

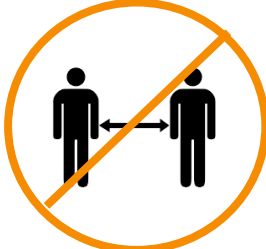



On 19 July 2021 the Government removed almost all COVID-19 restrictions across England.

[Di 19-ê Tîrmeh 2021-an de Hikûmetê teqrîben hemî qedexeyên COVID-19 li seranserê Englîzstanê rakir]

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<p>There is no limit on the number of people you can meet. But you should try to meet outdoors.</p> <p>[Li ser hejmara kesên ku hûn dikarin hevdîtîne bikin sînora tune. Lê divê hûn hewl bidin ku li derve bicivin]</p>	<p>Masks are still recommended in crowded public places and on public transport.</p> <p>[Mask hîn jî li cihên giştî yên qelebalix û li veguhastina giştî tene pêşniyar kirin]</p>
	
<p>Social distancing is no longer compulsory.</p> <p>[Dûrbûna civakî êdî ne icbarî ye]</p>	<p>In London, masks are still required on public transport.</p> <p>[Li London, hîn jî di veguhastina giştî de mask hewce ne]</p>



It is still important to practise good hygiene and wash your hands often
[Hîna jî girînge ku meriv paqijiya baş bike û destên xwe pir caran bişo]

The rules on self-isolation have also changed.

[Rêgezên li ser xwe cudakirinê jî hatin guhertin]



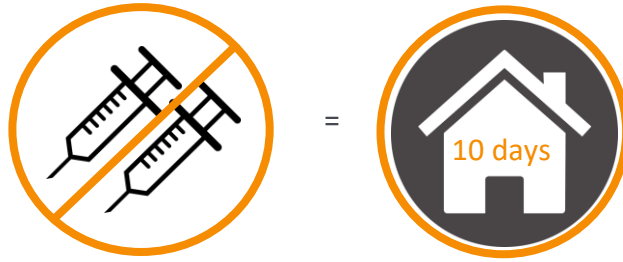
If you are under 18 or are fully vaccinated against COVID-19 you DO NOT have to self-isolate if you have been in contact with someone who tests positive

[Ger hûn di bin 18 salan re bin an bi tevahî li dijî COVID-19 hatine kutan (vakslêdan kirin), hûn ne mecbûrin xwe cuda bikin eger têkelya we bi kesekî re hebi go têsta Corna li cem wî erênî be]



BUT you are advised to take a PCR test as soon as possible and wear a mask around other people while you wait for your test result.

[Lê tê pêşniyar kirin ku di zûtirîn dem têsta PCR çê kin, lê li dema hûn li benda encama têsta xwe bin pêwisti hûn maskê bikar bînin dema ko hûn li dora kesên din bidin]



If you are not fully vaccinated, you must still self-isolate for 10 days if you have been in close contact with someone who tests positive for COVID-19 or if YOU test positive.

[Ger we bi tevahî vaxslêdan (kutan) nekiribe hîna jî ji we tê xwestin hûn xwe 10 rojan cûda bikin eger têkilya we bi kesekî re hebû û têsta wî ya COVID-19 erênî bû (be Coronayê ye)]

How to get a vaccine [Meriv çawa derzîlêdanê bigire]

If you are 18 or over and would like to get a vaccine, you can go to vaccination centre without an appointment. This is called a walk-in centre. To find out where and when these are in Surrey go to www.surreyheartlandscg.nhs.uk/covid-19/coronavirus-covid-19-vaccination-centres

[Ger hûn 18 salî ne yan mestir û dixwazin vaxslêdanê bigirin, hûn dikarin bêyî randevû biçin navendek kutanê (vaxslêdanê). Ji vê re navenda ketinê tê gotin. Ji bo ku hûn nas bibin ka ew li ku û kengê li Surrey ne, li vê pêca xwar binerin]

www.surreyheartlandscg.nhs.uk/covid-19/coronavirus-covid-19-vaccination-centres

Or for more information about how to register with a doctor (GP) and book your vaccination through them, please go to www.doctorsoftheworld.org.uk/translated-health-information/?gr=how-to-register-with-a-gp-and-book-a-vaccine for a simple instruction video, available in 23 different languages.

[An ji bo bêtir agahdarî li ser ka meriv çawa bi GP -yê re qeyd dike û vaxslêdanek pê re tomar dike, ji kerema xwe biçin vê pêcê

www.doctorsoftheworld.org.uk/translated-health-information/?gr=how-to-register-with-a-gp-and-book-a-vaccine

li ser vê pêcê vîdoyek be 23 zimanan hey bi rengekî hesan hûnê zanyariyan wergirin]