

BAHMI TAWUN VALLCARCA

**HUM CORONAVIRUS KO MADHE NAZAR RAKHTE HUE EK MEHFOOZ YAKJEHTI
(SOLIDARITY) NETWORK CHALU KAR RAHEIN HAIN.**

Coronavirus ko madde nazar rakhte hue, bohat zaruri hai ke hum bahmi tawun yani ke (mutual support) bana kar rakhe, in baaton ko yakeeni bana lein ke logon hor grupon ko mehfooz rakhe, khas tor par jin ko khatra hai hor ijtemai tor par samaji huquq (social rights) hor mazduron ke huquq (labour rights) hor awami khidmaat (public services) sab ka kheyal rakhe, in ko protect karein.

**AYEIN GALIION, AMARATON HOR PEHALO MEIN YAKJETHI KA EHEMAM
KAREIN, ¿AAP KYA KAR SAKTE HAIN?**

Apni amarato yani ke building hor ird gird rehne wale log jinko apki madad ki zarurat hai un ke sath contact karein. Puri duniya ko batayein ke wo akele nahi hain, wo apne parosi ke sath khareed dari kar sakte hain.

Apni amarat yani ke building hor gali ko organize karein ta ke ap unki madad kar sakein jinko zarurat hai, ; apne darwaze par kuch posters lagayein! Behtar hai ke hum apne gharo me rahein , bahir na niklein, apne doston ka, parosiyon ka, rishtedaaron ka kheyal rakhein hor apni family ka b hor tarikon se. Aap hissa lein apne area ke un idaron me jo logon ko support karte hain jaise bazurgon ko support karna, bachon ko, kam karne walon ko... Sab ki honsla afzai barhane karne ke liye agar ap kar sakte hain to kuch posters banaye unki photocopies karayein unko supermarkets hor pharmacies me lagayein.

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¿AAP KYA KAR SAKTEIN HAI TA KE YE BIMARI PHELE NA?

Physical contact na rakhein hor baat karete waqt 1 meter se zaid fasla rakhe.

Jab ghar se jayein ya dakhil hon to hathon ko achi tarah se doyein.

Hospitals ki taraf se sehat par diye gaye hue mashwaron par amal karein.

Agar apko is bimari ke bare me koi alamat milti hain jaise ke (khansi, sans lne me masala, bukhar) to ghar me rahein hor 061 par call karein.

