

## Depistaz pur COVID-19

Ban dimun ki gany senptom COVID-19 bizen kumans fer **oto-konfinman** imedyatman, ek bizen pran randevu pur fer en test.

En test pli efikas si fer li pa plis ki trwa zur apre ki ban senptom paret. Ban mamb U family va bizen fer **oto-konfinman** pandan 10 zur depi ki U kumans gany senptom. Si zot gany senptom, zot usi va bizen pran randevu pur fer en test.

Pur gany plis ransenyman konsernan oto-konfinman, fer klik lor <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-long-to-self-isolate/>.

Pur pran randevu pur fer en test **gratwitman**, fer klik lor <http://www.nhs.uk/coronavirus> u byen apel 119.

Ban test nek disponib si U pran en randevu davans.

Dan Sussex, ban sant prensipal kot U kapav fer en test kan U pe asiz dan U loto, se:

- Gatwick
- Brighton Amex
- Bexhill
- Ban Linite Depistaz Mobile, ki buze tu le de u trwa zur. U kapav gany plis ransenyman si U fer klik lor: <http://www.westsussex.gov.uk/fire-emergencies-and-crime/coronavirus-covid-19-advice-and-information/coronavirus-covid-19-testing/>

Kan U pran randevu pur fer en test gratwi, U va resewvar lenformasyon lor ki ler test pur fer ek kot sa ki li pur fer.

Ban dimun ki pa kapav vwayaze kapav komand en kit pur fer test dan lakaz. U bizen note ki ban kit pa kapav servi pur ban zanan ki ena mwens ki senk an, ek U bizen komand en kit pa plis ki senk zur depi ki ban senptom kumanse.

Pur gany plis ransenyman lor test depistaz, fer klik lor [www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/](http://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/).

Konsej pur ban travayer kle ek ban dimun ki abit u byen ki travay dan mezon de swen disponib lor <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>.

Coronavirus so senptom prensipal se:

- en tanperatir elve: sa ve dir ki U santi U-mem so si tus U lor U pwatrin u byen lor U ledon (U pa bizen mizir U tanperatir)
- en nuvo tu kontini: sa ve dir ki U tus boku ek pandan plis ki en er de tan, u byen trwa lepidod tuse u plis pandan 24 er (si U abitye tuse, kapav ki sa pli pir ki dabitid)
- si U not en sanzman dan U sansyon pur gut kiksoz u byen pur santi en loder, u byen si U na pli kapav gut kiksoz u byen santi en loder: sa ve dir ki U fin realize ki U pa kapav gut kiksoz u byen santi en loder, u byen ki ban kiksoz ki U gute u byen ban loder ki U santi, zot pa normal

La plipar ban dimun ki gany coronavirus gany o mwen en sa ban senptom-la.