

Covid-19 Information Pack for Islington Residents

Somali Translation



A Message from Galbur Foundation

Galbur Foundation was founded in 2014 and initially ran projects in the East African origin before starting to deliver projects in and around Islington, North London. It is a small charity that prides itself in establishing deep bonds with people from the Islington community. We are devoted to empowering local young people and their families from BAMER communities and disadvantaged groups.

We help to reach their highest potential by making positive contributions in their lives. We conduct research and run workshops, programmes and sessions to raise awareness about difficulties the youth face around mental health and youth crime. We consider ourselves as the bridge between service providers and users, making us one of Islington's most trusted charity led by people from the community for the community.

COVID-19 Update

Due to the Coronavirus Outbreak all of our face-to-face programmes have been cancelled until it is safe again. We are currently working hard to deliver sessions online.

If you have any questions, need any advice or would like to support us, please email us **info@galbur.org** or call us during office hours on **07495876887** Monday-Friday, 9 am-5 pm.

Follow our social media sites for updates on Twitter and Instagram **@galburfdn**

#StayatHome

#Staying Alert

UK government update (10 May 2020) guidelines to help control the spread of the virus:



- Stay at home as much as possible
- Work from home if you can limit contact with other people
- Keep a 2 meters distance apart (where possible)
- Wash your hands regularly
- Make sure you are self-isolating if you or anyone in your household has symptoms
- Try a wear a mask and gloves when you are outside

You can read more about the Coronavirus update by our Prime Minister Boris Johnson [here](#)

Washing your hands

- Wash your hands with soap and water often, do this for at least 20 seconds
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough
- Put used tissues in the bin immediately and wash your hands afterwards
- Don't touch your eyes, nose or mouth if your hands are not clean
- Clean and disinfect frequently touched surfaces and objects in your home, such as door handle tap
- Shop responsibly, follow the advice in stores and only what you need for your friends and family



Symptoms


- Do not leave home if you or someone you live with has either if you have a high temperature or a new continuous cough
- Anyone who has these symptoms must stay at home until the symptoms have ended, and in all cases for at least **7 days**
- Everyone else in the household must stay at home for at least **14 days** after the first person's symptoms appear, even if they **DO NOT** have the symptoms
- If anyone else develops symptoms during the time, that individual must stay home for an additional **7 days** from when they developed symptoms.
- Once seven days have passed and provided symptoms ended, they no longer need to isolate
- **Do not go to a GP surgery, pharmacy or hospital**
- Use NHS online services
- Only call **111** if you are not able to get online, you have been instructed to call, or your symptoms worsen
- Call **999** if you have a serious or life-threatening emergency, and tell the call adviser if you have coronavirus symptoms



Advice for those who are 70 and over, have an underlying health condition or are pregnant

- People who are over 70 and over, or those who have an underlying health condition, are likely to be more seriously affected
- It is even more important that you protect yourself
- If you need shopping or medication, ask family, friends or neighbours to drop these at the door, or if possible, order online
- Use NHS online services or the NHS App to book appointments or order repeat prescriptions - only if this is not possible

GP consultations should be done over the phone or online, to minimise risk to you, patients and staff

- There are helpful information and advice for pregnant women about coronavirus on the Royal College of Obstetricians and Gynaecologists' website
 - You can read more information about the NHS has given [here](#)
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Support for businesses and Workers

- The Government knows that all these measures have a huge impact on businesses, households and people across the country and has taken action to protect lives and incomes

For Businesses

- More than £330bn is being made available in loans guarantees Another £20bn is being given to businesses through tax relief and cash grants
- HMRC is deferring VAT payments for the next quarter



For workers and families

- The Coronavirus Job Retention Scheme means employees can receive 80 per cent of their wages up to a maximum of £2,500 per month
- The Coronavirus Self Employment Income Support Scheme will provide a grant to most self-employed individuals or partnerships, worth 80% of their profits up to a cap of £2,500
- Extra support for the unemployed and those on income through Universal Credit and Tax Credits, worth up to £1,040
- Nearly £1bn of additional support for renters

You can read more about this [here](#)



Support from Islington Council

'We are Islington' helpline run by Islington Council that connects residences with hundreds of volunteers organised in partnership with local charities, community organisations and mutual aid groups.

If you need support please call 0207 527 8222 is open Monday-Friday 9am-5 pm or you can email them anytime on weareislington@islington.gov.uk

For more information visit their website:
<https://www.islington.gov.uk/social-care-and-health/coronavirus-covid-19/need-help>



ISLINGTON



Bisha May 10 keedii dawlada waxay cusbooneysiiday wararka xaalada Covid-19

Si aan u xakameyno fayraska waa muhiim inaa la nimaano feejignaan dheeri ah taasi manaheedu waa inaad

- Joogto guriga intaad awoodo
- Guriga ku shaqee haday kuu suuragaleyso
- Xadid la kulanka dadka
- Hadaad dibada u baxdo u jirso dadka 2 mitir
- Gacmahaaga joogto u dhaq
- Adi ama qof kula nool hadaad isku aragtaan calaamadaha Covid19 ha ka bixin guriga Isku day inaad xirato maskaro iyo gacmo-gashi markaad aado dibada
- Halkan ayaa ka akhrisan kartaa wararka ka soo kordha Covid19 ee uu soo jeediyay raiisul wasaaraha dalka Boris Johnson



Gacmo dhaqashada

- Ku dhaq gacmahaaga saabuun illaa 20 ilbiriqsi
- Markaad qufaceyso ku dabool afka iyo sanko af-masaxe (tissue) ama xusulka gacanta (maya calaacashaada)
- Ku rid af-masaxaha qashinka oo iska dhaq gacmaha

Calaamada

- Guriga ha ka bixin hadaad isku aragto adiga ama qof guriga kugula nool xumad ama qandho heerkulkeedu sareeyo ama qufac degdeg ah
- Qofka kasta calaamadahaas isku arko waa inuu guriga joogaa illaa calaamadaha ay dhamaadaan. Dadka guriga kula nool qofkan sidoo kale waxaa laga rabaa inaysan guriga ka bixin illaa 14 cisho
XATAA HADAYSAN KA MUUQANIN CALAAMADAHA

- Haddii qof qoyska ka tirsan uu gadaal ka muujiyo calaamadaha qofkaasi waa inuu sii joogaa guriga 7 maalin oo dheeri ah laga soo bilaabo xilliga ay kasoo muuqdeen calaamadaha, haddii uu dhameysto 7 maalin uunan haysanin calaamadaha waa uu ka bixi karaa guriga
- **HA AADIN** GP, Farmasiga ama isbitaalka
- Isticmaal qadka internetka caawinta ee NHS. Keliya waco **111** haddii qadka internetka aad geli weyso, lagugu waaniyo inaad wacdo ama xaaladaada ay sii xumaato
- Wac **999** haddii xaaladaada khatar ku jirto, u sheeg qofka qadka kaa qabto inaad haysato calaamadaha Coronaviruska



Talo bixin ku aadan dadka waayeelka ah ee 70 jir iyo ka weyn, kuwa haysta xaalado caafimaad darro iyo haweenka uurka leh

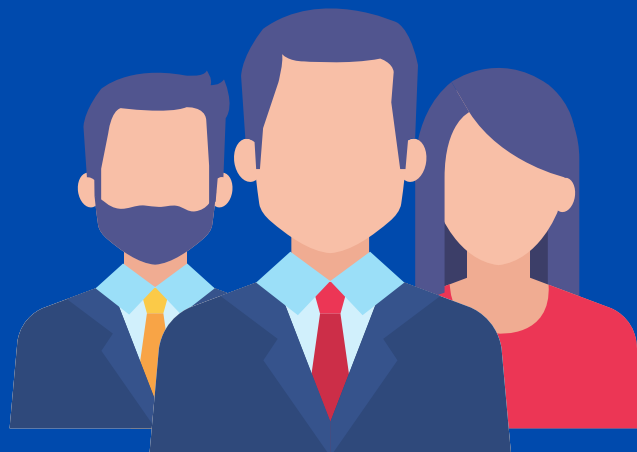
- Dhamaan dadkan waa dad u nugul inuu haleelo Coronavirus waana arrin muhiim ah inay muujiyaan taxadir dheeri ah
- Haddii aad u baahato dukaameysi ama dawo, weydiiso qoyskaaga, deriskaaga, asxaabtaada ama waco mutual aid group ka xaafadaada ama haday kuu suuragaleyso ku dalbo qadka internetka. Isticmaal qadka NHS ka si aad uga dalbato daawada farmasigaaga- waa haddi suurgal tahay
- Wixii talo bixin ah ee aad ka dooneyso takhtarkaaga GP waa inay noqoto keliya qadka telefoonka ama internetka si loo yareeyo qatarta faafinta fayraska
- Talo bixin iyo macluumaad muhiim ah ayay hooyada uurka leh ka heli karta barta internetka ee Royal College of Obstetricians iyo Gynaecologists oo ku saabsan Coronavirus Wixii macluumaad dheeri ah ee ku saabsan caafimaadka waxaa ka heli kartaa mareegtan: www.nhs.uk/conditions/coronavirus-covid-19/

Caawimaada Ganacsatada iyo shaqaalaha

- Dawlada way ka warhaysa in ganacsiga iyo shaqaalaha uu saameyn ku yeeshay xanuunkan waxayna qaaday talaabooyin ay uga hortageyso in dhib soo gaarin shaqaalaha iyo ganacsiga

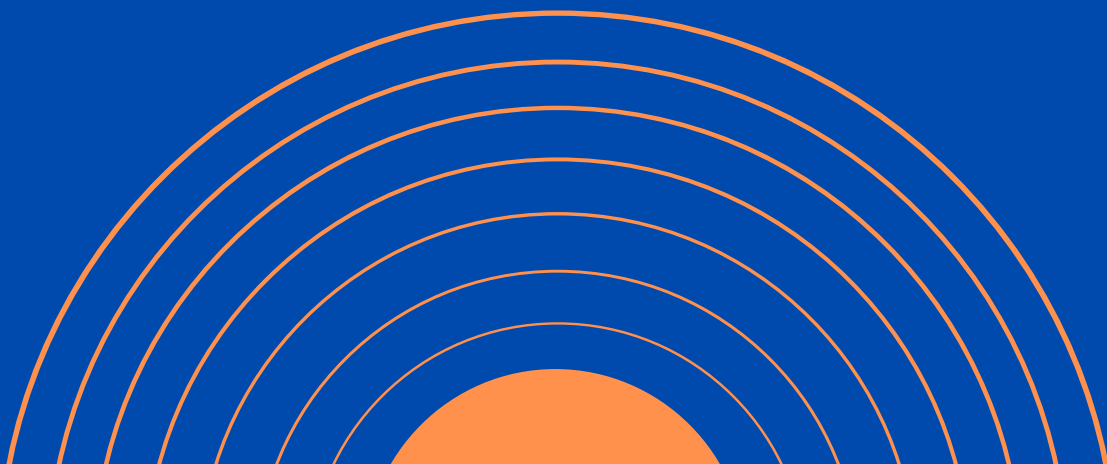
Ganacsatada

- In ka badan £330bn oo deyn ah ayay u diyaarisay dawlada
- Sidoo kale £20bn ayay ku bixineysaa in lagu caawiyo ganacsatada iyadoo la sameyanayo canshuur ka qafiifin lana siinayo lacag kaash ah
- HMRC waxay dib u dhigtay VAT afar bilood soo socota



Shaqaalaha iyo qoysaska

- Qorshaha Coronavirus Job Retention Scheme micnahiisu waxa weeye shaqaaluhu waxay heli karaan 80 boqolkiiba mushaarkooda illaa lacag dhan £2,500 bil kasta
- Qorshaha Coronavirus Self Employment Income Support Scheme isaguna waa lacag loogu talagalay dadka iskood u shaqeysta taasoo iyadana u dhiganta 80 boqolkiiba faaidada ganacsigooda illaa lacag dhan £2,500
- Waxaa jira caawimaad dheeri ah oo loogu talagalay dadka shaqa la'aanta ah iyadoo loo soo marsiinayo Universal Credit and Tax Credits, lacag u dhiganta £1,040
- In ku dhow £1bn ayaa iyadana loogu talagalay dadka ku jira guryaha kirada ah. Ka aqri in badan oo macluumaad ah mareegtan: www.gov.uk/coronavirus



Caawimaada ay bixiso Islington Council

We are Islington' waa adeeg ay sameeysay dawlada hoose ee Islington iyadoo kaashaneyso dadka iskaa wax u qabsada ku shaqeya iyo ururada bixiya adeegyada kala duwan iskuna xiraya dadka degaanka iyo adeegyada maxaliga ah ay qabtaan ururada xaafada.

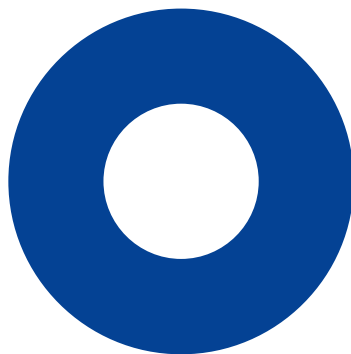
Haddii u baahato caawimaad ee aadna degan tahay Islington fadlan waco qadka caawinta 0207 527 8222 wuxuu furan yahay maalin kasta 9-5pm, Isniin-Axad ama u dir email weareislington@islington.gov.uk



Supporting Galbur Foundation

Galbur Foundation is a charity relying solely on donations from individuals and community funders to do the work we do in Islington and around the Islington area.

If you would like to volunteer for us, partner with us or donate any equipment, please feel free to email us anytime on **info@galbur.org**, we are happy to provide you with more information in how you can support us in any way you can.



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