

<국민 행동 지침 aholi harakatlanishi uchun ko'rsatmalar>

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① 발열 또는 호흡기 증상(기침, 인후통, 근육통 등) 등 몸이 아프면

외출·출근·등교하지 않기

Agarda isitma yoki nafas olishda qiyinchilik (yo'tal, tomoq og'rig'i, mushaklarning og'rig'i va boshqalar) kabi alomatlar bo'lsa, ko'chaga chiqmang, ishga bormang yoki maktabga bormang.

\* 38도 이상 고열지속, 증상 악화시 콜센터(1339, 지역번호+120)나 보건소 문의하기

Agarda isitmangiz 38 daraja yoki yuqori bo'lsa, qo'ng'iroq markaziga (1339, mintaqa kodi +120) yoki sog'liqni saqlash markaziga murojaat qiling.

② 의료기관 방문, 생필품 구매, 출퇴근 외에,

Tibbiyot muassasalariga tashrif buyurish, kundalik ehtiyojlarni sotib olish va ishga botib kelishdan tashqari

불요불급한 외출·모임·외식·행사·여행 등은 연기하거나 취소하기

maqsadsiz tashqariga chiqishlar, uchrashuvlar, ovqatlanish, tadbirlar, sayohatlar va hokazolarni ortga suring yoki bekor qiling.

- (식사) 음식점·카페에서 식사하기 보다는 포장·배달

(Ovqatlanish) Restoran yoki kafeda ovqatlanishdan ko'ra o'zingiz bilan olib keting yoki etkazib berishdan foydalaning.

\* 최근 식사 시 감염사례 다수 보고되어, 특히 식사를 동반하는 행사·모임은 연기하거나 취소 필요

\* So'nggi paytlarda ovqatlanish vaqtida infeksiyaning ko'p holatlari qayd etilmoqda, ayniqsa ovqatlanish

bilan bog'liq tadbirlar va uchrashuvlar keying qoldirilishi yoki bekor qilinishi kerak.

- (운동) 체육시설에 가기보다는 집에서 홈트레이닝

(Jismoniy mashqlar) uydan tashqariga chiqqandan ko'ra uyda mashq qiling.

- (친구·동료모임) 직접 만나기 보다 각자 집에서 비대면 모임(PC, 휴대폰활용)

(Do'stlar / hamkasblar uchrashuvi) Uchrashuvlardan ko'ra har bir kishining uyida (kompyuter va uyali telefon orqali)

yuzma-yuz uchrashuvlar qiling.

- (쇼핑) 매장에 방문하는 것보다는 **온라인 주문**

(Xarid qilish) Do'konga tashrif buyurishdan ko'ra onlayn buyurtma bering

③ **외출시, 마스크 착용 등 방역수칙을 준수하고**

Ko'chaga chiqqanda, niqob taqing, karantin qoidalariga rioya qiling.

환기 안 되고 사람 많은 **밀폐·밀집·밀접**(3밀) 된 곳 **가지 않기**

**Havo yaxshi aylanmaydigan, odamlar ko'p bo'lgan, yopiq, zich, bir biriga tegish darajada zich bo'lgan joylarga bormang.**

- (마스크 착용) **실내에서는 반드시 마스크 착용**하고,

(Niqob taqing) Bino ichida ham albatta niqob taqing.

**실외에서도 2m 거리두기가 어려운 경우 착용**하기

Tashqarida ham 2 m masofani saqlash qiyin hollarda niqobda bo'ling.

\* 마스크를 벗게하는 행위(음식 섭취, 노래부르기, 응원하기 등)은 자제

\* Niqobni iloji boricha echmaslik (ovqatlanish, qo'shiq aytish, xursandchilik va boshqala)ga harakat qiling.

- (거리두기) 사람간 **2m(최소1m)이상 거리두기**

(Masofa) Odamlar orasida 2 m (kamida 1 m) masofani saqlang

- **침방울이 튀는 행위**(소리지르기, 큰소리로 노래부르기, 응원하기 등),

Tupik, so'laklarni sachratmaslikka harakat qiling (qichqiriq, baland ovozda kuylash, kulish),

**신체접촉**(악수, 포옹 등) **하지 않**t

**Teginishdan o'zingizni saqlang (qo'l berib ko'rishish, quchoqlash va boshqalar).**

## &lt;Guidance on people's behaviour&gt;

- ① **Do not go outside-go to school/work if you feel sick** with any fever or respiratory symptoms

(Cough, sore throat, muscle pain)

\* Contact health center(1339, local number+120) if your symptoms get worse such as high-fever continuation (over 38°C)

- ② **Delay or cancel your unnecessary going outside-meeting-event-travelling except for going to medical center, buying daily necessities and commuting**

- **(Meal) make a delivery or take it away** from restaurants-cafeteria rather than having it on the spot.

\* As per a lot of infection cases have been reported recently, it is especially necessary to delay or cancel any events·

gatherings with having meal.

- **(Work out) do it at home** rather than sports facilities

- **(Gathering with friends-colleagues) do untact meeting**(with PC, mobile) at each home rather than meeting face-to-face

- **(Shopping) do online shopping** rather than visiting shopping center

- ③ **Do follow quarantine rules such as wearing a mask outside and do not visit where the place is contacted, concentrated, sealed by** a lot of people, where is no ventilation or circulation

- **(Wearing a mask) you must wear a mask inside and do it outside only if you are unable for 2m distancing.**

\* Please refrain from making you take off the mask(e.g. eating, singing cheering, etc)

- **(Distancing) keep your distance more than 2m (minimum 1m) from person to person**

- Do not spray tiny droplets (e.g. shouting, singing loudly, cheering, etc) and touch person's body (e.g. shaking hands, hug, etc)