



NSW Police Force

STAY AT HOME/NO VISITORS:

- Stay at home with your immediate family. Your immediate family is those who live in the same house and sleep there every night.
- You should not have any visitors to your home. This includes family members who don't live with you.
- Don't put your mother, grandmother, aunt or uncle at risk by visiting other family members.
- Stay at home means stay at home. Don't visit friends or family. The time for visits will come once we have stopped the virus from spreading.

Kaa nyumbani/wageni hawaruhusiwi

Kaa nyumbani na familia ya karibu. Familia ya karibu ni watu wanaoishi katika nyumba moja na kulala hapo kila usiku.

Hupaswi kuwa na wageni wowote nyumbani kwako. Hii ni pamoja na wanafamilia ambao hawaishi nawe.

Usiweke mama yako, nyanya, shangazi au mjomba wako hatarini kwa kutembelea wanafamilia wengine

Kaa nyumbani yamaanisha kaa nyumbani. Usitembelee marafiki au familia. Wakati wa kutembeleana utafika tukishakomesha virusi kuenea.

TESTING:

- Get tested as soon as you feel unwell. If you feel unwell a few days after getting tested, go get tested again. You must get tested if you are a close or casual contact.
- Just because you don't have any symptoms, does not mean you don't have COVID. You could still be very infectious.

Upimaji

Pimwa mara tu unapojiskia mgonjwa. Ikiwa unajisikia mgonjwa siku kadhaa baada ya kupimwa, nenda upimwe tena. Lazima upimwe ikiwa wewe ulikuwa karibu na mtu aliyeambukizwa.

Kwa sababu tu hauna dalili yoyote, haimaanishi kuwa hauna COVID. Bado unaweza kuambukiza sana.

MASKS:

- If you have to leave your home, you must have a mask with you at all times.
- You need to wear it in communal areas of residential buildings, indoor areas such as supermarkets, and outdoors when around others such as in queues waiting for public transport or food.

Maski/Vinyago

Ikiwa ni lazima uondoke nyumbani kwako, lazima uwe na mask/kinyago wakati wote.

Unahitaji kuvaa mask katika maeneo ya pamoja kwenye majengo ya vyumba, maeneo ya ndani kama maduka makubwa, na nje ukiwa karibu na watu kama kwenye foleni/laini ukisubiri kusafiri kwenye basi, gari la moshi au kununua chakula

GENERAL:

- We're all in this together. We must look after each other.
- Compliance is essential to protect you, your loved ones and your communities.
- Together we can beat this virus and help stop the spread, but we need you to work with us.

Kwa Ujumla

Sisi sote tuko kwenye hali hii pamoja. Lazima tuangaliane

Kuzingatia sheria ni muhimu kukuinga wewe, wapendwa wako na jamii zako

Pamoja tunaweza kushinda virusi hivi na kusaidia kuzuia kuenea, lakini tunahitaji ufanye kazi na sisi

