

RE: Message to all refugees in Ethiopia from the UNHCR Representative on COVID-19

Dear refugees,

As you are aware, the world today is facing a serious health crisis caused by COVID-19, also known as the Coronavirus. On 11 March 2020, the World Health Organization (WHO) declared this a pandemic, which means that it is affecting the whole world, and Ethiopia now has confirmed eleven cases as of today. They are all in quarantine in a special facility in Addis Ababa.

This communication is to inform you how UNHCR and its partners are responding to COVID-19 in Ethiopia, and what you can do to mitigate the risk of spreading the virus in your communities.

What is UNHCR doing?

At this point, prevention is the most important approach. UNHCR has cancelled all missions from abroad and has limited travel from Addis Ababa to the refugee camps to only the most critical missions. For the benefit of public health and the safety of all refugees, certain activities have been limited or temporarily suspended.

While the Government has closed schools in all camps for 15 days effective 16 March 2020, resettlement departures have been suspended until further notice, the Refugee Reception Centre in Addis Ababa was temporarily closed for repairs and other Reception Centres may similarly be affected. Other services that may be affected are the usage of biometric devices to register refugees, protection and registration interviews with refugees, and non-emergency health services.

What should you do?

First, don't panic. The good news is that most people (more than 80%), recover without needing special treatment. However, we must take measures to prevent the spread of the virus as older people and those with underlying medical conditions - high blood pressure, heart problems or diabetes - are more likely to develop a serious illness.

In order to prevent the spread, we must:

- wash hands frequently with soap and water.
- Do not touch your mouth, nose, eyes or other parts of your face.
- Frequently clean touched objects and surfaces, e.g. mobile phones, doors, etc.
- Cover your mouth and nose with the bend of your elbow when coughing or sneezing.
- Avoid handshaking and limit interpersonal contact.
- Avoid gatherings of people, including for religious purposes.

If you experience symptoms, such as fever, tiredness or coughing, limit your contact with other people. Try to isolate yourself in your home and avoid visiting the medical centre. Instead, call or have somebody inform the medical centre about your symptoms. Refugees can call the free national hotline created by the Ethiopian Government: [8335](tel:8335), or the following email: ephieoc@gmail.com.

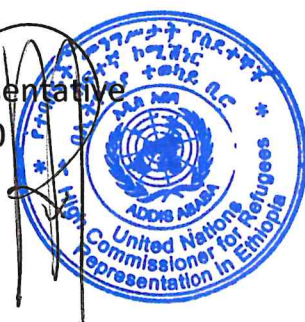
Finally, I urge you to be discreet and avoid areas where you may attract discriminatory attention or stigmatization.

I encourage you all to share this message widely with your family and communities. If you have questions, please contact your community leaders, UNHCR or our partner agencies.

Focusing on preparedness, staying calm, reaching out to check on the well-being of others, and self-care will help you through this challenging time. COVID-19 is a serious but temporary illness. We will continue to keep you informed of important developments as they occur.

Thank you for your support and cooperation.

Ann Encontre
UNHCR Representative
23 March 2020



رسالة إلى جميع اللاجئين في إثيوبيا من ممثل مفوضية الأمم المتحدة لشؤون اللاجئين بخصوص كوفيد-19

أعزائي اللاجئين، كما تعلمون يواجه العالم اليوم أزمة صحية خطيرة سببها كوفيد 19 المعروف أيضا باسم فيروس كورونا

في 11 مارس 2020 ، أعلنت منظمة الصحة العالمية أن هذا وباء ، مما يعني أنه يؤثر على العالم بأسره ، وقد أكدت إثيوبيا الآن إحدى عشرة حالة حتى الآن. كلهم في الحجر الصحي في منشأة خاصة في أديس أبابا.

تهدف هذه الرسالة الي إعلامك بكيفية استجابة المفوضية وشركائها لكوفيد19 في أثيوبيا ، وما يمكنك القيام به للتخفيف من خطر انتشار الفيروس في مجتمعاتك.

ماذا تفعل المفوضية؟

عند هذه النقطة ، الوقاية هي أهم نهج. ألغت المفوضية جميع البعثات من الخارج ، و قد تم تقليل عدد السفريات من اديس أبابا إلى مخيمات اللاجئين الا للحالات الضرورية او الخاصة فقط. لصالح الصحة العامة وسلامة جميع اللاجئين ، تم تعليق بعض الأنشطة أو تعليقها مؤقتًا.

في حين أغلقت الحكومة المدارس في جميع المخيمات لمدة 15 يومًا اعتبارًا من 16 مارس 2020 ، تم تعليق مغادرة إعادة التوطين حتى إشعار آخر ، تم إغلاق مركز استقبال اللاجئين في أديس أبابا مؤقتًا للإصلاحات وقد تتأثر مراكز الاستقبال الأخرى بالمثل.

الخدمات الأخرى التي قد تتأثر هي استخدام الأجهزة البيومترية لتسجيل اللاجئين ، ومقابلات الحماية والتسجيل مع اللاجئين ، والخدمات الصحية غير الطارئة.

ماذا عليك ان تفعل؟

أولاً ، لا داعي للذعر. الخبر السار هو أن معظم الناس (أكثر من 80٪) يتعافون دون الحاجة إلى علاج خاص. ومع ذلك ، يجب أن نتخذ إجراءات لمنع انتشار الفيروس لأن كبار السن والذين يعانون من حالات طبية مزمنة- ارتفاع ضغط الدم أو مشاكل في القلب أو مرض السكري - أكثر عرضة للإصابة بمرض خطير.

من أجل منع الانتشار ، يجب علينا :

غسل اليدين بشكل متكرر بالماء والصابون.

لا تلمس فمك أو أنفك أو عينيك أو أجزاء أخرى من وجهك.

RE: Message à tous les réfugiés en Ethiopie du représentant du HCR sur COVID-19

Chers réfugiés,

Comme vous le savez, le monde aujourd'hui est entrain de confronter à une grave crise de santé causée par la COVID-19, aussi connu sous le nom de corona virus. Le 11 Mars 2020, l'organisation mondiale de la santé (OMS) a déclaré ceci une pandémie, ce qui signifie qu'il affecte le monde entier, et l'Ethiopie a maintenant confirmé onze cas jusqu' aujourd'hui. Ils sont tous en quarantaine dans une installation spéciale à Addis Abeba.

Cette communication est de vous informer comment le HCR et ses partenaires répondent à COVID-19 en Ethiopie , et ce que vous pouvez faire pour atténuez le risque de diffuser le virus dans vos communautés .

Qu'est- ce que le HCR fait?

À ce stade, la prévention est l'approche la plus importante. Le HCR a annulé toutes les missions de l'étranger et a un voyage limité d' Addis Abeba aux camps de réfugiés à seulement les missions les plus critiques. Pour le bénéfice de la santé publique et la sécurité de tous les réfugiés, certaines activités ont été limitées ou temporairement suspendues.

Alors que le gouvernement a fermé des écoles dans tous les camps pendant 15 jours à compter du 16 Mars 2020, les départs de réinstallation ont été suspendus jusqu'à l'autre information , le centre d' accueil des réfugiés à Addis Abeba a été temporairement fermé pour les réparations et d' autres centres de réception peuvent être touchés par la même manière. Les autres services qui peuvent être affectés sont l'utilisation des dispositifs biométriques pour enregistrer les réfugiés, les prestations et les interviews avec des réfugiés et les services de santé non urgents.

Que devriez-vous faire?

D'abord, ne paniquez pas. La bonne nouvelle est que la plus part des gents (plus de 80%), récupérer sans avoir besoin d'un traitement spécial. Ceci , il faut prendre des mesures pour empêcher la propagation du virus en tant que personnes âgées et celles avec des conditions médicales sous-jacentes -la haute

pression, les problèmes cardiaques ou diabète- sont les plus susceptibles de développer une maladie grave.



Afin d'empêcher la propagation nous devons:

- Se laver les mains fréquemment avec du savon et de l'eau.
- Ne touchez pas votre bouche, le nez, les yeux ou d'autres parties de votre visage.
- Nettoyez fréquemment les objets touchés et les surfaces, exemples, téléphones mobiles, portes, etc.
- Couvrez votre bouche et le nez avec le pendent de votre coude quand vous tousez ou éternuez.
- Éviter les poignées des mains et limiter des contacts interpersonnels.
- Éviter les rassemblements de personnes, y compris à des fins religieuses.

Si vous rencontrez des symptômes, tels que la fièvre, la fatigue ou la toux, limitez votre contact avec d'autres personnes. Trier pour vous isoler dans votre maison et éviter de visiter le centre médical. Au lieu de cela, appeler la ligne nationale chaude gratuite créée par le gouvernement éthiopien; **8335**, ou l' email suivant : ephieoc@gmail.com.

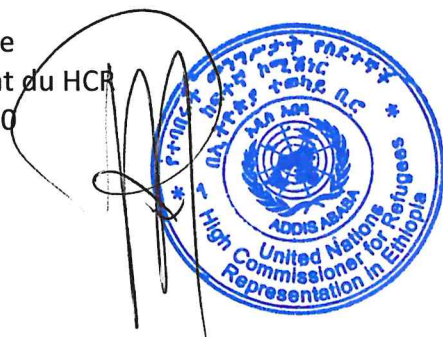
Enfin, je vous exhorte à être discret et à éviter les zones où vous pouvez attirer l'attention discriminatoire ou la stigmatisation.

Je vous encourage à partager ce message avec votre famille et vos communautés. Si vous avez des questions, veuillez contacter vos dirigeants communautaires, le HCR ou nos agences partenaires.

Mettre en place à la préparation, rester calme, s'efforcer de vérifier le bien-être des autres, et l'attention qui vous aidera à traverser ce temps de changement. COVID-19 est une maladie grave mais temporaire. Nous continuerons à vous tenir au courant des développements importants qui va se produire.

Merçi pour votre soutien et votre coopération.

Ann Encontre
Représentant du HCR
23 Mars 2020



Nv mv v lar mi ws k` rom2jith tin t`kv Ethiopia b`k` UNHCR k` ku2 COVID- 19

Yi`n rom2jith

Ci2 mi ci` xaj fvn f66 v wal2 w22jmuon cuojv kvta pul2 puony k` ku2 COVID-19 min cuali coronavirus k` caxk2 11 k` pay di2k 2020 ci2 du6l pulv puony w2jmuon v x1j fvn juey v k`b w2jmuon k`l2wv k` vn t2m` ci2 ji ethiopia tak` n2y 11 tica j2k juey vmo

Kua yi3 l` lar mi ci2 nvmv k` f66 UNHCR t2k` lux k` f66 d`r2 yi2 lar ta vn d` yivn rs gax kv jv xaj kvnv f66 ci` nvy tikox d`l` d66b

Vxu lat UNHCR VMS

K` Ku2 ka f66 gaxnaath k`rs vjvn vnbuom nijvn UNHCR cv tin daal tin latk` wi2ni raar kab cux k` c` jal ka f66 bi j22n k` addis wik` camp kabcux b` k` f66 kaank` ni rom2jith daal

M2 c2 kum` duel gssri g`g k` camp kv nien 15 kvc`xk2 16 k` pay di2k 2020 ca puomni kabcux b` k` ca muktab rom2jith kabcux b` kvnv muktabni t2 c`t k`k`

V XU Bia KULV L`tLS

M2ni`m cuar` dual l`r in gua v f66 nvy ti (80%)ci2 puony ki2n gow v thi2l duelwal d22d f66 canv juey gax k` kue nani tin ci2 dox kvnv nvy tin t`k` juath vla d22d rivm kvnv juey thok22r k` juey losj k` f66 ji`ga kvkv v lox

Canv juey gax k` f66 ca bi d66b

-gsr` f66 bi1 t22t kun v lakg` k` thabuony kvnv pivw kv pvath

-Cuar2 thuok dun kiv waax kun am`ni ni`m dun thiab

-Tin la mal2 thiabk` ci2 baabni thuok duel kvnv talpuni kun lakg` k` kv pvath

-Kuum thuokdu kvnv wuomdu kv bi2 mi thiami ki` ki2li

-Palv ji2k ka t22t kvnv thi2k puony vloxx

-K` palv duol gua k2l ci2 mat guath k2l lu`k kuothni

Mi ci` gu2j an f66 tik` ki2l kvnv lieth pouny ki` luaxv puonydu gsr` `n f66 bi ro nuan kv naath k` jakni pounydu k` lieth duelu k` cu w` duelwal larini jv ran k` f66 d`r2 w`lar ji2 duelwal ki` a yst ni

jin kv ta pounydu yi2n romvjith d` yi2n yst k` n`mber v mv 8335 ki` email v mv ephieoc@gmail.com

Gsr2 jv fvn f66 d` yien rs a wsj guath mi guej yienv tak` dax naath

Gsr k` jv fvn f66 bi` laari titi2 lat cia muorikun kvnv ji komuniti2 ka dun p2lv mi tik` thi`j ruajni kv kuar kometi2 kia laat UNHCR

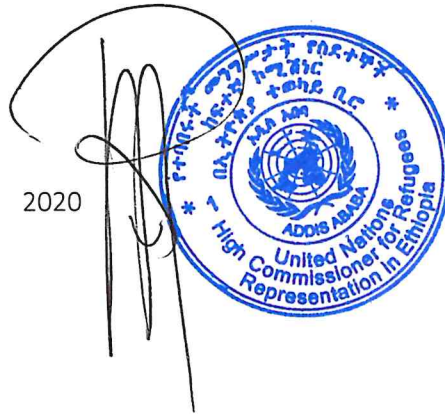
Gsrv f66 bi` rs riali2ka k` bi` rs pal pi2ny k` tiatd` rs b` vjvn bi yi2 kulv lu2k ka guath juath v b2jb2j v t`ksn thin v bi nvy xuot kv mi k`m ney yi2 laari b`

Ci2 losj naath tvvth

Ann Encontre

Kuer UNHCR

C`XK` 23 K` pay di2k 2020



RE: Farriinta ku socota dhammaan qaxoontiga itoobiya ku nool Wakiilka UNHCR ee COVID-19

Qaxootiga qaaliga ah,

Sidaad la socotaan, adduunka maanta wuxuu wajahayaa xaalad caafimaad darro oo daran oo uu keenay COVID-19, oo sidoo kale loo yaqaan Coronavirus. 11kii Maarso 2020, Ururka Caafimaadka Adduunka (WHO) wuxuu ku dhawaaqay kani inuu yahay masiibo, taas oo macnaheedu yahay inay kudhacysu adduunko dhan, Itoobiyana waxay hadda xaqiijisay kow iyo toban kiis illaa maanta. Dhammaantood waxay ku sugan yihiin karantiil xarun gaar ah oo ku taal Addis Ababa.

Wadahadalkani waa mid laguugu sheegayo sida UNHCR iyo la-hawlgalayaasheeda ay ugu jawaabayaan COVID-19 gudaha Itoobiya, iyo waxaad sameyn karto si aad u naaqusto halista faafitaanka fayruska ee bulshadaada.

Maxay UNHCR qabataa?

Markan, ka hortaggu waa habka ugu muhiimsan. UNHCR waxay joojisay dhamaan howlihii ay kaheyd dibedda waxayna xedhay safarkii Addis Ababa ee ahaa xeryaha qaxootiga oo ay kujirtey kaliya hawlagallada ugu halista badan. Faa'iidada caafimaadka bulshada iyo badbaadada qaxoontiga, nashaadaadka qaar waa la xedhay ama si kumeelgaar ah baa loo joojiyay.

In kasta oo Dowladdu ay xedhay iskuulada dhammaan xeryaha oo dhan 15 maalmood oo shaqeynaya 16-ka Maarso 2020, goobihii dib-u-dejinta ayaa la shegay illaa ogeysiis dambe, Xarunta Qaabilaadda Qaxootiga ee Addis Ababa ayaa si ku-meel-gaar ah loogu xiray. xarumaha kale ee Qaabilaadda ayaa sidoo kale saameyn ku yeelan kara.

Adeegyada kale ee laga yaabo inay saameyn ku yeeshaan waa adeegsiga qabka biometric ka si loo diiwaangaliyo qaxootiga, ilaalinta iyo wareysiga diiwaangelinta qaxootiga, iyo adeegyada caafimaad ee aan degdegga ahayn.

Maxaad sameyneysaa

Marka hore, ha Cabsan. Akhbaarta wanaagsan ayaa ah in dadka intiisa badan (in kabadan 80%), ay soo bugsadeen iyagoo aan u baahnayn daaweyn gaar ah. Si kastaba ha noqotee, waa inaan qaadnaa tallaabooyin si looga hortago faafitaanka fayruska maadaama dadka da'da ah iyo kuwa qaba caafimaad daro iyo dhiig karka, dhibaatooyinka wadnaha ama sonkor, ay u badan tahay inay yeeshaan cudur halis ah.

Si looga hortago faafitaanka, waa inaan:

- gacmahaaga ku dhaqda marwalba saabuun iyo biyo.

- Ha taaban afkaaga, sankaa, indhahaaga ama qaybaha kale ee wajigaaga.
- Si surt joog ah u nadiifi waxayabah aad taabtay iyo meelaha , tusaale ahaan. taleefanka gacanta, albaabada, iwm.
- Ku dabool afkaaga iyo sankaa xusulka xusulkaaga markaad qufacayso ama hindhiseyso.
- Ka fogow salaanta gacmadeed iyo iskudhawaanta ka dhexeeya dadka.
- Ka fogow isu imaatinka dadka, oo ay kujirto ujeedooyin diimeed.

Haddii aad isku aragto xanuun, sida qandho, daal ama qufac, hadii xiriirka aad la leedahay dadka kale. Isku day inaad go'doomiso naftaada gurigaaga oo iska ilaali booqashada xarunta caafimaadka. Taabadalkeed, wac ama qof ha la socodsiiyo xarunta caafimaadka wixii ku saabsan xanuunkaga. Qaxootigu waxay wici karaan khadka tooska ah ee qoranka oo bilaash ah oo ay abuurtay Dowlada Ethiopia: [8335](tel:8335), ama emaylka soo socda: ephieoc@gmail.com.

Ugu dambeyntiina, waxaan idinka codsanayaa inaad si xushmad leh iskana ilaalisid meelaha aad u soo jiidan karto feejignaan ama takoorid.

Waxaan idinkula dardaarmayaa inaad dhammaantiin la wadaagaan fariintan qoyskaaga iyo bulshadaada. Haddii aad wax su'aalo ah qabtid, fadlan la xidhidh hoggaamiyeyaasha bulshadaada, UNHCR ama hay'adaha la shaqeeya.

Adigoo diirada saaraya diyaargarowga, deganaanshada, gaarista inaad eegto samaqabka dadka kale, iyo is-daryeelidda ayaa kaa caawin doonta waqtigaan adag. COVID-19 waa cudur daran laakiin ku meelgaar ah. Waxaan sii wadaynaa inaan kugu wargalinno horumarka muhiimka ah markay dhacaan.

Waad ku mahadsantihin taageeradaada iyo iskaashigaaga.

Ann Encontre

Wakiilka UNHCR

23-Mar-2020



RE: Ujumbe kwa wakimbizi wote nchini Ethiopia kutoka kwa mwakilishi wa umoja wa mataifa kamishina kuu ya wakimbizi (UNHCR) kwa COVID-19

Wakimbizi wpendwa,

Kama munavyojua, dunia hii leo inakabiliwa na shida kubwa ya kiafya iliyosababishwa na ugonjwa wa COVID-19, pia inayojulikana kama virusi vya corona. Munamo Machi 11/2020, shirika la afya ulimwenguni (WHO) lilitangaza kama hili ni janga, ambayo inamaanisha kwamba inaathiri ulimwengu wote, na Ethiopia sasa imethibitisha kesi kumi na moja kufikiya leo. Wote wamo kwenye kitengo katika kituo maalum huko Addis Ababa.

Mawasiliano haya ni kukujulisha jinsi Umoja wa mataifa kamishina kuu ya wakimbizi (UNHCR) na washirika wake wanavyojibu kwa kukabiliana na COVID-19 nchini Ethiopia, na nini unaweza kufanya ili kupunguza hatari ya kueneza virusi kwenye jamii zenu.

Je, umoja wa mataifa kamishina kuu ya wakimbizi (UNHCR) inafanya nini?

Kwa wakati huu, kujizuia ndio njia muhimu zaidi. Umoja wa mataifa kamishina kuu ya wakimbizi (UNHCR) imesimamisha misheni zote kutoka nje ya nchi na ikapunguza usafiri kutoka Addis Ababa ukienda kwenye kambi za wakimbizi usafiri wenye unaitajika ni wa misheni muhimu pekee. Kwa faida ya afya ya umma na usalama wa wakimbizi wote, shughuli zingine zimepunguzwa.

Wakati serikali imefunga shule katika kambi zote kwa muda wa siku 15 hadi 16 Machi 2020, kuondoka kwenye makao mapya kumesimamishwa hadi itakapopatikana taarifa zaidi, kituo cha mapokezi cha wakimbizi huku Addis Ababa kilishafungwa kwa muda kwa matengenezo na vituo vingine vya mapokezi vivyo hivyo vitaathiriwa. Ushauri wa simu ulikuwa umeanzishwa huku Addis Ababa. Huduma zingine ambazo zinaweza kuathiriwa ni matumizi ya vifaa vya kucapisha alama za vidole na maco kwa jina biometri ambazo utumiwa kusajili wakimbizi, ulinzi pamoja na mahojiano ya usajili na wakimbizi, na huduma zisizo za dharura za afya.

Unapaswa kufanya nini?

Kwanza usiogope. Habari njema ni kwamba watu wengi (zaidi ya 80%), hupata nafuu bila ya kuhitaji matibabu maalum. Hata hivyo, tunapaswa kuchukua hatua za kuzuia kuenea kwa virusi kwa watu wakubwa na wale wenye hali ya matibabu

ya msingi- shinikizo la damu, matatizo ya moyo au ugonjwa wa kisukari - kuna uwezekano mkubwa wa kuendeleza ugonjwa mbaya

Ili kuzuia kuenea, lazima:

- Osha mikono mara kwa mara ukitumia sabuni na maji.
- Usiguse mdomo wako , pua , macho au sehemu zingine za uso wako.
- Safisha mara kwa mara vitu vilivyoguswa na nyuso, mfano simu za mkononi , milango nakadalika..
- Funika mdomo wako na pua ukikunja kiwiko chako wakati wa kukohoa au kupiga chafya.
- Epuka kushikana mikono na ukome mawasiliano ya kibinafsi.
- Epuka makusanyiko ya watu , pamoja na madhumuni ya kidini.

Ikiwa unapata dalili , kama homa, uchovu au kukohoa, punguza mawasiliano na watu wengine. Jaribu kujitenga mwenyewe nyumbani kwako na uepuke kutembelea kituo cha matibabu. Badala yake , piga simu au uwe na mtu mwingine wa kujulisha kituo cha matibabu kuhusu hali ya dalili zako. Wakimbizi wanaweza kupiga simu ya bure ya kitaifa kwa line ya darura iliyoundwa na serikali ya Ethiopia : [8335](tel:8335), au barua pepe ifuatayo: ephieoc@gmail.com.

Hatimaye, nawahimiza kuwa na busara na kuepuka maeneo ambayo unaweza kuvutia tahadhari ya ubaguzi au unyanyasaji.

Ninawahimiza ninyi wote kusambaza ujumbe huu kwa watu wote ikiwemo familia yako . Ukiwa una maswali, tafadhali wasiliana na viongozi wako wa jumuiya, umoja wa mataifa kamishina kuu ya wakimbizi(UNHCR) , au mashirika yetu ya washirika.

Kuzingatia utayarishaji, kaa kwa utulivu , fika inje kutazamia ustawi wa wengine , na huduma ya kibinafsi itakusaidia kupitia wakati huu wa mabadiliko . COVID -19 ni ugonjwa mbaya lakini wa muda mfupi. Tutaendelea kukupasha habari za maendeleo muhimu wakati anapotokea.

Asante kwa msaada wako na ushirikiano.

Ann Encontre

Mwakirishi wa umoja wa mataifa kamishina kuu ya wakimbizi (UNHCR Representative)

23 Machi 2020



ካብ፡- ወኪል ላዕላዎይ ኮሚሽን ስደተኛታት ሕቡራት መንግስታት (UNHCR) ንኮቪድ-19 ዝምልከት መልእኽቲ፡ ናብ ኩሎም ስደተኛታት

ከም ትፈልጥዎ ኣብ'ዚ ጊዜ'ዚ ዓለም ኮቪድ-19 ወይ ከኣ ኮሮና ቫይረስ (COVID-19) ዘስዓቦ/ ዝጠንቁ ከቢድ ናይ ጥዕና ቅልውላው ኣጋጢምዎ ኣሎ። ኣብ መጋቢት 11, 2020 ውድብ ጥዕና ዓለም ነዚ ሕመም ዓለም-ለኸለበዳ (Pandemic) ሕመም ክብል ገሊጽዎ ኢዩ። ማለት ከኣ ንሙሉእ ዓለም ዘበጸሐ ሕመም ንምባል ኢዩ። ኢትዮጵያ ስጋብ 'ዛ ዕለተ-ሎሚ 11 ሰባት በቲ ሕመም ከምዝተለኸፈ ኣፍሊጦ ኣላ። ኩሎም ኣብ ናይ ነጻልካ መጽንፈ ፍሉይ ቦታ ይርከቡ። እዚ መልእኽቲ እምበኣር ኮሚሽን ስደተኛታት ምስ መሻርኽቱ ንኮቪድ-19 ኣብ ኢትዮጵያ ዝወስዶ ግብረ-መልስን ከም ኡ'ውን ማሕበረሰብ ስደተኛታት ኤርትራውያንን እዚ ለበዳ ሕመም ከይሰፍሕን ንምግትኡን ክወስድዎ ዝግባእ ስጉምቲ ንምንጻር ዝተፈነወ መልእኽቲ'ዩ።

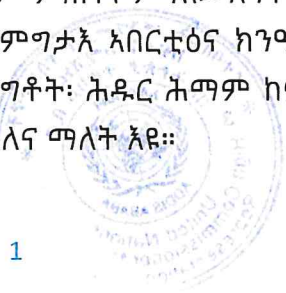
ኮሚሽን ስደተኛታት ንጥፈታቱ እንታይ ይመስል?

ኣብ'ዚ ዘለናዮ ህሞት ምክልኻል እቲ ዝበለጸ ሜላ እዩ። ኮሚሽን ስደተኛታት ካብ ወጻኢ ናብ ኢትዮጵያ ክግበሩ ዝነበሮም ብሙሉኡ ጉዕዞታት ዝሰረዙ ኮይኑ፡ ካብ ኣዲሳበባ ናብ መዓስከር ስደተኛታት'ውን ብጀካ ኣዞሮም ኣገደስቲ ጉዕዞታት ካልእ ሙሉእ-ብሙሉእ ሰሪዝዎ ኢዩ። ንስለ ረብሓ ማህበረሰባዊ ጥዕናን ድሕነት ስደተኛታትን፡ ብዙሓት ንጥፈታት ብድሩት/ውሱን ዓቕን ክስረሓሎም ወይ'ውን ንግዝይኡ ከምዝድስክሉን ተጌሩ እዩ።

መንግስቲ ካብ መጋቢት 16' 2020 ጀሚሩ ኩሉን ኣብ መዓስከር ዝርከባ ቤት-ትምህርታት ዝዓጸወን ኮይኑ፡ ናብ ሳልሳይ ሃገር ዝግበር ጉዕዞ'ውን ንግዝይኡ ደስኪሉ ኣሎ። ኣብ ኣብ ኣዲሳበባ ዝርከብ ማእከል መተኣናገዲ ስደተኛታትን ካልኣት ማእከላትን እውን ንግዝይኡ ተዓጽዮም ኣለዉ። ካልእ ንግዝይ ኡ ዝድስክል ንጥፈታት፡ ምጥቃም ስደተኛታት ኣብ ምምዝጋብ ዝውዕል ባዮ-ሜትሪካዊ ናውቲ፡ ንውሕስነትን ምዝገባን ምስ ስደተኛታት ዝግበር ቃለ-መሕተት፡ ከም ኡ'ውን ህጹጽ ዘይኮነ ሕክምናዊ ረድ ኤትን የጠቓልል።

ክትገብርዎ ዝግባኣኩም እንታይ እዩ?

ቅድም-ቀዳድም ኣይትርዓዱን ኣይትሰምዱን። ናይ'ዚ ሕመም ከም ጽቡቕ ክውሰድ ዝኸእል ዜና እንታይ፡ ካብ'ቶም ዝተለኸፈ 80% ፍሉይ ሕክምና ከዮድለዮም ምሕዋዮም እዩ። እንተኾነ ግና እዚ ሕመም ባህርያቱ ብቕልጡፍ ዝቕያዩር ምስ ምኃኑ ምስፍሕፍሒ ንምግታእ ኣበርቲዕና ክንዓዩ ይግባእ። ነዚ ብምግባርና ንነብስናን ተነቀፍቲ ኣባላት ማሕበረሰብ ማለት ኣረግቶት፡ ሕዳር ሕመም ከምጸቕጢ-ደም፡ ሕመም-ልቢ፡ ሸከርያ ዝኣመሰለ ሕመማት ዘለዎም ሰባት ንረድእ ኣለና ማለት እዩ።



ምስፍሕፋሕ እዚ ለበዳ ንምክልኻል ክንወስዶም ዘለና ስጉምታት፡

- አእዳውኩም እናሻዕ ደጋጊምኩም ብማይን ሳሙናን ተሓደቡ፡
- አፍኩም፡ አፍንጨኹም፡ አዲንትኹም፡ ከም ኡውን ካልእ ክፋል ናይ ገጽኩም ኣይትተናኽፉ
- ዝሓዝክምዎ ወይከአ ዝተንከፍክምዎ ኣቕሓ ን ኣብነት ሞባይል፡ ማዕጸ ወዘተ ደጋጊምኩም ወልውልዎ።
- ኣብ ትስዕልሉን ተነጥስሉን እዋናት ብውሽጢ ኩርናዕ ኢድኩም ወይድማ ብመንዲል ኣፍኩምን ኣፍንጨኹምን ሸፊንኩም ይኹን።
- ምስ ካል ኣት ናይ ኢድ ምጭብባጥ ኣይትግቡ፡ ኪንዲ ዝኸኣልክምዎ ካብ ካል ኣት ረሓቑ።
- ካብ እኩብ ሰብ ረሓቑ።

ከም ረስኒ፡ድኻም፡ ስዓል ዝበሉ ምልክታት እንተተሰማሶኩም ምስ ሰባት ዘለኩም ርክብ ድሩት ክኸውን ይግባእ። ኣብ ገዛኹም ንበይንኹም ብምኪን ነብስኹም ነጽሉ ናብ ሕክምና ኣይትኪዱ። ብኣንጻሩ ደዊልኩም ሓብሩ ወይከአ ካልኣት ናብ ማእከል ሕክምና ከምዝሕብሩ ግቡ። ነጻ ሙስመር [8335](mailto:ephieoc@gmail.com) ኪትድውሉ ትኽእሉ፡ ወይድማ ናብ e-mail: ephieoc@gmail.com ሙልእኽትኹም ተሕልፉ።

ኣብ ሙወዳእታ ኣቓልቦ ክትስሕብሉ ካብ ዝኸእል ቦታታትን ካብ ብተነጽሎ ዝረኢኹም ሰባትን ክትርሕቑን ጥንቁቓት ክትኮኑን ይምሕጸኑም/ ይለበወኩም።

ነዚ ሙልእኽቲ ንኣባላት ስድራቤትኩምን ማሕበርሰብኩምን ከተካፍልዎምን ክትዝትይሉን ሓደራ ይብለኩም። ሕቶታት ምስዝህልወኩም ንወኪላት ማሕበርሰብኩም፡ ንኮምሽን ስደተኛታት ወይውን ንመሻረኽትና ትካላት ተወከሱ።

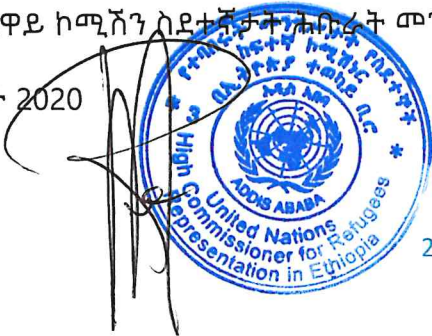
ድልዋት፡ ሀዲ ኣት፡ ንኸል ኣት ግዲሰት ምኪንን፡ ንነብስኹም ምክንኻንን ነዚ ሙስገደል ግዜ ምስ ጥዕናኹም ክትወጽዎ ክሕግዘኩም'ዩ። ኮቪድ-19 ሓያል ግን ክኣ ግዝያዊ ሕማም እዩ። ሓደስቲ ምዕባላታት ምስ ዝህሉ ከነፍልጠኩም ምኪን ኒገልጽ።

ስለትገብርዎ ሓገዝን ምትሕብባርን ነመስግነኩም!!!

ኣን ኢንኮንትረ

ወኪል ላዕላዎይ ኮሚሽን ስደተኛታት ሕብረት መንግስታት (UNHCR)

23 መጋቢት 2020



RE: Ubutumwa ku mpunzi zose ziba mu gihugu cya Ethiopia buvuye ku uhagarariye umuryango wa abibubye komisiyo nkuru y'impunzi ku ndwara ya COVID-19

Mpunzi bakundwa,

Nkuko mubizi, isi magingo aya ili mu kibazo gikomeye cy'ubuzima giterwa ni indwara ya COVID-19, izwi na none ku izina rya virusi ya corona. Kuwa 11 Werurwe/2020, umuryango w'abibubye wita ku buzima (OMS) watangaje ko iki ari icyorezo, bisobanura ko gifata isi yose, na Ethiopia yemeje ko kugeza magingo aya imaze kugira abantu cumi n'umwe bamaze kwandura. Bose bakaba bari mu kato ahabugenewe kubafasha muri Addis Ababa.

Ili tangazo niryo kubamenyesha uko umuryango wa bibubye komisiyo nkuru y'impunzi (UNHCR) nabo bafatanije bari gusubiza ku ndwara ya COVID-19 muri Ethiopia, nicyo wakora mu kugabanya imvano y'ikwirakwiza rya virusi mu bantu banyu.

Umuryango w'abibubye komisiyo nkuru y'impunzi (UNHCR) uri gukora iki?

Magingo aya, kwirinda niyo nzira ya mbere ya ngombwa kurushaho. Umuryango w'abibubye komisiyo nkuru y'impunzi (UNHCR) yahagaritse ubutumwa bwose bwo kujya hanze inagabanya ingendo ziva Addis Ababa ugera mu nkambi z'impunzi ingendo zikenewe niz'ubutumwa bw'ihutirwa kurushaho. Ku nyungu z'ubuzima bwa rubanda no k'umutekano w'impunzi zose muri rusange. Ibikorwa bimwe byagabanijwe cyangwa guhagarikwa mu gihe gito.

Mu gihe leta yahagaritse amashuri yose mu nkambi zose mu gihe kingana n'iminsi 15 kugera kuri 16 werurwe 2020, kugenda mu buturo bushya byahagaritswe kugera igihe muzabimenyeshwa, ubwakiriro bw'impunzi muri Addis Ababa bwarugaye by'agateganyo mu rwego bwo kubusana ni ubwakiriro bundi nabwo buzabigiraho ingaruka. Izindi serivise zishobora kugira ingaruka ni ugukoresha ibikoresho byo gufata ibikumwe n'amaso bakoresha mu kwandika impunzi, uburinzi, ni ibazwa mu kwandika impunzi, na serivisi z'ubuzima zihutirwa.

Niki ntegerezwa gukora?

Mbere, ntugire ubwoba. Inkuru nziza ni uko abantu benshi (barenga 80%) boroherwa bidasabye ubuvuzi bwihariye. Nubwo biteye bityo, dutegerezwa



gufata ingamba mu guhagarika ikwirakwizwa rya virusi ku bantu bakuru no kuri bariya bafite imimerere y'ubuvuzi bw'ibanze- nk'umuvuduko

w'amaraso,ingorane z'umutima cyangwa indwara y'isukari birashoboka cyane kugaragaza indwara mbi cyane.

Mu guhagarika gukwirakwiza, dutegerezwa:

- Gukaraba intoki buri kanya ukoresheje isabuni n'amazi.
- Ntukore ku munwa , amazuru , amaso n'izindi ngingo z'isura yawe.
- Sukura buri kanya ibintu bikorwaho n'ubuso urugero: telefone zigendanwa, imiryango n'ibindi.
- Pfuka umunwa n'amazuru ukoresheje inkokora ihinnye mu gihe ukorora cyangwa kw'itsamura.
- Irinde kuramukanya n'amaboko una gabanye guhura n'abantu.
- Irinde amateraniro y'abantu nubwo byaba ku mpamvu z'amadini.

Uramutse ufashwe n' ibimenyetso, nko kugira umuriro, umunaniro, n'inkorora gabanya guhura n'abandi bantu. Gerageza kwiha akato ugume mu rugo iwawe unilinde gusura amavuriro. Ahubwo hamagara cyangwa shaka umuntu ubwira ivuriro kubyerekeranye n'ibimenyetso ufite. Impunzi zishobora guhamagara ku murongo ushyushye w'ubuntu w'igihugu wa himbwe na leta ya Ethiopia: [8335](tel:8335), cyangwa ukohereza ubutumwa aha hakurikira ephieoc@gmail.com.

Mu kurangiza ndabagira inama yo kugira ubwenge no kwirinda aho ushobora gukura ivangura ni ihabwa kato..

Ndanabakangurira mwes gusangizanya ubu butumwa hose n'imiryango yanyu naho muturuka. Niba ufite ibibazo, nyamuneka igera ababahagarariye, umuryango w'abibubye komisiyo nkuru y' impunzi(UNHCR) cyangwa imiryango dufatanije.

Mu kubumbatira imyiteguro, mugume mu mutuzo, gera hanze kureba ibyiza by'abandi bagezeho. No kwiyitaho bizagufasha muri iki gihe gikomeye. COVID -19 ni uburwayi bukomeye ariko bw'igihe gito.. Tuzakomeza kukumenyesha impinduka uko zizajya ziboneka.

Murakoze ku nkunga yanyu ni ubufatanye.

Ann Encontre

Uhagarariye umuryango w' abibubye komisiyo nkuru y'impunzi (UNHCR Representative)

23 Werurwe 2020

