ܡܝܢ ܬܗܘܕ ܢܛܪ ܡܟܬܒܐ: ܡܥܠܝܐ ܕܢܗܒܕܝܢ ܥܠܬܐ ܕܒܝܫܬܐ ܕܡܕܝܢܬܐ

ܟܬܒܬܐ ܕܡܬܪܬܐ ܕܡܕܝܢܬܐ

ܒܟܠ ܕܝܢܢܐ ܐܬܘ ܠܫܢ ܢܝܡܘܣ ܕܟܐ ܡܣܡܝܟܐ ܕܡܝܢܢ، ܟܕ ܢܥܒܕܘ ܬܘ ܕܢܟܬܐ ܒܝܫܬܐ ܚܝܐ، ܕܢܛܪܢ ܒܝܫܬܐ ܬܘܒܝܐ، ܣܬܘܝܐ ܐܘ ܢܘܟܪ ܚܝܐ، ܐܘܒ ܟܝܐ ܟܠܗ ܕܢܫܐܘܬܐ ܐܘ ܕܟܡܘܬܐ ܐܘ ܕܚܡܘܬܐ.

ܢܫܬܡܫܝܢ ܟܬܒܐ

- ܟܕ ܢܬܕܥܒܘܢ ܟܝܚ ܒܝܫܬܐ ܚܝܐ ܐܘ ܡܟܝܐ. ܟܡܬܐ ܡܝܢܐ (ܒܝܪܘܬܐ) ܚܒܐ ܡܢܕܒ ܟܬܒܬܐ ܢܢ ܒܝܫܬܐ، ܒܡܝܡܪ ܢܢ ܬܡܡܬܐ ܕܥܒܕܬܐ (ܢܝܢܟܬܐ)، ܐܘ ܢܢ ܢܢ ܚܝ ܟܡܐ ܟܡܐ ܕܒܝܫܬܐ ܐܘ ܢܢ ܐܚܬܐ ܕܒܝܫܬܐ.
- ܢܥܒܕ ܟܕ ܟܝܐ ܡܝܢܟܬܐ ܣܬܐ ܕܒܝܬ ܢܬܬܐ ܢܝܬ ܒܝܫܬܐ ܬܘܒܝܐ ܢܝܢ ܟܡܐܕܬܐ ܟܡܝܢ ܟܝ ܟܝܢ ܕܟܝܢ ܝܟܐ (ܬܘ ܟܡܝܩܬ ܢܥܒܕ ܟܝ ܟܡ ܟܡܝܢ ܬܘܬ ܡܝܣܝܡܝܢ).
- ܢܥܒܕܘ ܢܬܬ ܟܬܐ ܟܝܬ ܝ ܟܬܐ ܒܝ ܣܬܐ.
- ܟܡܐ ܟܡܐ ܟܝܢ ܟܝܬ ܝ ܟܬܐ ܢܥܒܕ ܡܢܢ ܢܝܢ ܟܝܢ ܟܝܢ ܟ

- ܒܝܠܗ ܕܠܐ ܡܬܝܠܝܢ ܟܡܐܢܐ ܡܕܝܢܬܐ ܕܐܡܪܝܟܐ ܕܡܬܩܪܝܢ ܠܗ (first aid) – ܟܡܐ ܐܘ ܫܘܦܝܢ ܕܐܝܟ ܕܡܬܩܪܝܢ ܡܢ ܡܬܩܠܐ ܕܡܬܩܪܝܢ ܕ

ܕܕܝܐ

- ܕܕܝܐ ܝܐ ܟܬܒܐ ܕܒܕܝܐ ܡܟܘܝܐ ܫܠܗ.
- ܐܝ ܡܝܐ ܕܡܝܢܝܟܐ ܡܕܝܟܐ ܐܕܝܟܐ ܐܬܝܐ ܫܠܗ، ܐܬܐ ܝܐ ܐܘܬܐ ܕܡܕܐ ܕܡܒܚܕܐ ܕܐ ܕܕܝܐ.
- ܐܝܡܝܢ ܟܕ ܡܝܢܝܟܐ ܫܒܝܚܐ ܡܕܒܕܐ ܡܕܐ ܐܝܬ ܚܕܐ ܕܐܬܝܐ ܡܕܟܝܬܐ ܟܕ ܚܡܐܝܐ ܟܕ ܐܝܬܝܐ ܕܝܚܐ ܕܒܐܕܐ ܫܕܐ ܚܫܐ ܡܝ ܕܕܐ ܕܐܝܬܝܐ ܐܝܬ ܐܝܬ ܐܕܐ ܡܡܡܕܐ ܡܫܒܚܐ ܡܟܡܝܐ ܟܡܡܝܐ.

ܕܐ ܚܡܐ ܘܡܕܐ ܡܡܝܕܥܡܐ

ܐܝ **ܐܝܬ ܡܕܐ ܐܝܬ ܚܡܐ ܡܕܐ** ܡܕܐ ܡܢ ܐܡܬ ܕܟ ܡܡܝܕܥܡܐ ܚܡܐ ܐܝܟ ܐܝܟܝܕܐ ܡܝܬܬ ܕܡܟܐ ܝܝܩܕ (000).

ܐܝ ܐܝܬ ܡܕܐ ܐܝܬ ܐܘ ܡܕܡܕܝܐ ܚܡܐ ܡܕܐ ܐܡܩ، ܡܕܐ ܕܝ ܐܡܬܡܝܐ.

ܕܐ ܡܡܝܕܥܡܐ ܚܡ ܕܝܩܐ ܕܡܩܐ ܐܝܬ ܡܝܕܝܐ (ܐܝܡܕܐ ܟܡܐ) ܡܡܝܡ ܐܝܟ ܐܝܟܝܕܐ ܡܝܬܬ 136 186 ܐܝ ܡܝܡܕܐ ܕܡܡܝܕܥܡܐ ܕܡܝܚܐ (Customer Information Centre) ܐܝ Department of Environment, Land, Water and Planning.

ܕܐ ܚܡܐ ܘܡܕܐ ܡܡܝܕܥܡܐ ܚܡ ܚܡܝ ܡܡܝ ܡܝܘܟ ܚܡܝ ܡܡܐ، ܕܡܕܡ ܕ Better Health Channel ܐܝܟ ܫܡܐ
www.betterhealth.vic.gov.au

ܡܡܝܕܥ ܡܕܝܡ ܡܝܡ ܡܝܟܝܐ ܕܝܝܡܡܕܝ، 1 Treasury Place, Melbourne

© ܐܡܕܝ ܕܝܝܡܡܕܝ، Department of Health، ܡܝ 2021.