

Self Isolating if you are a contact

If you have been informed that you are a contact of a person who has had a positive test result for COVID-19, you must self-isolate at home for 14 days from the date of your last contact with them.

Isolation means staying at home - do not go to work, school, or public areas, and do not use public transport or taxis.

You are at risk of developing COVID-19 for the next 14 days. Since we now know that people can become infectious up to 2 days before symptoms begin, you could spread the disease to others if you do not go into self-isolation. Even if you never develop symptoms, you can still be infected and pass the virus on without knowing it.

You should not arrange for testing unless you develop symptoms of COVID-19. The most important symptoms are: a new continuous cough, a high temperature, a loss of, or change in, your normal sense of taste or smell (anosmia).

If you do not have symptoms of COVID-19, other people in your household do not need to self-isolate at home with you.

Take steps to reduce the possible spread of infection in your home: for example, wash your hands often for at least 20 seconds, using soap and water, or use hand sanitiser

Konkani

Self Isolation mhunche ekmulo ravoup

Tuka tor konem sanglem ki apleak COVID-19 hem duvens zallam ani tum tea munxea sangatak aslo vo tum teka meuvla vo betla zalear tuven gharan ek mullo chouvda dis ravunk zai. Jea disak tea munxeak tum nimano dis meuvla to dis dorun.

Ek mullo ravop mhunchem tujean chouvda dis kamank vochonk zaina, eskolak vochonk zaina vo loka modem bhovunk zainam anik bosinth vo taxinth bhovounk zaina.

Tum tor duvens zalolea mhunxeak mevlam zalear tuka hem duvens COVID – 19 chouvda disam modem zavunk sektam. Amkam atam kolit zalam ki hem duvens tujea anganth riglolem asa zalear dhon dis lagtam apleak kholit zauvpak dekunk noko zavun tum hem duvens dusreak dhivunk sekta zori tor tum ek mullo apleak khorinam zalear. Tujea hanganth goddeak hem duvens asa pun tuka kholit zavunk nam tum tednam hem duvens dusreak dhivunk sektam.

Tukam tor hea dhuvensachim khoslim khunam zavunk nam zalear tuvem bestench test book korunk favona. Tuka tor honkli marta, zor vo tap asa, kosloi vass eanam vo jevnacho vass vo jevnacho suvad dusrech bhaxin lagtam (anosmia) zalearuch tuven tem test book korchem.

Test kelea upran tuka tor COVID-19 hea duvensachi nixanni na zalear, tujea ghorcheanim ek mullim ravonk naka.

Punn kalzi ghevpachi chodd ghoroz ani hem duvens zata titem unnem korpak sogleanim bhogor bhogor sabvan aple hath duvunk zai, 20 ghoddi tori te udkan ghevun aplem hath duvunk zai ani sanitiser hathank lavunk zai.

Ani hem duvens COVID-19 pois korunk sogleari aplo souvkar diuncho

Dev bhorem korum