

#STOPTHESPREAD #SAVELIVES

ሃገራዊ እግድ

English	Tigrinya - ትግርኛ
<p>New restrictions are in place for national lockdown. More details at www.nottinghamcity.gov.uk/coronavirus</p>	<p>ሓደሽቲ ናይ ሃገራዊ ጽልዋ ክልከላታት ኣብ ግብሪ ውዒሎም ኣለዉ። ዝያዳ ዝርዝር ሓበሬታ ኣብ www.nottinghamcity.gov.uk/coronavirus</p>
<p>Stay home Only go out for:</p> <ul style="list-style-type: none"> • Buying essentials, such as food and medicine • Collecting orders, including takeaways • Childcare or education • Work or volunteering • Exercise • Any medical reason (for yourself or others) • Legal or property reasons • To visit members of your support bubble • To provide care for vulnerable people, emergency assistance, attend a support group or receive respite care • To avoid or escape risk of harm (such as domestic abuse) • Vets appointments or other animal welfare 	<p>ኣብ ገዛኹም ተሰተሩ ነዘም ጉዳያት ጥራይ ኢኻ ክትወጽእ ዘለካ:</p> <ul style="list-style-type: none"> • ከም መግቢን መድሐኒትን ዝኣመሰሉ መሰረታዊ ነገራት ንምዕዳግ • ዝኣዘዘካዮ ትእዛዛት ንምውሳድ • ምሕብሓብ ህጻውንቲ ወይ ትምህርቲ • ስራሕ ወይ ወለንታዊነት • ኣካላዊ ምንቅስቃስ • ዝኾነ ሕክምናዊ ምኽንያት (ንገዛእ-ርእስኻ ወይ ንኻልኦት) • ናይ ሕገ ወይ ናይ ገዛ ምኽንያታት • ሓገዛት እትገብረሎም ሰባት ንምብጻሕ • ንተቓላዕቲ ሰባት ክትሕብሕብ፡ ህጹጽ ረድኤት ንምሃብ፡ ኣብ ጉጅለ ወሃቢ ሓገዝ ክትሳተፉ ወይድማ ሓጺር ክንክን ንምውሳድ • ካብ ናይ ጉድኣት ስግኣት ንምህዳም (ከም ዘቤታዊ መጥቃዕቲ ዝኣመሰሉ) • ንናይ እንስሳ ሕክምና ቆጻራታት ወይ ንኻልእ ናይ እንስሳ ክንክን
<p>Meeting family and friends You can only meet indoors with people in your household or support bubble.</p> <p>You can exercise or visit outdoor public places with the people you live with, your support bubble, or 1 person from another household.</p> <p>Outdoor public places include:</p> <ul style="list-style-type: none"> • Parks, beaches, countryside • Public gardens and allotments • Playgrounds. <p>You cannot meet in a private garden.</p> <p>Children under school age, as well as those dependent on round-the-clock care, will not count towards the limit.</p>	<p>ምስ ስድራ-ቤትን ኣዕሩኽን ምርኻብ ምስቶም ኣብ ገዛኻ ዘለዉ ሰባት ወይድማ ምስቶም ሓገዝ እትገብረሎም ሰባት ኣብ ውሽጢ ገዛ ጥራይ ኢኻ ክትራኹብ ትኽእል።</p> <p>ምስቶም ምሳኻ ዝነበሩ ሰባት፡ እትሕግዘም ሰባት፡ ወይድማ ምስ 1 ናይ ካልእ ስድራ-ቤት ኣካል ዝኾነ ሰብ ናብ ደጋዊ ህዝባዊ ቦታታት ወጺእኻ ምንቅስቃሳት ክትገብር ትኽእል ኢኻ።</p> <p>ደጋዊ ህዝባዊ ቦታታት እዚኦም የጠቓልሉ፡</p> <ul style="list-style-type: none"> • ፓርክታት፡ ደንደሳት ባሕሪ፡ ሃገረሰብ • ህዝባዊ ጀራዲንን ቦታታትን • ሜዳ መጻወቲ። <p>ኣብ ናይ ውልቀ ጀርዲን ክትራኹቡ ኣይትኽእሉን።</p> <p>ዕድሜኦም ንትምህርቲ ዘይበጽሑ ህጻውንቲ፡ ለይትን መዓልቲን ተጠወርቲ ዝኾኑ ሰባት እዚ ገደብ ኣይምልከቶምን።</p>
<p>Shops Food shops, supermarkets, garden centres and retailers providing essential goods and services can open.</p>	<p>ቤት-መሸጣ ቤት-መሸጣታት መግቢ፡ ሱፐርማርኬታት፡ ቤት-መሸጣ ተኽሊታትን መሰረታዊ መግቢታትን ኣገልግሎታትን ዘቐርቡ ሸርሸርቲ ክኸፍቱ ይኽእሉ እዮም።</p>

<p>Leisure Leisure facilities, entertainment venues and personal care facilities will be closed.</p>	<p>ናይ ግዜ ዕረፍቲ መዛነዩ ናይ ግዜ ዕረፍቲ መዛነዩ ትካላት፡ ናይ መዛነዩ አዳራሻትን ናይ ውልቃዊ ክንክን ትካላትን ክዕጸዉ እዮም።</p>
<p>Food and drink Restaurants, bars and pubs will close, but can provide takeaway and delivery.</p>	<p>መግቢን መስተን ቤት-መግቢታት፡ ባራትን ቤት-መስተታትን ክዕጸዉ እዮን፡ ዝውሰድን ዝበጻጹን ግን ክቐርባ ይኸእላ እዮን።</p>
<p>Places of Worship Open.</p>	<p>ቤተ-እምነታት ክፉታት እዮን።</p>
<p>Funerals Only permitted with a maximum of 30 people. Linked religious, belief-based or commemorative events, such as stone settings and ash scatterings, maximum of 6 people.</p>	<p>ናይ ቀብሪ ስነስርዓታት እንተበዚሑ 30 ሰባት ጥራይ ክሳፉ ይፍቀድ። ምስ ሃይማኖት ዝዛመዱ፡ ኣብ አምልኮ ዝተደረገኹ ወይድማ ዝኸራዊ ፍጻሜታት፡ ኣብ ከም ስቶን ሴቲንግ ከምኡድማ ኣሽ ሴቲንግ ዝአመሰሉ ንጥፊታት እንተበዚሑ 6 ሰብ ጥራይ።</p>
<p>Weddings and civil partnership Only permitted with a maximum of six people, in exceptional circumstances</p>	<p>መርዓን ሲቪል ፓርትነርሺፕን ኣብ ፍሉይ ኢጋጣሚታት ጥራይ እንተበዘሉ ሽድሽተ ሰባት ክሳተፉ ይፍቀድ።</p>
<p>Going to work Work from home if you can</p>	<p>ናብ ስራሕ ምኻድ እንተኸኢልካ ኣብ ዝኻኻ ክንካ ስራሕ</p>
<p>Schools, colleges and universities Closed (open for children of a critical/key worker)</p>	<p>ኣብያተ-ትምህርቲ፡ ኮሌጃትን ዩኒቨርሲቲታትን ዕጹቃት እዮን (ንናይ ኣገዳሲ/ቀንዲ ስራሕተኛ ህጻውንቲ ጥራይ ይኸፈቱ)</p>
<p>Childcare and Early Years Registered childcare will continue. Early years settings can remain open.</p>	<p>ክንክን ህጻውንቲን ቀዳሞት ዓመታትን ምዝገባት ህጻውንቲ ክቐጽሉ እዮም። ናይ ቀዳሞት ዓመታት ቦታታት ክፉታት ኮይኖም ክቐጽሉ ይኸእሉ እዮም።</p>
<p>Clinically Extremely Vulnerable</p> <ul style="list-style-type: none"> Stay home as much as possible Ask others to collect your food or medicine You can still go outside to exercise with your household or support bubble, OR 1 person from another household Do not attend a workplace. Work from home or, if not possible, apply for financial support. <p>If you need help, call the Council: 0115 915 5555</p>	<p>ኣብ ምሒር ክሊኒካዊ ተቓላዕነት ዝርከቡ ሰባት</p> <ul style="list-style-type: none"> ክንዲ ዝኸኣልካዮ ኣብ ዝኻኻ ተሰተር መግቢ ወይ ኣፋውስ ካልኣት ሰባት ከምጽኡልካ ሕተት ምስቶም ምሳኻ ዝነበሩ ሰባት፡ እትሕግዞም ሰባት፡ ወይድማ ምስ 1 ናይ ካልእ ስድራ-ቤት ኣካል ዝኾነ ሰብ ናብ ደገ ክትከይድ ትኸእል ኢኻ ናብ ናይ ስራሕ ቦታ ኣይትኺድ። ኣብ ዝኻኻ ክንካ ስራሕ ወይድማ፡ ዝከኣል እንተኾይኑ ፋይናንሳዊ ሓገዝ ሕተት። ሓገዝ እንተደለኻ፡ ናብቲ ካውንስል ደውል፡ 0115 915 5555
<p>Visiting relatives in care homes Visits allowed with safety guidance in place. Check arrangements with the home before you visit.</p>	<p>ኣብ መሕብሐቢ ዝወ-ቲ ዝርከቡ ኣዝማድ ምብጻሕ ናይ ውሑስነት መምርሒታት ተኸቲልካ ዝግበር ምብጻሕ ይፍቀድ እዮ። ቅድሚ ምብጻሕ ምግባርካ ኣቲ እትበጽሑ ዝ ምድላዎት ከም ዝተገብሩ ኣረጋግጽ።</p>
<p>Travel Avoid travel and reduce journeys. Walk or cycle where possible, and avoid busy times on public transport.</p>	<p>ጉዕዞ ጉዕዞ ኣወግድ መገሻ ከአ ቀንስ። ዝከኣል እንተኾይኑ ብእግርኻ ወይድማ ብብሽክለታ ተጓዥ። ካብ ጽዑቕ ህዝባዊ መጓዣያታት ከአ ረሓቕ።</p>
<p>Holidays No overnight stays or holidays away from your home.</p>	<p>አውደ-አመታት ኣብ ኣውደ-አመታት ወይ ኣብ ካልእ ግዜ ካብ ዝኻኻ ወጻኢ ምሕዳር የለን።</p>
<p>If you are self-isolating, and you need help, call the Council 0115 915 5555 Translated information is available at this website: www.nottinghamcity.gov.uk/coronavirus/translations</p>	<p>ኣብ ተነጽሎ እንተሊኻሞ፡ ሓገዝ ዘድልዩካ እንተኾንካ፡ ናብቲ ካውንስል ደውል 0115 915 5555 ዝተተርጎመ ሓበሬታ ኣብዚ መርበብ ሓበሬታ ኣለካ፡ www.nottinghamcity.gov.uk/coronavirus/translations</p>