

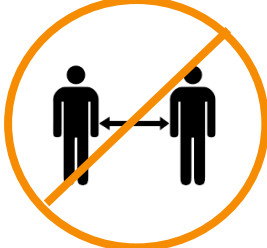


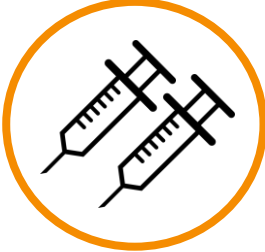

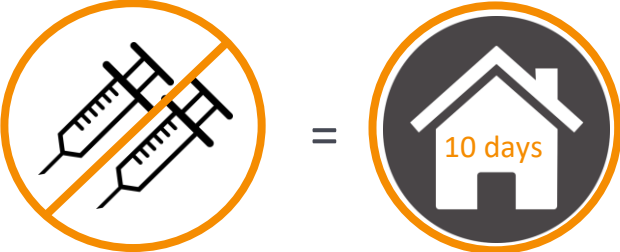


On 19 July 2021 the Government removed almost all COVID-19 restrictions across England.

	
<p>There is no limit on the number of people you can meet. But you should try to meet outdoors.</p>	<p>Masks are still recommended in crowded public places and on public transport.</p>
<p>ብዙህ ክትረከቦም ትክእል ሰባት ደረት የብሉን ይኹን እምበር ፡ ኣብ ግዳም ክትራኹብ ክትፍትን ኣሎካ።</p>	<p>ኣብ ጻዕቂ ህዝቢ ዘለዎ ቦታታትን ህዝባዊ ትራንስፖርት ማስክ ግበር ።</p>
	
<p>Social distancing is no longer compulsory.</p>	<p>In London, masks are still required on public transport.</p>
<p>ማሕበራዊ ምርሕሓቕ ኣየድልን ኢዩ።</p>	<p>ኣብ ሎንዶን ግን ህዝባዊ መጓዳዝያ ማስክ ኣድላይ እዩ።</p>
	
<p>It is still important to practise good hygiene and wash your hands often</p>	
<p>ሕጂ እውን እንተ ኩነ ፡ ጽሬትካ ክትሕሉን ኣእዳውካ ክትሓጽብን ኣገዳሲ እዩ ።</p>	

The rules on self-isolation have also changed.

	
<p>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</p>	<p>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.</p>
<p>ትሕቲ 18 ዓመት እንተኾንኪ/ካ ወይ ድማ ምሉእ ብምሉእ ክታብት ኣንጻር ኮቪድ-19 እንተ ተኸቲብኪ/ካ፡ ምስ ኣወንታ መርመራ ዘለዎ ሰብ ርክብ እንተ ጌርካ ምውሻብ ኣየድልን እዩ ።</p>	<p>ኣብ ዝሓጸረ ግዜ ናይ PCR መርመራ ግበር ምስ ካልኣት ሰባት ክትራከብ ከለካ ማስከ ክተጠቀም ኣለካ ክካብ መርመራኪ/ካ ትፈልጥ ።</p>
	
<p>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.</p>	
<p>ምሉእ ብምሉእ ክታብት እንተዘይ ወሲድኪ/ካ፡ ምስ ኮቪድ-19 ዝተላኸፈ እንተ ተራኪብኪ/ካ ን10 መዓልታት ክትወሽብ ኣለኪ/ካ ።</p>	

How to get a vaccine

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.surreyheartlandscgg.nhs.uk/covid-19/coronavirus-covid-19-vaccination-centres

ብኸመይ ክታብት ከም እትወስድ?

ዕድሜኻ 18 ዓመት ወይ ልዕሊኡ እንተኾይኑን ክታብት ክትወስድ እንተደሊኻን ብዘይ ቆጻራ ናብ ማእከል ክታብት ክትከይድ ትኽእል ኢኻ ።

ንዘይዛ ሓበሬታ ኣበይን መኣስን ንክትፈሊጥ ኣብዚ ልክን ተውቅ ።

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.

ወይ ድማ ከመይ ጌርኩም ኣብ ሓኪም (ጂ.ፒ.) ክትምዘገቡን ክታቦትኩም ብእኡ ክትምዘገቡን ከምእትክእሉ ንሕብር ።