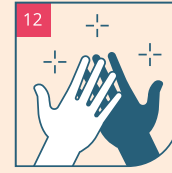
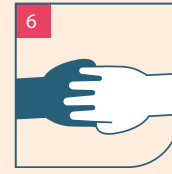
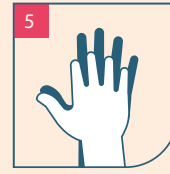
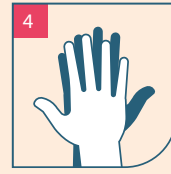


Как да си миете ръцете?

What is the best way to wash your hands?

ما هي الطريقة الجيدة لغسل اليدين؟

بهترین طریق شستشوی دست‌ها چیست؟



Мерки срещу разпространение на вируса

От 13 март в страната са обявени мерки за превенция на разпространението на вируса, които се изменят съобразно ситуацията и се променят динамично, за това е добре да следите информацията, която предоставяме в **фейсбук групата** :

„covid - 19 информация за бежанци / refugee info bulgaria“ – където ще предоставяме информация на арабски, английски и фарси за актуалното състояние и държавните мерки. Нашият екип от социални работници, културни медиатори, адвокат и психолог са **достъпни** чрез месинджъра на Facebook за лични консултации

Работното ни време продължава да е от 9:00 - 17:30 часа.

Телефони на арабски: 0888711030, 0876114161, 0886649697, 0878952691

Телефони на персийски 0885899254, 0898442108

Ако се намирате в региона на град Харманли, Хасково или Стара Загора, можете да се свържете с екипа на Фондация „Мисия Криле“ за повече информация и помощ на следните телефони: **арабски: 0898/358667; персийски: 0878/275479; български: 0897/653598**

Measures for the spreading of the virus

Since March 13, measures have been announced in the country to prevent the spread of the virus, which change according to the situation and change dynamically, so it is good to follow the information we provide in the Facebook group:

„covid - 19 информация за бежанци / refugee info bulgaria“ – where we will provide information in Arabic, English and Farsi on the current status and state measures.

Our team of social workers, cultural mediators, lawyer and psychologist are available via Facebook messenger for personal consultation

We are working from 9:00 - 17:30.

Phones in Arabic: 0888/711030, 0876/114161, 0886/649697, 0878/952691

Phones in Persian: 0885/899254, 0898/442108

If you are in the region of Harmanli, Haskovo or Stara Zagora, you can contact the Mission Wing Foundation team for more information and assistance at the following phones: **Arabic: 0898/358667; Persian: 0878/275479; English: 0897/653598**

What is the new coronavirus?

CoV is a new coronavirus strain. The disease, which was first identified in Wuhan, China, was named coronavirus 2019 (COVID-19).

How is COVID-19 transmitted?

The virus is transmitted by direct contact with an infected person during coughing and sneezing and by touching infected surfaces. COVID-19 can survive on surfaces for several hours, but ordinary disinfectants can kill it.

What are the symptoms of a coronavirus?

The symptoms are similar to those with the flu or common cold:

- ✓ fever
- ✓ cough
- ✓ shortness of breath

In more severe cases, the infection may cause pneumonia or difficulty breathing. Less commonly, the disease can have a fatal outcome.

How to avoid the risk of infection?

Here are some precautions you and your family can take to avoid getting infected:

1. Wash your hands frequently using soap and water or an alcohol-based hand gel
2. When coughing or sneezing, cover your face with your elbow folded or with a paper towel.
3. Avoid close contact with people who have cold and flu symptoms as well as public places (offices, schools, public transportation) to prevent it from spreading to other people.

ماذا يمثل الفيروس التاجي الجديد ؟

هو سلالة جديدة من الفيروسات التاجية و تم تسمية هذا المرض الذي تم تحديده لأول مرة في ووهان الصين بفيروس كورونا COVID-19 سنة 2019 .

كيف يتم نشر هذا المرض؟

ينتقل الفيروس عن طريق الاتصال المباشر مع شخص مصاب بهذا المرض من خلال السعال أو العطس أو بعض الأماكن المسطحة المصابة بالفيروس. COVID-19 يمكنه البقاء فوق الأماكن المسطحة لعدة ساعات ولكن يمكن إبادته مع استعمال بعض المطهرات المنزلية.

ما هي أعراض الفيروس التاجي (كورونا)؟

أعراض فيروس كورونا أو الفيروس التاجي هي مشابهة للزلات الصدرية العادية.

1-الحرارة المرتفعة.

2-السعال.

3-ضيق التنفس.

يمكن في بعض الحالات الصعبة ان تسبب العدوى التهاب في الرئتين وضيق في التنفس.

كيف نتجنب الابتعاد عن العدوى؟

اليكم ولعائلتكم بعض الاحتياطات التي يمكن اتخاذها للوقاية من العدوى.

1 غسل اليدين مراراً عديدة في اليوم بالصابون المطهر او الجل المركب من الكحول

2 تغطية الرأس بكوع اليد عند السعال أو العطس او استعمال المحارم الورقية .

3 تجنب الاختلاط مع الأشخاص الذين عندهم بعض الأعراض المرضية مثل الزكام او السعال او التجمع في الأماكن العامة مثل الشوارع، المقاهي العامة، والمكاتب و التنقل في المواصلات

ما العمل عند الشك بوجود أعراض فيروس كورونا COVID-19؟

1.عند الشعور بحرارة عالية أو السعال وضيق في التنفس , الاتصال مباشرة مع طبيب العائلة وفي حال وجود صعوبة في التحدث مع الطبيب المعالج

بسبب عائق اللغة , الاتصال مع المترجمين للدعم و المساعدة.

What should I do if you or your child has symptoms of COVID-19?

If you have a high fever, cough or have difficulty breathing - contact your doctor immediately. If you have a language problem, seek the support of our translators! We know that it is possible for people of all ages to become infected with the virus, but so far there are relatively few cases of COVID-19 in children.

Do I have to wear a medical mask?

The use of a medical mask is recommended if you have respiratory symptoms (coughing or sneezing) to protect others. If you have no symptoms, you do not need to wear a mask.