ܡܝܢ ܬܗܪ ܒܝܕ ܚܘܕܬܐ: ܐܦܘܪܐ ܕܒܝܕ ܒܝܬܐ ܡܣܘܝܢܐ ܚܝܢܐ

ܟܬܒܬܐ ܡܠܬܐ ܕܥܡܝܢ ܡܠܬܐ

ܕܝܬܝ ܕܝܢܐ ܝܠܗܬܐ ܠܗ ܡܝܢ ܐܢܐ ܒܝܬܝ. ܡܢܕܝ ܐܬܐܝ ܕܬܒܝܢ؟

ܝܠܝ ܒܝܬܐܝܬܐ ܕܒܬܐ ܠܗ ܡܣܘܝܢܐ ܕܥܘܕܬܐ ܐܘ ܝܠܗܬܐ ܠܗ ܕܝܬܝ ܕܝܢܐ ܕܥܘܕܬܐ ܕܦܝܬܐ ܡܝܢ ܐܢܘܢ، ܐܢܥܫܬܐ ܠܗܘ ܕܐܬܟܒܪܘܬܐ ܟܝܢܝ ܥܘܐܢܝ ܦܟܩܢܝ.

ܒܝܬܝܬܐ ܕܝ ܗܘܐ ܕܐܢܐ ܒܝܬܐܝܬܐ

- ܥܕܬܐ ܕܐܘܬܐ ܐܢܬܝ ܐܢܬܐ. ܒܝܬܐ ܕܥܝܢܬܐ ܗܘܐ ܝܩܪܐ ܕܝܬ ܐܝܕܥ ܕܒܟܝܟܬܐ ܕܝܬܝ.

ܒܝܟܝܟܘܬ ܕܐܘܬܐ ܒܝܬܐܝܬܐ (ܒܝܬܐ ܕܒܝܬܐ، ܚܘܕܝܢ ܘܢܕܬܐ ܕܒܝܬܐ)

- ܒܝܟܝܟܘܬ ܕܐܘܬܐ ܐܢܬܐ ܕܝܬܝ ܚܝܢܐ ܒܚܝܬܐ ܐܘ ܥܡܕܝܬܐ ܡܢܬܐ.
- ܝܠܝ ܠܗ ܐܘܬܐ ܐܢܬܐ ܡܥܡܕܬܐ ܕܝܟ ܣܬܐ ܝܠܝܬܟ ܥܕܐܘܬܐ ܕܐܢܐܬܐ: ܢܕܥܬܐ ܐܟ ܝܥܬܐ ܟܝܢܝ ܕܟܐܢ ܕܐܢܬܐ ܕܡܬܐ ܡܢܝ ܬܘܐ ܕܐܢܬܐ ܕܥܬܘܕܬܐ ܕܥܬܘܕܬܐ ܕܒܝܬܐ ܡܘܝܝܢ ܕܢܕܥܬܐ ܕܒܝܬܐ. ܟܕ ܐܢܥܝܢܐ ܕܐܬܟܒܪܘܬܐ ܕܥܘܐܢܝ ܡܐܕܝܢ ܕܥܝܢ ܣܬܐ ܕܥܝܢ ܒܟ ܝܕܥܐ ܕܐܢܬܐ ܕܥܬܘܕܬܐ.
- ܡܐܦܬܝܢ ܕܐܢܬܐ ܟܝܢ ܕܩܥܝܢ ܡܣܘܝܟܝ ܥܕܝܢܬܐ ܡܥܝܢ ܒܥܝܢ ܡܥܝܢܬܐ ܕܥܝܢ ܡܟܘܬܐ ܟܣܝܬܐ ܕܐܢܬܐ ܟܝܣܝܩܝ ܕܢܬܝܐ.

ܒܝܟܝܟܘܬ ܕܐܘܬܐ ܒܝܬܐ (ܚܘܕܝܢ ܡܬܝܐ ܡܘܟܝܢ ܒܝܬܐ ܡܟܝܐ، ܚܘܒܝܢ، ܡܬܕܝܢ، ܕܡܝܢ ܡܐܥܡܝܢ)

- ܒܝܥܝܢ ܕܐܘܬܐ ܒܝܬܐ ܕܝܬܝ ܠܗ ܒܝܬܐ ܠܡܕܥ ܥܡܬܐ ܡܩܡܬ. ܕܡܝܢ ܡܐܥܡܝܢ ܟܝܢ ܕܩܥܝܢ ܡܡܡܝܢ ܕܝܢ ܝܢ ܝܥܝܬܐ ܕܐܥܡܝܢ. ܝܢܕܝ ܩܥܬܐ ܟܝ ܣܟܐ ܡܥܡܐܬܐ ܒܝܟܐ ܕܝܬܝ ܕܝܬܝ ܡܟܐ ܡܬܕܝܢ ܕܝܬܝ ܐܘ ܕܝܡܥܝܢ.

ܟܝܢܝ

- ܒܝܥܝܢ ܕܐܘܬܐ ܟܝܢܝ ܠܗ ܒܝܬܐ ܠܡܕܥ ܥܡܬܐ ܡܩܡܬ.
- ܡܥܡܐ ܕܐܘܬܐ ܟܝܢܝ ܡܥܡܣܝܢ ܥܕܝܬܐ ܒܝ ܒܝܬܝܢܐ ܕܝ ܒܝܥܝܬܐ ܡܥܡܐ ܕܐܘܬܐ.
- ܟܝܢܝ ܡܕܝܢܬܐ ܕܝܬܝ ܣܬܐ ܝܠܝܬܟ ܥܕܐܘܬܐ ܕܐܢܐܬܐ ܟܝܢ ܣܡܝܟܝ ܠܗܘ ܕܩܥܝܢ ܡܥܝܢ ܒܝܬܝ ܡܥܝܢ ܟܝ ܝܥܝܬܐ ܟܝܢ ܐܢܬܐ ܕܝܬܝ ܕܝܬܝ (ܩܘܕܩ) ܕܡܥܝܢ ܡܝܢ ܥܕܝ ܒܝܬܐ ܕܥܬܘܕܬܐ ܕܥܬܘܕܬܐ ܕܒܝܬܐ ܡܘܝܝܢ ܕܢܕܥܬܐ ܕܒܝܬܐ. ܡܝ ܥܕܐ ܡܥܝܢܐ، ܒܕܩܝܩܘ ܕܐܘܬܐ ܟܝ ܡܥܝ ܝܠܝܬ ܡܒܥܕܘܘ ܕܐܘܬܐ ܝܩܪ. ܟܕ ܐܢܥܝܢܐ ܕܐܬܟܒܪܘܬܐ ܕܥܘܐܢܝ ܡܐܕܝܢ ܕܥܘܐܢܝ ܕܝܬܝ ܣܬܐ ܕܥܝܢ ܒܟ ܝܕܥܐ ܕܐܢܬܐ ܕܥܬܘܕܬܐ. ܒܝܡܝܢܐ ܟܕ ܕܝܥܬܕܐ ܥܬܝ ܒܝܬ ܡܟܘܝ ܣܝܒܝ ܕܝܣܕܝ ܕܝ ܒܝܡܝܣܒܐ ܕܟܝܢ.

ܡܢܕܝ ܕܐܘ ܕܟܝܢ ܥܝܢܝ ܒܟ ܒܝܟܝ ܕܝܬ ܒܝܥܕܘܬܐ ܕܟܝܢ ܝܠܝ؟

ܢܢܥܫܬܐ ܟܝ ܕܝܢܝ ܩܥܝ ܝܠܝ ܣܕܐ ܢܣܕܬܐ ܕܐ ܢܣܕܬܐ ܕܐ ܕܝܟܝ ܕܒܟܬ ܩܡܬ ܐܘ ܥܝܟܝ ܒܝܬ ܒܝܬܐ ܕܝܬܝ، ܢܝܬ ܕܥܝܡܬܐ ܡܒܕܐܝܢ ܡܝܟܬ ܒܟܬ ܕܐܬܟ ܥܝܢ ܣܬ ܒܟ ܟܝܢ.

- ܡܥܡܐ ܣܕܐ ܢܣܕܬܐ ܢܣܕܬܐ ܒܝ ܢܣܕܬܐ ܕܐ ܕܝܟܝ ܕܝ ܒܝܬ ܒܝܬ (ܬܐ ܚܘܚܬ ܝܟܬܐ ܕܒܟܘܕܝ) ܥܝܬ ܟܝ ܟܝܢ ܒܝ ܡܟܘܝ ܬܬܝ ܕܣܘܬ.

ܢܝ ܗܘܐ ܝܝܟܝ ܕܝܣܘܬܐ ܒܝ ܝܝܟܬ ܡܥܡܬܐ ܕܟܝ ܒܝܬ؟

ܟܕ ܟܝ ܥܝܢܐ ܣܝܢܝܬܐ ܬܐ ܕܥܬܘܬܐ ܘܟܘܕ ܕܝܟܬ ܒܟ ܒܝܬܐ ܕܝ ܒܝܬ ܒܝܕܝܟܝܟ ܝܣܘܬܐ.

ܬܘܠܕܬܐ ܕܐܓܪܝܬܐ ܕܐܝܟܪܝܬܐ

Environment Protection Authority ܕܒܝܚܪܘܬܐ

ܡܬܝܠܝܢ ܕܡܬܚܒܪܝܢ ܠܟ EPA Victoria ܕܒܝܚܪܘܬܐ ܒܟ ܐܝܟܘܦܝ ܡܥܬܪܐ 1300 372 842 ܕܡܬܪܬܐ ܥܡܗ ܐܓܪܝܬܐ ܕܐܒܕܐ ܥܡܗ ܡܕܥܐܝܬܐ ܕܒܬܪܬܐ ܒܟ ܡܚܝܡܢܐ ܕܐܪܥܐ.

https://www.epa.vic.gov.au/for-community/environmental-information/air-quality/smoke/smoke-your-health

ܟܬܝܒܬܐ

ܒܝ ܒܬܪܐ ܗܘ ܒܢܝ ܐܦܩܐ ܕܒܬܪܐܝܬܐ ܠܒܪܟܘܬܐ ܠܒܪܟܘܬܐ ܕܟ ܡܚܕܐ ܕܟܬܒܐ ܕܡܬܪܓܡܐ ܕܐܪܒܥ ܠܫܢܝ ܡܘܕܝܢ ܠܗܘܢ، ܡܘܠ ܐܝܟ ܟܬܝܒܬܐ.

ܡܥܡܕܐ ܡܩܒܠܐ ܥܠ ܡܘܟܠܢܐ ܕܒܝܚܪܘܬܐ، 1 Treasury Place, Melbourne

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