



# AMANAR N USEMRES N YIRIM AYIMAN N TMESFEÐT N TNEZAR

## Mad igan irim ayiman n tmesfeđt n tnezar?

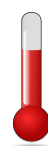
Irim ayiman d yan irim lli tettggad s ixef-nnek/m g tnezar nnek/m.

- Irim-ad izmer ad iferk i mas gi-m/k COVID-19.
- Illa fell-ak/m ad tettggad irim-ad mennawt tikkal: yat ar snat y imalass.



Bac ad tessersed irim-ad illa fell-am/k:

- **Ad yur-m/k ur yili kra n imiter, am tiryi niy ađđan n yixef.**
- Ad ur tħukkud d kra n yan/yat y-illa COVID-19.



Iy yur-k/m imiteren, niy iy tħukkid d kra n yan/yat y-illa COVID-19, illa fell-am/k ad tskered irim n usarem n PCR, niy irim antigène udrif y tsasfert.



## Manik s tettggad irim nnem/k ayiman n tmesfeđt n tnezar

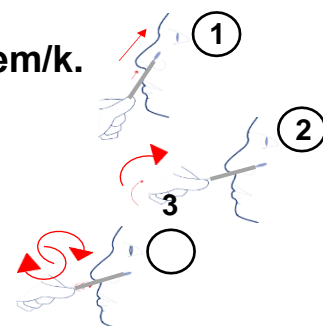
### Tikli 1:

- Ssired ifassen nnem/k s ilyan d waman, niy-ten tsyused s usemres n gil n lankul d wamn.
- Seffuy-d mařra ig<sup>w</sup>ezman zeg tfniqet, aha tsersed-ten yef kra n ugudem igaddan d iyusen.



### Tikli 2:

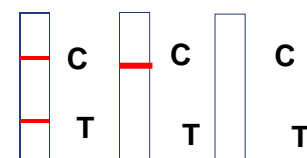
- **Sekcem tamesfeđt 2 ar 3 n id řantim s ug<sup>w</sup>nes n tnezert nnem/k.**
- **All tamsefeđt s ufella s lxađer bac ad tgen. Bidd akud nna tseħussid s imik n tbeddi.**
- **Beřrem tamesfeđt y ug<sup>w</sup>nes n tnezert nnek/m.**



### Tikli 3:

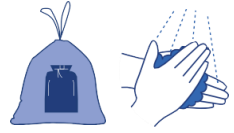
#### Yil-ad tesyawsad ad tetťefed tiyafutin nnem/k zeg uqerťaše:

- Sin uzegigen ittewayk<sup>w</sup>lan, yan y **C** d yan yađeni y **T**: irim iga umenig
- Yan uzegig ittewayk<sup>w</sup>lan yar y **C**: irim iga uzedir
- Tta kra n uzegig ittewayk<sup>w</sup>lan: lxeřša ad ittewyalas irim.



#### Tikli 4:

- G maṛra ma-yad y uxenci n warras, ass-t aha tessiredd ifassen nnem/k.



### Mas ixexša ad-ti tsekred iy iga irim nnek/m umenig

Seker nican irim n PCR, lli igan fabuṛ akd takaṛṛa tamaduret (Carte Vitale)



#### Ẓeli ixef-nnek/m bac ad tarid wiyyaḍ

- Ini i midden lli dim/k idderen ad ẓlin ixefawen-nnesen skeren irim.
- Senyems wanna/tanna ka yaḍeni d-da temmaqared.
- Ẓeli ixef-nnek/m 10 n wussan tigira n mad teskered irim.



Ini-t i-wmesgnaf nnek/m, d rad ak/m inenna ma rad teskered.

Ḍuf tadusi nnek/m tẓered asit wib:

[mesconseilscovid.fr](https://mesconseilscovid.fr)



Iy ur tẓemerad ad tcuncuḍed niy iy-a gi-k/m ittebbi unefus, yer s tazzela i 15, niy 114 y mad iẓelin s iḍerḍar d willi bahra ur ittesellan.



Ḍefaṛ timggiyin tuferigin sa wussan dat n mad isemed uzemez n uzelay ayiman.

### Mas ixexša ad-ti tsekred iy iga irim nnek/m uzedir

Kemmel taḍefri n tmeggiyin tufrigin.

Iy turdid niy iy teẓerid mas yur-k/m imiteren, seker irim n PCR niy n antigène udrif.



Af uggar n umelan y <https://solidarites-sante.gouv.fr/autotests-covid-19>