

Suffolk residents are being asked to continue their great efforts, which are successfully reducing the spread of COVID-19.
ነበርቲ Suffolk ነቶም ንምስፍሕፋሕ COVID-19 ብዕዉት ሞንገዲ ዝንክዩ ዘለዉ ሓያል ጻዕርታቶም ክቕጽልዎም ይሕተቱ ኣለዉ።.
These are things we must all continue doing, to keep each other safe and to defeat the virus:
ድሕነት ሓድሕድና ንምሕላውን ነቲ ቫይረስ ንምስዓርን ኩልና ክንገብርዎ ዘለና ነገራት እዞም ዝስዕቡ እዮም፡
<ul style="list-style-type: none"> • Keep staying at home
<ul style="list-style-type: none"> • ካብ ገዛ ዘይምውጻእ ቀጽሉ
<ul style="list-style-type: none"> • Keep working from home where you can
<ul style="list-style-type: none"> • ኣብ ዝክኣለሉ ኣጋጣሚ ኣብ ገዛ ኮይንኩም ምስራሕ ቀጽሉ
<ul style="list-style-type: none"> • Keep 2 metres apart if you go out
<ul style="list-style-type: none"> • እንተድኣ ናብ ደገ ወዲኹም ናይ 2 ሜትሮ ርሕቀት ሓልዉ
<ul style="list-style-type: none"> • Keep exercising safely
<ul style="list-style-type: none"> • ብውሑስ ኣገባብ ኣካላዊ ምውስዋስ ምግባር ቀጽሉ
<ul style="list-style-type: none"> • Keep washing your hands with soap and water
<ul style="list-style-type: none"> • ኣእዳውኩም ብሳሙናን ማይን ምሕዳብ ቀጽሉ
<ul style="list-style-type: none"> • Keep self-isolating if you or anyone in your household has symptoms
<ul style="list-style-type: none"> • እንተድኣ ንስኹም ወይ ዝኸነ ኣብ ገዛኹም ዝነብር ሰብ ምልክታት ሕማም ኣለኩም ኮይኑ ገዛእ ርእስኹም ምንጻል ቀጽሉ
<ul style="list-style-type: none"> • Keep travelling by car, bike or walking
<ul style="list-style-type: none"> • ብማኪና፣ ብብሽከለታ ወይ ብእግሮ ምጉዓዝ ቀጽሉ
<ul style="list-style-type: none"> • Keep staying safe at work
<ul style="list-style-type: none"> • ኣብ ስራሕ ድሕነትኩም ምሕላው ቀጽሉ
<ul style="list-style-type: none"> • Keep shielding yourself if you're vulnerable
<ul style="list-style-type: none"> • እንተድኣ ተነቀፍቲ ኹይንኩም ገዛእ ርእስኹም ምክልኻል ቀጽሉ
<ul style="list-style-type: none"> • Keep supporting local businesses
<ul style="list-style-type: none"> • ንናይ ከባቢኹም ትካላት/ዋኒናት ምድጋፍ ቀጽሉ
<ul style="list-style-type: none"> • Keep looking out for each other
<ul style="list-style-type: none"> • ንሓድሕድኩም ምትሕልላይ ቀጽሉ