha  
yookaan dafqa



Afuura  
kuta



Foolii yookaan  
dhandhama  
dhabuu

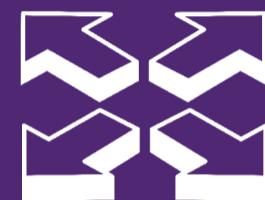
GARGAR	TURUUN
WALITTI	QABEE
NU	EEGA

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[coronavirus.vic.gov.au/Oromo](https://coronavirus.vic.gov.au/Oromo) laali.

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# KARAA SADEEN FAYYAA TEE ITTI EEGACHUU DANDEYSU



Yoo mallattoo  
dhukubaa qabaatte  
mana turi.

Yeroo hunda  
harka kee  
dhiqadhu.

Yeroo ala baatu  
namoota kaan irraa  
meetirii 1.5 irraa  
hiiqi.

GARGAR	TURUUN
WALITTI	QABEE
NU	EEGA

**Bakka itti ilaalamtu beekuuf,  
coronavirus.vic.gov.au/Oromo laali.**

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# Akkaataa maaskiin fuulaa itti uffatamu

## How to wear a face mask – Oromo

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.

Maaskiwwan fuulaa kan isin fayyadamuu dandeessan gosa lamatu jira: maaskiwwan huccuu fi maaskiwwan sarjarii. Maaskiwwan huccu uffataa miiccamu danda'uu irraa hojjetamu akkasumas deebi'anii fayyaduu ni danda'u.

Odeeffannoo dabalataatiif [DHHS.vic – huguuggiwwan fuulaa - 11.59pm Roobii Adoolessa 22](https://www.dhhs.vic.gov.au/face-masks-covid-19)

<<https://www.dhhs.vic.gov.au/face-masks-covid-19>>



**Maaskii fuulaa uffachuun vaayirasiikorona (KOVID-19) irratti gufuu dabalataa ta'uudhaan isinii fi hawaasa keessan dhibee kanarrraa eega.**

**Yoo maaskiin fuulaa hin argamu ta'e, tarii waantoonni haguuggii fuulaa biroo kanneen akka iskaarfii yookiin uffarmaas fayyaduu malu.**



Maaskii uffachuun dura harka keessan dhiqadhaa.



Akka funyaan, fuula akkasumas banaa tokko malee areeda keessan jala, funyaan keessan gubbaa fi maddiwwan fuula keessanii haguuguu isaa mirkanoeffadhaa.



**Yeroo uffattanitti fuuldura maaskiicha hin tuqiinaa.**

Yoo maaskicha tuqtaniittu ta'e, battalumatti harka keessan bisaanii yookiin saanitaayizariidhaan dhiqadhaa. Maaskichii morma irratti hin rarraasiinaa.



Maaskicha of-irraa baasuf jalqaba harkaa keessan dhiqadha yookin sanitayiz godhaa.

Of-eeggannooodhaan qabduuwwan gurraa qabuun yookin hiikuun of irraa baasaa. Maaskiwwan hidhaa lama qabaniif, jalqaba isa jalaa achiin isa gubbaa hiikaa.

Yoo maaskiin keessan xurii of irraatti qaba ta'e, of-irraa baasaatii gataa.

Maaskicha dachaasaati kallattiidhumaan laawondarii keessa yookin korjoo miiccamuu danda'u yookin gatamuu danda'u keessa galchaa.



Erga maaskii of irraa baastanii booda harka keessan dhiqadhaa yookin saanitaayi godhaa.

Huccuu haguggiwwan fuulaa guyyaa hunda bisaan ho'aa (60°C) ta'een saamunaa yookin qulquelleessituu laawondarii fayyadamuudhaan miiccaa.

Maaskii fuulaa tokko namoota biro waliin hin fayyadamiinaa.

## Waanti gochuun isin barbaachisu

- Harkaa keessan yeroo yeroon dhiqadhaa
- Namoota biroo irraa meetira 1.5 fagaadhaa
- Yoo mallattoowwan salphaa illee qabaattan, qoratamaa
- Yoo fayyumman sinitti hin dhagahamu ta'e manaa keessa turaa.



To receive this document in another format [email Public Health branch <public.health@dhhs.vic.gov.au>](mailto:Public.Health.branch@dhhs.vic.gov.au).

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Available at [DHHS.vic – Coronavirus \(COVID-19\) <https://www.dhhs.vic.gov.au/coronavirus>](https://www.dhhs.vic.gov.au/coronavirus)



# Karaa gargaarsa ittiin argachuu dandeysu yoo kan nagaya dhabni sitti dhagahamu taate, yokaan yaaddoftee cinqamte yaroo dhukubni Korona Vayrasi (COVID-19) jiru kana keysatti

Yoo dhukuba Korona-Vayrasi (COVID-19) ka qabdu sitti fakkaate, bilbila dhukuba Koroona-vayrasii kannaratti bilbili **1800 675 398** (Za'aa 24).

Yoo nama afaan sii hiiku barbaadde, bilbila **TIS National 131 450** irratti bilbilii bakkoota tajaajila kennan kan asirriati tarreesame Kanaan akka wal si qunnamssiisan gaafadhu

Yoo haala muddamsiisaa tahe **000** bibili

## **Garagaarsa dandamata hatattamaa**

Gargaarsi dandamata hatattamaa namoota of hin dandeenyefii kanneen sababa dhukkuba Korona-Vayrasi (COVID-19) niif jecha adda of baasuun dirqama itti taateef hin kennamaaf, gargaarsa kennamuuf kana keysa nyaataafii waan tajaajila mataa ilma namaatiif barachisuutu keessa jira, namoota nyaata gayaa hin qabne yokaa nyaatumaayyuu hin qabneefii namoota maatiifii hiriyoota isaan gargaaru hin qabneefiis gaargaarsi kun ni kennamaaf. Gargaarsa kana gaafachuuf Jiraataa dhaabbataa Australia tahuun sin barabaachisu

Bilbila dhaabbataa kan dhukuba Korona-vayrasi Kana bilbili **1800 675 398**.

## **Karoora nagaya keetii qopheefadhu yoo mana kee kee keysatti kan nagaya hin qabne taate**

Jeequmsi yokaan mana keysatti reebamuun saalummaaratti hundaawe yoomiyyuu fudhatama hin qabu. Jeequmsa maatiitiifii reebbaa qunnamtii-saalaa laalchisee dhaabban si garagaaruutu jira yaroo balaan dhukuba korona-vayrasii (COVID-19) kana keysatti

Yaroo naga'a ta'u keetiif sii mijjaauuti, qunnamo yokaa nama beytu tokkoon naaf qunnamo jedhiin [Safe-steps](#) biilbila Kanaan **1800 015 188** (Za'aa 24 guyyati, guyyaa 7 torbaanitti) yokaa Email Kanaan [safestep@safesteps.org.au](mailto:safestep@safesteps.org.au)

Dhaabboowan gargaarsaa dubisi Karoora nagaya keetii mala dhawachuuf.

Shaanxaa/ baaga hatatamaa keysa kaayadhu, Xalayaalee barbaachisaa, kan akka Baasaboortii fii ufata, yoo tarii hatamatti bahuun si barbaachiseef, hiriyoota kee bira turfachu dandeysa

Mana kee keysaa baate gargaarsa barbaadachuu ni-dandeessa. Adabni sitti hin kennamu rakkoon sirra gahuus hin jiru mootummaarraa. Yoo boolisiin karaarratti si dhaabde, hubachiisi akka nagaya dhabni mana keysaa sitti dhagayamaa jiru.

Namoota amantuufii kanneen walitti dhihaatan waliin hiriiroo qabdu jabeefadhu waan siyaachissaa tiifi kan sitti dhegahumuus waliin haasa'i.

Jecha nagayaa tokko yokaa alaamaa siifii maatiin kee yokaa hiriyoonni kee waliin beytaniin fayyadami. Yaroo jecha kana jette akka gargaarsa si barbaachisu beekuu waan danda'aniif boolisii yokaa gargaarsa hatatamaa siif yaamu

## Yaaddoofii muddamni sammuu namatti dabalamuu

Yaaddawuu fii mudaamuun waanuma jiraati yaroo akanaa kana keysatti. Nyaata fayyaa keetiif gaarii nyaachuudhaan sochii qaamaa gochuufii ammallee hirriiba gahaa argachuudhaan fayyaa sammuu keetii eegachuun baayye barabaachisaadha.

**Beyond Blue** gorsaafii tajaajila kanarratti kenna [beyondblue.org.au](http://beyondblue.org.au) ammallee gargaarsa jeequmsa sammuu yaroof siif godhuu danda'an bilbilaafii haasawa webchat jedhamuun bilbila kanarratti **1300 224 636**.

**Lifeline** dhaabni je'amu gorsaafii qajeelfama kenna, dabalatee gargaarsa yaroo muddamsatiifii gargaarsa dura dhaabbannoo if ajjeechaatiis kenna. Bilbilli **13 11 14**

Maxxansaa kana bifa laafaa taheen argatuuf Email asitti ergi [Emergency Management Communications <em.comms@dhhs.vic.gov.au>](mailto:Emergency Management Communications <em.comms@dhhs.vic.gov.au>).

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ISBN 978-1-76069-381-7 (pdf/online/MS word)

Bakki inni itti argamu [About Coronavirus \(COVID-19\) < https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19>](https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19)

How to access support if you feel unsafe, stressed or anxious during coronavirus – Oromo



# Coronavirus (COVID-19) ilaalamuu

Gaaffii yoo qabaatte toora gargaarsa bilbilaa coronavirus (COVID-19), sa'aa-24 kan dalagu 1800 675 398 irratti bilbili.

Coronavirus ilaalamuuf eessa deemuu akka dandeessu beekuuf toora gargaarsa bilbilaa coronavirus 1800 675 398 irratti bilbiluu dandeessa yookaan <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19> laali.

Afaan hiikaa (afaan deebisa) yoo barbaadde jalqaba 131 450 bilbili, sana booda toora gargaarsa bilbilaa coronavirus gaafadhu yookaan akka mar-sariitee (website) irra siif laalan gaafadhu.

Kan afaan kaanitti hiikame baay'ee isaa asii arguu dandeessa <https://www.coronavirus.vic.gov.au/translations>.

## Coronavirus ilaalamuun namoota Victoria keessaa, kunis bartoota biyya alaa irraa dhufan (international students), koolu-gaafattoota (seeking asylum) yookaan kanneen biyya do'achuuf ala irraa dhufanii as jiran dabalee hundaaf tola kennama.

Coronavirus ilaalamuun hundaaf tola kennama. Kunis namoota Medicare hin qabne, kan biyya do'achuuf ala irraa dhufanii as jiran, bartoota biyya alaa irraa dhufan, hojetoota godaantota (migrant workers) fi koolu-gaafattoota.

Yoo mallatoon dhukkubbii sitti dhagahame, iddo itti aanee jiru kanneenitti tola ilaalamuu dandeessa:

- Hospitaala Victoria Kilinika Qorannoo Afuur-baasata Jarjarsaa (Acute Respiratory Assessment Clinic)
- Giddu-galeessa Fayyaa Hawaasaa Kilinika Qorannoo Afuur-baasata Jarjarsaa (Community Health Centre Respiratory Assessment Clinic)
- Kilinika-karaa irraa (drive-through clinic) bakka gabaa
- Kilinika-milaa (walk-through) baadiyaa.

## Coronavirus eenyutu ilaalamuu qaba?

Mallattoolee kanneen yoo qabaatte coronavirus ilaalamuu qabda:

- Qaama gubaa (layida) (Fever)
- Qorrisiisaa (dhaamochiisaa)
- Qufaa
- Dhukkubbii laagaa keessaa
- Afuura-kuta
- Furreessa (furrii)
- Fooliin namatti dhagahamuu diduu (Funyaan nama diduu)

Yoo mallattooleen kun sitti hammaataa miti tahes ilaalamuu qabda.

## Yeroo ilaalamtu maaltu taha?

Yeroo ilaalamtu waraqaan kan eenyummaa kee ibsuu fi akkamiin akka si qunnamuun danda'amu gaafatamta. Medicare hin qabdu yoo tahe, waan eenyummaa kee ibsu, fakkenyaaf kan akka hayyama konkolaachisaa, passport, kaardii geejjibaa yookaan waraqaan eenyummaa barataa qabadhuu kottu. Kilinikiin ati itti ilaalamtu gosa visa keetii beekuu hin barbaachisu.

Neersii, doktora fayyaa yookaan hoggeessota fayyaatiin coronavirus ilaalamta. Laagaa kee gara duubaa fi funyaan kee keessaan haxaawanii ilaalu. Daqiqaa tokko yeroo hin caalle keessatti ilaalamta.

## Coronavirus eega an ilaalamteen booda qofaatti of baasuun qabaa?

Yoo mallattoo qabaatte hanga itti-baha qorannoo keetii argatutti qofaatti akka adda of baastu doktorri yookaan hojjetootni fayyaa sitti himu. Kana jechuun akkuma ilaalamteen daftee gara manaa deemtee hanga itti baha qorannoo keetii argatutti mana turta jechuu dha.

Dokotorri fayyaa yookaan kilinki ati itti ilaalamte itti baha ilaalamuu keetii coronavirus qabaachuu (positive) yookaan akka hin qabne (negative) sitti himan.

## Itti-baha ilaalamuu argachuuf yeroo hangam fudhata?

Ilaalamtee itti-baha isaa argachuuf yeroo hedduu guyyaa 1 hanga 3 fudhata. Yoo namoota baay'eetu ilaalamte tahe tarii hanga guyyoota 5 fudhachuu danda'a.

Waa'ee itti baha ilaalamuu keetii irratti yoo gaaffi qabaatte kilinka yookaan hospitaala itti ilaalamte quunnami.

Yoo kilinika karaa irraa (drive-through) bakka gabaatti ilaalamte tahee fi itti baha ilaalamuu keetii argachuuf guyyaa 5 caalaa eegde yoo tahe toora gargaarsa bilbilaa coronavirus sa'aa-24 hojjetu 1800 675 398 irratti itti bilbili.

Gartuun keenya itti baha ilaalamuu keetii akka argattuuf si gargaaru. Kiliniki- karaa irraa (drive-through) bakka gabaa itti baha ilaalamuu keetii argachuu si hin gargaaran, kanaaf, itti baha ilaalamuu keetiif isaan hin quunnamini.

Yoo dhukkuba irraa qulqulluu taate illee itti-bahi ilaalamuu keetii sitti himama. Yoo dhukkuba qabaachuun kee beekames namni tahe Department of Health and Human Services irraa odefannoo dabalaan argachuu fi maal godhchuu akka qabdus sitti himuuf si quunnama.

Maxxansaa kana argachuuf email kan ati itti ergitu [Emergency Management Communications](#) <em.comms@dhhs.vic.gov.au>.

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ISBN/ISSN 978-1-76069-423-4 (online/print)

Available at [Translated resources - coronavirus disease \(COVID-19\)](#) <<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>



# Coronavirus (COVID-19)

## Laalamuun, yeroo hin fudhatu, miidhaa hin qabu, saphlaa dha

Coronavirus (COVID-19) laalamuun yeroo hin fudhatu, miidhaa hin qabu, saphlaa dha – Oromo

Odeeaffannoon kee coronavirus (COVID-19) laalamuu qofaaf fuudhama.

- **Nuti** haala kireefatinaa (tenancy) kee yookaan gosa hayyama visa kee beekuu hin barbaadnu.
- **Laalamuun** coronavirus qofa.
- **Nuti** maqaa, guyyaa dhalootaa fi lakkoofta bilbila kee si gaafanna, yoos itti-baha laalama kee sitti himuu dandeenya.
- **Nuti** waa'ee kee odeeffannoo sirrii qabaachuu keenya beekuuf waraqaa eenyumaa kan fakkoo kee of irraa qabu si gaafanna.
- **Nuti** si laalla. Neersiin haanxaa jibrii of irraa qabuun laagaa fi funyaan kee keessaa fuudhanii akka laalamu godhu.
- **Nuti** hanga danda'ametti daddafiidhaan itti-baha isaa sitti himna.
- **Ati** yoo coronavirus qabaatte mana turi, nutis si gargaarra.
- **Yoo** ati coronavirus qabaatte, nyaata, dhiheessii fi maallaqa si barbaachisuun si gargaarra.



**Laalami, nageenya ofii kee, maatii fi kan hawaasa kee eegi.**

Odeeaffanno caaluuf **DHHS.vic – Coronavirus (COVID-19)**

<<https://www.dhhs.vic.gov.au/coronavirus>>

Toora gargaarsa bilbilaa Coronavirus 1800 675 398 (sa'aa 24). Afaan hiikaaf 0 rukuti.

Duwaa Sadeen (000) haala sardamaa qofaaf dhimma bahi

Waraqaa kana bifaa birootiin argachuuf 1300 651 160 bilbili National Relay Service 13 36 77 yoo barbaachise, yookaan [Emergency Management Communications](mailto:Emergency.Management.Communications) ergi <em.comms@dhhs.vic.gov.au>.

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# Akkaataa maaskiin huccuu ittiin hojjetamu

Design and preparation of cloth mask – Oromo

**Maaskii huccuu kana hojjechuudhaaf waantonni isin barbaachisan:**

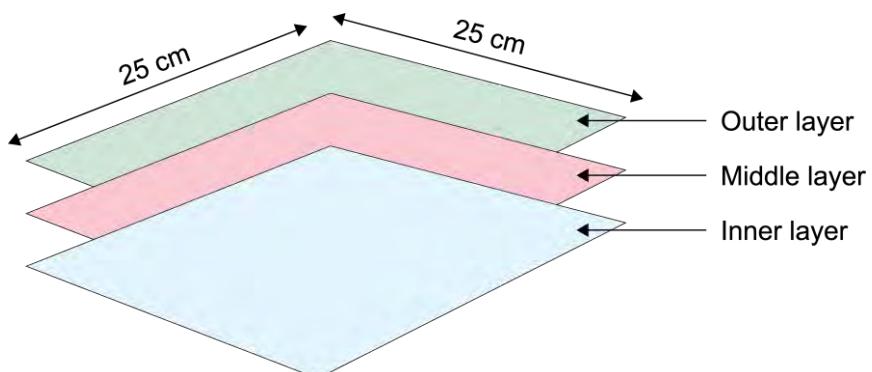
Qabiyyee	Baay'innaa fi bal'inoota	Gosa meeshaa	Meeshaalee fakkeenyaa
Ala	Muraa 1, 25 cm x 25 cm	Huccuu bishaan of keessa hin dabarsine (polyester/polypropylene)	<ul style="list-style-type: none"> <li>• Uffata</li> <li>• Boorsaawwan daldalaa 'magariisa' kan deebisamee fayyaduu danda'u</li> <li>• Uffannaa si'aawaa (kan dafee gogu)</li> </ul>
Gidduu	Muraa 1, 25 cm x 25 cm	Wal-maka huccuu (wal-maka jirbii polyester / polypropylene)	<ul style="list-style-type: none"> <li>• Baqqaana irra deebii kan:</li> <li>• uffannaa yookiin</li> <li>• boorsaawwan daldalaa 'magariisa' kan deebisamee fayyaduu danda'u.</li> </ul>
Keessoo	Muraa 1, 25 cm x 25 cm	Huccuu bishaan ofitti xuuxu (Jirbii)	<ul style="list-style-type: none"> <li>• Uffannaa</li> </ul>
Qabduuwwan gurraa	Muraawwan 2, 20 cm hundi isaanii	Kan harkifamu yookiin kirrii yookiin laastikii huccuu	<ul style="list-style-type: none"> <li>• Qomee</li> <li>• Kirrii hiituu kophee</li> </ul>

**BARBAACHISAA:** Meeshaaleen hundi kan hin citne fi kan duraan hin uffatamne, baay'ee qal'aa yookiin keessa saaniitti kan uraa hin qabne ta'uun isaanii mirkaneessaa. gosa mi'ichaa mirkaneessuuf mallattoo adda baastuu waantotaa ilaala. bal'inni meeshichaa tilmaamaa fi giddugaleessaan gita ga'eessaatiin ta'uun qaba.

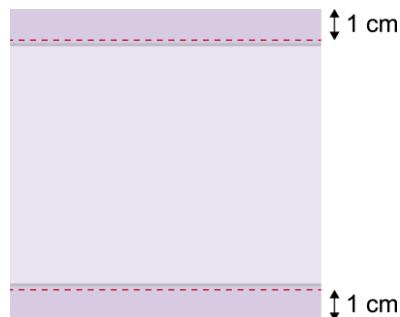
## Tartiibota

- A. Huccuu hunda rog-afreewan 25 cm x 25 cm ta'an sadii mummuraa.

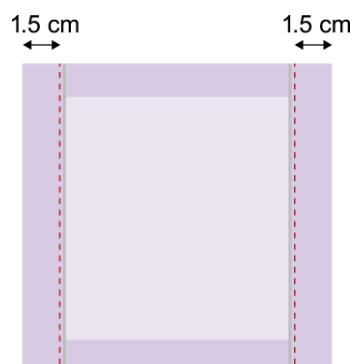
Kunis baqqaanota alaa, gidduu fi keessaa ta'a.



- 
- B. Qarqara gubbaa fi jalaatiif uffaticha 1cm'n dachaasaatii fiixa isaa irratti hodhaa (sararoota tuqaa diimaa ilaala).**

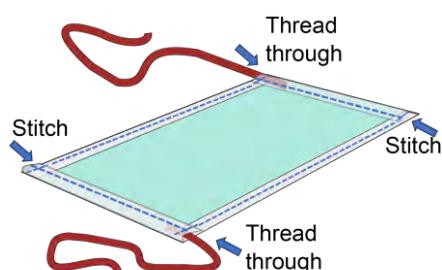


- 
- C. Qarqara cinaa meeshichaa gama lachuun 1.5 cm dachaasaatii fiixa isaa irratti hodhaa (sararoota tuqaa diimaa ilaala).**

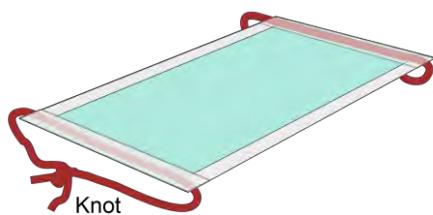


- 
- D. Laastikii, kirrii yookiin funyoowwan 20 cm dheeratan karaa uraa isa bal'aa gama lachuunu keessa baasaa.**

Keessa baasuudhaaf lilmoo qabduu yookiin lilmoo dheeraa fayyadamaa.

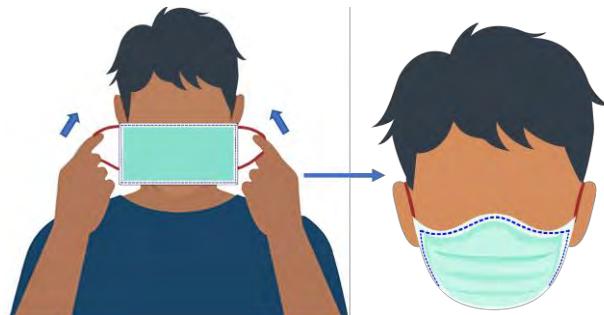


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- E. Fiixeewan laman sirittiin walitti hidhaa yookiin hodhaa.**

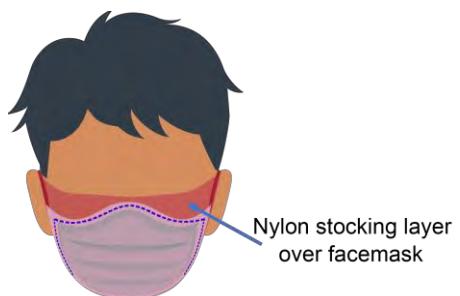


F. Maaskii of-eeggannoodhaan  
uffadhaa akka maaskichi fuula  
keessan siritti guutuuf.

Yeroo uffattan baqqaana isa  
alaa harkaan hin tuqiinaa.



G. Mijaa'ina maaskii keessanii  
fooyyessuu yoo barbaaddan  
tuuttaa kirri (nylon stocking)  
maaskicha irratti dabalaatii  
duuba mataa irratti hidhaa.



To find out more information about corona virus and how to stay safe visit  
DHHS.vic – coronavirus disease (COVID-19)  
[<https://www.dhhs.vic.gov.au/coronavirus>](https://www.dhhs.vic.gov.au/coronavirus)

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit  
DHHS.vic –Translated resources - coronavirus (COVID-19)

[<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

For any questions

**Coronavirus hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only



To receive this document in another format [email Public Health branch](mailto:public.health@dhhs.vic.gov.au)  
[<public.health@dhhs.vic.gov.au>](mailto:public.health@dhhs.vic.gov.au).

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Department of Health and Human Services, 11 July 2020.