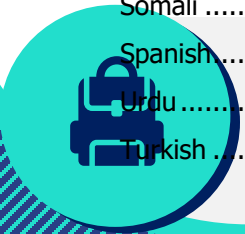


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John Cabot is an academy built upon strong relationships between staff, students and parents. I hold huge admiration for all members of the John Cabot Community and am grateful for your understanding and commitment in the past few weeks as there has been a rise in positive cases. You have shown incredible adaptability and resourcefulness to ensure that our students continue to be inspired by their learning. As the impact of the lockdown begins to be seen in a reduced case rate in Bristol, correspondingly we have had fewer cases this week. I am therefore very much looking forward to seeing almost all of our students back in the Academy this week.



▶ [Click here to access the Student Navigator.](#) The student navigator page contains links to all the pages you will need if you are learning from home. We recommend bookmarking the page in your web browser so you can access it easily in the future.

[Click here to access a guide to INSIGHT](#), our student information system.

JCA students working with Integrate UK during lockdown

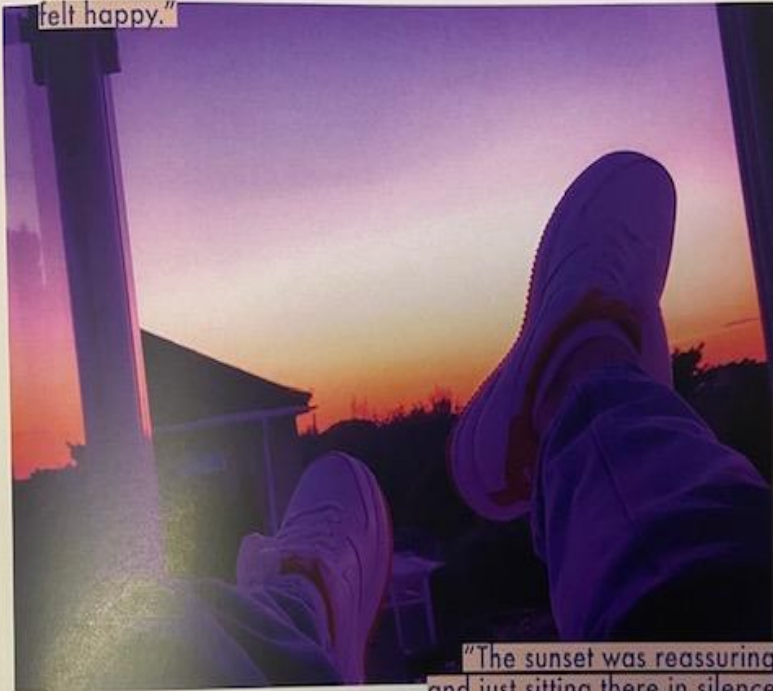
'Locked indoors, unable to learn, feeling emotions they had never felt before, our young people could have lost themselves in fear of the new and unfamiliar enemy. Instead, they rose defiant, creative, and resilient, finding new ways to reach out, to challenge the status quo. The unexpected gift of time allowed them to nurture their talent and define a vision of safety, peace and equality that will be our future.'

- **Amaal Ali, Integrate UK Project Manager**

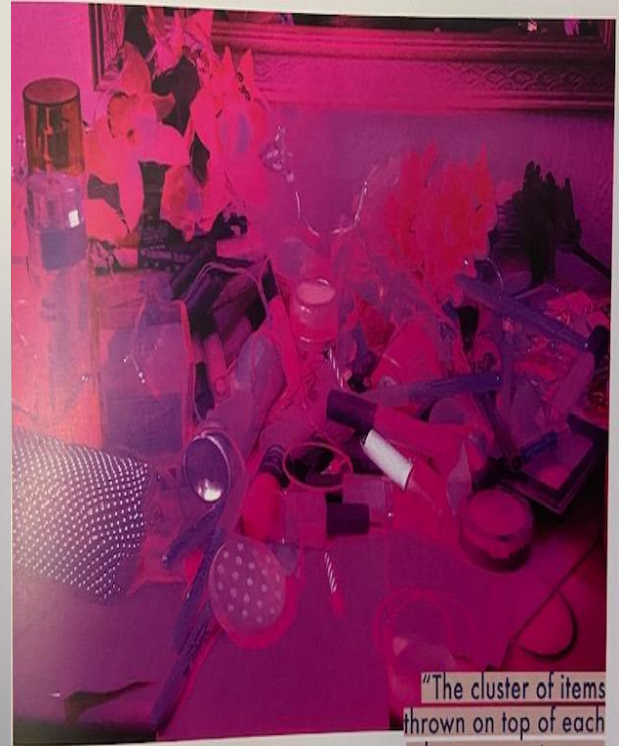
Inspiring photographs below of the work of JCA students which features in the published book 'Unlocked - a collection of multimedia work by the young people of Integrate UK'.

Featured: Jayden McIntosh (Y8) Fatou Cham (Y9) Daechanel McKenzie (Y9) & Manaal Sheikh (Y10)

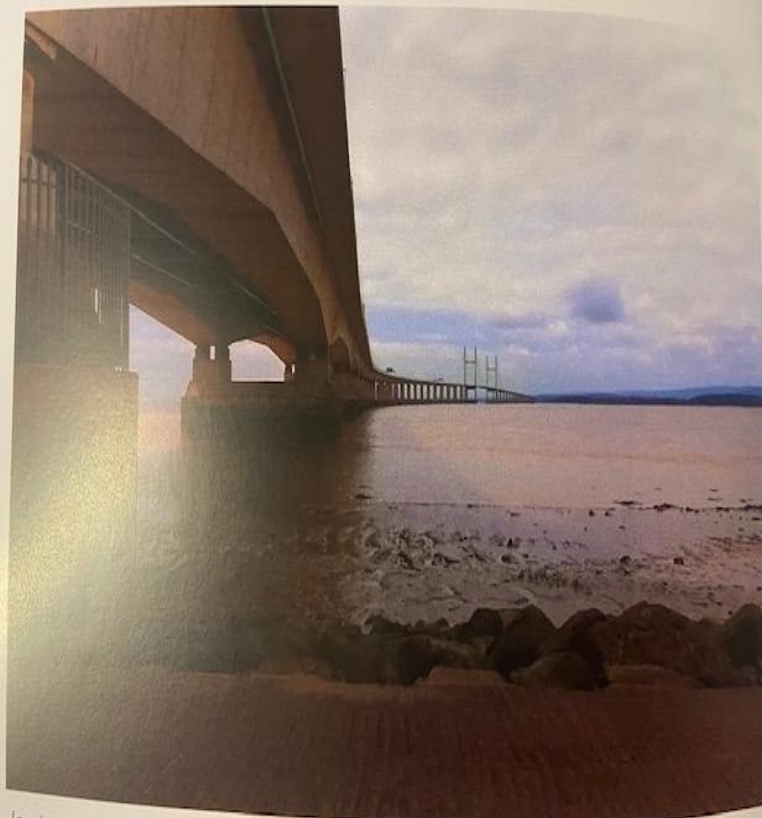
"As I sat there listening to the distant birds, I felt happy."



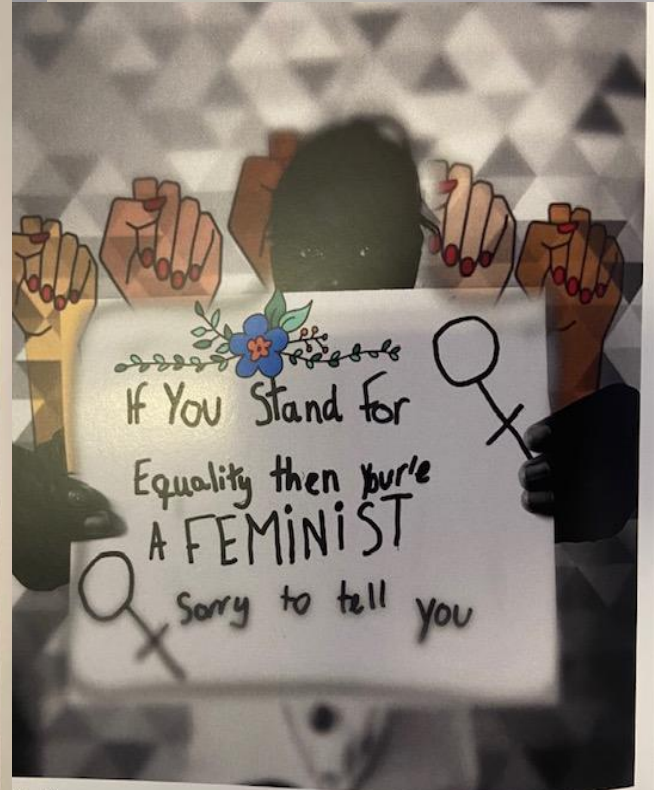
"The sunset was reassuring and just sitting there in silence by myself, inhaling the cool summer breeze, everything felt alright."



"The cluster of items thrown on top of each other represent messy complicated feelings some might have experienced in quarantine."



Jayden, 12



ou, 13

You

You are the flesh and the bone

You are the mind and the soul

You are the innocent until proven guilty

You are not a label floating on the river bend

You are not the bucket hanging from a noose

You are not an object

You are human

You look like me but fair skinned with braids galore but
those braids are the chains that hold me captive

You steal our homes, our culture

You rip apart our rights

But what you have caused is a revolutionary unison for
lgbtq+ rights and a reason for black lives to fight

And now my brothers and sisters from countries all around
the world have joined together hand in hand

You are me, and we are human

Daechanel, 13

Changes to Ready-To-Learn.

At JCA we firmly believe that students should be allowed to learn, and teachers be allowed to teach, free from lesson disruption. We believe it is critical that students take responsibility for their behaviour, and that they have access to significant levels of support when they make poor choices.

The changes that are outlined below increase the sanction for lesson disruption. They will ensure that students return to learning in the Separated Learning Rooms (SLRs) more quickly, and that students will also miss some social time as well as learning time in response to poor behaviour. The changes will also allow us to significantly increase our capacity to support students in making positive choices.

The changes are as follows:

- In response to referrals out of lessons, or in response to truancy, students will be placed in either the Y7 / Y8 Separated Learning Room, or the Y9 / Y10 / Y11 Separated Learning Room. Student bubbles will be preserved in the SLR by ensuring dedicated areas for each year group.
- Y7, Y8 and Y9 students will remain in the SLR until, and through, the next social time. Although they will be allowed to use the toilets at this time, they will not be able to spend time with their friends.
- The SLRs are learning areas. Where possible, students will continue to access remote learning in the SLRs. Students will be expected to follow Ready To Learn expectations in the SLR. If they choose not to do this, they will receive clear warnings, will be given a chance to reset, and, if they continue to disrupt, will be excluded for the rest of the day.
- An Alternate Day, running from 9.45am to 1.30pm, will be introduced as soon as possible. Students will complete remote learning in a supervised location away from the main building. This will be used as an alternative to fixed term exclusion where appropriate.
- The SLRs will be staffed by a mixture of Senior, Middle Leadership and Pastoral staff.

A critical driver of these changes is in the capacity the Pastoral Team have to support our students. Benefits include that Student Support Leaders will gain significant capacity to do 1:1 and small group work with students to support them in making positive choices / overcoming existing challenges, and will now be available at break and lunch for any students who need to talk to them.

All Year groups will continue to have a location where their Pastoral Team will be based if a student needs to locate a key member of staff outside of break or lunch.

These changes will be shared through interactive assemblies to students via tutor time, and through Show My Homework.

If you have any questions about these changes, please do not hesitate to contact Richard Cormack, Assistant Principal, on the email JCAinfo@clf.uk, or by calling the main school, number.

Richard Cormack
Assistant Principal

Reminder - Action required: Pre-approval for sending students home

We are asking every parent/carer/guardian to pre-approve their child's being sent home from school in the event of a COVID-19 case within their year group. Please confirm now by clicking [here](#).

We all continue to work hard to implement measures to make the school site as safe as possible, with the introduction of year group bubbles; staggered social times; separate entrances and exits for different year groups; and encouraging everyone to regularly wash and sanitize their hands.

It helped on 2nd October to be able to dismiss a year group from the site as quickly and safely as possible. We are therefore requesting that all parents/carers/guardians pre-approve their children being sent home as quickly and safely as possible, in the event that a year group needs to leave due to a confirmed COVID-19 case.

Communications and COVID Measures

Just a reminder, if you need to contact the school in an emergency, do call 0117 976 300.

Please do not come to school as we cannot have visitors who do not have a pre-booked appointment at the moment - this is a Covid risk mitigation.

If your enquiry is non-urgent, please email jcainfo@clf.uk.

Please **do not** email staff directly.

Late Arrivals

Punctuality to the Academy is extremely important so that students can actively engage and benefit from all lessons throughout the day. Your child must arrive at school on time.

Pupils that arrive more than 20 minutes after their agreed arrival window will be recorded as unauthorised absence, which may result in a penalty notice of £60 per parent, per child.

Year Group	Arrival Window	Unauthorised Absence After This Time
7	08:40 - 08:50	09:10
8	08:40 - 08:50	09:10
9	08:40 - 08:50	09:10
10	08:20 - 08:35	08:55
11	08:20 - 08:35	08:55

Exam Invigilators – Now Recruiting!

We are looking for Exam Invigilators to join our supportive and talented exams team within Cabot Learning Federation. As an Exams Invigilator you will assist the Exams Officer in the efficient delivery of internal and external exams.

Not only will you be working within one of our fantastic academies, but you will be a part of a diverse Federation working alongside professional and inspirational people.

As this is a casual position you will work when available and will be called upon when required to support the Academies during exam season.

YEAR 11 ARTS SHOWCASE



**TUESDAY 15TH DECEMBER
6.30PM**

Watch on our YouTube channel:
www.youtube.com/user/johncabotmusic

Finance

Purchase of memory cards (GCSE Photography)

Memory cards for sale: 16GB at £5.50 each, or 4GB at £4.00 each from the Finance Office.

Memory cards are an essential part of your photography equipment.

You must prepay via SCOPAY before you can collect one from the Academy. More info at JCAfinance@clf.uk.

Purchase of school ties

The option to purchase a school tie for £6.00 via SCOPAY has been added to every student's account. If your child loses their tie, you can purchase a replacement via your SCOPAY account and your child can collect it from the Finance Office the following morning.

The Finance Office is open to students every day before school and during break time.

Purchase of calculators

The option to purchase a calculator via SCOPAY has been added to every student's account. If you wish to purchase a calculator for your child, there are two types available and currently in stock. When you have made a purchase, your child will be able to collect it from the Finance Office the following morning.

The Finance Office is open to students every day before school and during break time. If you require any assistance, please contact the Finance Office by emailing JCAFinance@clf.uk.

Revision Guides

All revision guides ordered by Year 10 and 11 students have been delivered to the Academy and are with the subject departments for collection by the students. If your

child ordered guides and has not collected them, please remind them to collect them from their subject teachers.

What is Coronavirus?

English

Latest update: 26/07/20 01:00



Charity 1067406

CORONAVIRUS

Reference: DotW, 2020. *Coronavirus (COVID-19) Guidance* [online]. Website: <https://www.doctorsoftheworld.org.uk/coronavirus-information/>



What is coronavirus (COVID-19)?

COVID-19 is a new illness that can affect your lungs, airways and other organs



It's caused by a virus called Coronavirus



Symptoms



A high temperature (>38°C)



A new, continuous cough



A loss of, or change in, your sense of taste or smell

What to do if you have symptoms?

YOU MUST FOLLOW THESE STEPS AS SOON AS POSSIBLE:

1. SELF-ISOLATE

Stay at home for at least **10 DAYS**

Anyone else in your household or who had close contact with you must self-isolate for **14 DAYS**



2. GET TESTED within the **first 5 days** of having symptoms

YOU CAN EITHER:



Get the test delivered to where you live



Or you can go to a test site

GET TESTED FOR CORONAVIRUS



To book a test or to order it online, visit www.nhs.uk/ask-for-a-coronavirus-test



If you do not have online access, call 119

(or 0800 028 2816 in Scotland)

If the test result is:

POSITIVE

- You must complete the remainder of your self-isolation
- The tracing service in your area will contact you asking for your help to stop further spread of the virus

NEGATIVE

- You can stop self-isolating if you are feeling well and do not have symptoms anymore
- Other members of your household or who have close contact with you can also stop self-isolating



Charity 1067406

CORONAVIRUS

Reference: DotW, 2020. *Coronavirus (COVID-19) Guidance* [online]. Website: <https://www.doctorsoftheworld.org.uk/coronavirus-information/>



Qu'est-ce que le coronavirus (COVID-19)?

La Covid-19 est une nouvelle maladie qui peut affecter vos poumons, vos voies respiratoires et d'autres organes.



Les symptômes sont causés par un virus appelé coronavirus.



Symptômes



De la fièvre
($>38^{\circ}\text{C}$)



Une nouvelle toux
continue



Une perte ou un
changement du sens
normal du goût ou de
l'odorat

Que faire si vous avez des symptômes?

VOUS DEVEZ SUIVRE CES ÉTAPES LE PLUS RAPIDEMENT POSSIBLE

1. ISOLEZ-VOUS

Restez chez vous pendant au moins **10 JOURS**

Toute autre personne de votre foyer ou qui a été en contact étroit avec vous doit s'isoler pendant **14 JOURS**



2. FAITES-VOUS TESTER pour le Coronavirus dans les cinq premiers jours suivant l'apparition des symptômes

VOUS POUVEZ SOIT



Vous faire livrer le test à l'endroit



Où vous vivez, soit vous rendre à un centre de test.

FAITES-VOUS TESTER POUR LE CORONAVIRUS



Pour réserver un test ou pour le commander en ligne, rendez-vous sur le site www.nhs.uk/ask-for-a-coronavirus-test



Si vous n'avez pas accès à Internet, appelez le 119 (ou le 0800 028 2816 en Écosse)

Si le résultat du test est

POSITIF

- Vous devez terminer le reste de votre isolement
- Le service de traçage (tracing service) de votre région vous contactera pour vous demander votre aide afin de stopper la propagation du virus.

NÉGATIF

- Vous pouvez cesser de vous isoler si vous vous sentez bien et n'avez plus de symptômes
- Les autres membres de votre foyer ou qui sont en contact étroit avec vous peuvent également cesser de s'isoler.



Charity 1067406

CORONAVIRUS

Reference: DoTW, 2020. *Coronavirus (COVID-19) Guidance* [online]. Website: <https://www.doctorsoftheworld.org.uk/coronavirus-information/>



Che cos'è il Coronavirus (COVID-19)?

COVID-19 è una nuova malattia che può colpire i polmoni, le vie respiratorie e altri organi



causato da un virus chiamato coronavirus



Sintomi



La febbre (>38°C)



Tosse, continua e secca, insorta di recente



Una perdita o un cambiamento nei tuoi sensi del gusto e dell'olfatto

Cosa faccio se ho dei sintomi?

DEVI SEGUIRE QUESTI PASSI IL PRIMA POSSIBILE:

1. AUTO ISOLAMENTO

Rimani in casa per almeno **10 GIORNI**

Chiunque della tua famiglia che abbia sintomi o che abbia avuto uno stretto contatto con qualcun altro deve seguire l'auto isolamento per

14 GIORNI



2. FAI UN TEST per il Coronavirus entro i **primi cinque giorni** dall'inizio dei sintomi

Puoi ricevere :



il test a casa tua



o recarti in un luogo dove è possibile effettuarlo.

FAI UN TEST PER IL CORONAVIRUS



Per prenotare un test o per ordinarlo online vai su <https://www.nhs.uk/ask-for-a-coronavirus-test>



Se non puoi andare su Internet chiama il 119 (oppure lo 0800 028 2816 in Scozia)

Se il risultato del test è:

POSITIVO

- Devi continuare l'auto isolamento per i giorni rimanenti
- Il servizio della tua area si metterà in contatto con te chiedendoti di non diffondere il virus

NEGATIVO

- Se ti senti meglio e non hai più sintomi puoi terminare l'auto isolamento
- Possono terminare l'auto isolamento anche gli altri membri della tua famiglia e quelli che hanno avuto contatto con te



Charity 1067406

KORONAWIRUS

Reference: DoTW, 2020. *Coronavirus (COVID-19) Guidance* [online]. Website: <https://www.doctorsoftheworld.org.uk/coronavirus-information/>



Co to jest koronawirus (COVID-19)?

COVID-19 to nowa choroba, która powoduje infekcję płuc, dróg oddechowych i innych organów



Jest ona wywoływana przez wirusa zwanego koronawirusem



Objawów



Gorączka
($>38^{\circ}\text{C}$)



Nowo nabyty, ciągły kaszel



Utrata lub zmiana normalnego zmysłu smaku lub zapachu

Co zrobić w przypadku wystąpienia objawów?

Należy jak najszybciej podjąć następujące kroki:

1. PODDAĆ SIĘ SAMOIZOLACJI

pozostać w domu przez co najmniej **10 DNI**

Każdy domownik i osoba mająca bliski kontakt z potencjalnie zakażonym jest zobowiązana poddać się izolacji na

14 DNI



2. Poddać się badaniu na obecność koronawirusa w ciągu pierwszych pięciu dni od wystąpienia objawów

Poddać się badaniu na obecność koronawirusa

Aby umówić się na przeprowadzenie badania lub zamówić test online, odwiedź witrynę <https://www.nhs.uk/ask-for-a-coronavirus-test>



Test może być dostarczony do miejsca zamieszkania



lub można udać się do miejsca przeprowadzania badań



Jeśli nie masz dostępu do Internetu zadzwoń pod numer 119 (lub 0800 028 2816 w Szkocji)

Jeśli wynik badania jest:

Pozytywny

- o Należy kontynuować pozostałą część dziesięciodniowej samoizolacji
- o Zespół ds. lokalizacji w danej okolicy skontaktuje się z osobą zakażoną z prośbą o pomoc w powstrzymaniu dalszego rozprzestrzeniania się wirusa

Negatywny

- o Osoby, które czują się dobrze i nie mają żadnych objawów, mogą zakończyć samoizolację
- o Inni domownicy lub osoby mające bliski kontakt z potencjalnie zarażonym również mogą zakończyć samoizolację



Charity 1067406

KOROONAFAYRAS

Reference: DoTW, 2020. Coronavirus (COVID-19) Guidance [online]. Website: <https://www.doctorsoftheworld.org.uk/coronavirus-information/>



Waa maxay Koroonafayras (COVID-19)?

Caabuqa COVID-19 waa jiro cusub oo waxyeelayn karta sambabahaaga, hawo mareenadaada iyo unugyada kale



Waxaa sababa fayras la yiraahdo coronavirus



Astaamo



Heerkul sare
($>38^{\circ}\text{C}$)



Qufac cusub, oo joogto ah



Dareenkaaga caadiga ah ee dhadhanka ama wax urinta oo kaa dhumay, ama isbedel ku yimid

Waxa ay tahay in la sameeyo hadii aad astaamo leedahay?

WAA QASAB INAAD TILLAABOYINKAN QAADO SIDA UGU DHAQSADA BADAN:

1. IS KARANTIIL

Guriga joog ugu yaraan

10 MAALMOOD

Qof kaste oo kale oo gurigaaga jooga ama kaa soo ag dhawaaday waa inuu is kariintiilaa

14 MAALMOOD



2. ISKA BAAR Koroonafayras **shanta maalin ee ugu horeysa ee aad yeelato astaamaha gudahooda**



Waxaa laguugu keeni karaa baaritaanka halka aad ku nooshahay



Ama waxaad tagi kartaa goobta baaritaanka midkood

ISKA BAAR KOROONAFAYRAS



Si aad u ballansato baaritan ama onleen uga dalbato booqo www.nhs.uk/ask-for-a-coronavirus-test



Hadaadan onleen ku heli karin, wac 119 (ama 0800 028 2816 hadaad Scotland joogto)

Hadii natiijaada baaritaanka ay noqoto in lagaa...

HELAY CUDURKA

- Waa inaad dhameysato inta kaaga hadhay ee is kariintiilka
- Adeega dabagalka ee deegaankaada ayaa kula soo xiriiri doona iyaga oo dalbanaya gacan siinta joojinta sii faafida fayraska

WAAYAY CUDURKA

- Waxaad joojin kartaa is kariintiilida hadii aad ladan tahay oo aadan qabin asataamihi
- Dadka kale ee qoskaaga ama aad ka ag dhawaatay ayaa sidookale joojin kara is kariintiilida



Charity 1067406

CORONAVIRUS

Reference: DoTW, 2020. *Coronavirus (COVID-19) Guidance* [online]. Website: <https://www.doctorsoftheworld.org.uk/coronavirus-information/>



¿Qué es el coronavirus (COVID-19)?

La COVID-19 es una nueva enfermedad que puede afectar a los pulmones, a las vías respiratorias y a otros órganos



La provoca un virus llamado coronavirus



Síntomas



Fiebre
($>38^{\circ}\text{C}$)



Tos continua de nueva aparición



Ha perdido, o se ha modificado, su sentido del olfato o del gusto

¿Qué hacer si aparecen síntomas?

DEBE SEGUIR LAS SIGUIENTES INDICACIONES TAN PRONTO COMO SEA POSIBLE:

1. CONFINAMIENTO DOMICILIARIO

Debe permanecer en su domicilio al menos durante

10 DÍAS 

Todo conviviente o persona con la que haya mantenido un contacto estrecho deberá confinarse durante

14 DÍAS

2. REALIZAR LA PRUEBA de coronavirus en los primeros cinco días desde el inicio de los síntomas



Usted puede solicitar que le envíen la prueba a su domicilio



O puede dirigirse a un centro específico para la realización de la prueba.

REALIZAR LA PRUEBA DE CORONAVIRUS



Para programar la realización de la prueba o para solicitarla en su domicilio, visite www.nhs.uk/ask-for-a-coronavirus-test



Si no tiene conexión a internet, llame al 119 (o al 800 028 2816 en Escocia)

Si el resultado de la prueba es:

POSITIVO

- o Debe completar lo que reste de su confinamiento domiciliario de 10 días
- o El servicio de seguimiento de su área contactará con usted para solicitar su colaboración para evitar la propagación del virus

NEGATIVO

- o En este caso puede suspender el confinamiento si se encuentra bien y ya no tiene síntomas
- o Sus convivientes así como sus contactos estrechos también pueden suspender el confinamiento domiciliario



Charity 1067406

کورونا وائرس

Reference: DoTW, 2020. *Coronavirus (COVID-19) Guidance* [online]. Website: <https://www.doctorsoftheworld.org.uk/coronavirus-information/>



کورونا وائرس COVID-19 کیا ہے؟

COVID-19 ایک نئی بیماری ہے جو آپ کے پھیپھڑوں، ہوا نالیوں اور دیگر اعضاء کو متاثر کر سکتی ہے



یہ کورونا وائرس نامی وائرس کی وجہ سے ہوتی ہے



Symptoms



تیز درجہ حرارت
($>38^{\circ}\text{C}$)



نئی، مسلسل کھانسی



آپ کا نارمل ذائقہ یا بو کا شعور ختم ہو جانا یا اس کا تبدیل ہو جانا (عدم شامہ)

اگر آپ کو علامات درپیش ہیں تو کیا کرنا ہے؟

آپ پر جتنی جلدی ممکن ہو ان اقدامات پر عمل کرنا لازم ہے:



1. خود کو الگ تھلگ کریں

کم از کم 10 دنوں تک گھر پر رہیں

آپ کے گھرانے میں کسی اور یا آپ سے قریبی رابطہ رکھنے والے شخص کو 14 دنوں تک خود کو الگ تھلگ کرنا ضروری ہے

2. کورونا وائرس کی جانچ کرائیں علامات پیش آنے سے پہلے پانچ دنوں کے اندر



آپ یا تو اپنے جائے قیام پر جانچ ڈیلیور کروا سکتے ہیں



یا آپ جانچ کی جگہ پر جا سکتے ہیں



جانچ بُک کروانے یا آن لائن اس کا آرڈر کرنے کے لیے ملاحظہ کریں

www.nhs.uk/ask-for-a-coronavirus-test



اگر آپ کی رسائی آن لائن نہیں ہے تو، 119 پر انگلینڈ، ویلز اور شمالی آئرلینڈ میں یا 0800 028 2816 پر اسکاٹ لینڈ میں کال کریں

اگر جانچ کا نتیجہ...

مثبت ہے تو

- آپ کو دس دن خود کو الگ تھلگ رکھنے کی اپنی باقی مدت مکمل کرنا ضروری ہے
- آپ کے علاقے میں موجود ٹریسنگ سروس آپ سے رابطہ کر کے وائرس کے مزید پھیلاؤ کو روکنے میں آپ کی مدد طلب کرے گی

منفی ہے تو

- اگر آپ کی طبیعت ٹھیک محسوس ہو رہی ہے اور آپ میں علامات اب نہیں ہیں تو آپ خود علیحدگی کو روک سکتے ہیں
- آپ کے گھرانے کے ممبران یا آپ کے قریبی رابطے میں آنے والے افراد بھی خود علیحدگی کو روک سکتے ہیں



Charity 1067406

KORONAVİRÜS

Reference: DoTW, 2020. *Coronavirus (COVID-19) Guidance* [online]. Website: <https://www.doctorsoftheworld.org.uk/coronavirus-information/>



Koronavirüs (COVID-19) nedir?

COVID-19 akciğerlerinizi, solunum yollarınızı ve diğer organlarınızı etkileyebilecek yeni bir hastalıktır



Buna koronavirüs adı verilen bir virüs neden olur



Belirtileri



yüksek ateş(>38°C)



yeni ve sürekli bir öksürük



koku ve tat duyusu kaybı veya değişikliği

Eğer belirtileri gösteriyorsanız ne

MÜMKÜN OLAN EN KISA SÜREDE ŞU AŞAMALARI TAKIP ETMELİSİNİZ:

1. KİŞİSEL-İZOLASYON

en az **10 GÜN** boyunca evde kalın

Evinizde yaşayan diğer herkes veya sizinle yakın temasta olan herkes **14 gün** boyunca kendilerini izole etmelidirler



2. Belirtileri göstermeye başladığınızdan itibaren **ilk beş gün** içinde koronavirüs için TEST YAPTIRIN



Testi yaşadığınız adrese göndertirebilirsiniz



veya bir test alanına gidebilirsiniz

KORONAVİRÜS İÇİN TEST YAPTIRIN

Bir test istemek veya çevrimiçi ücretsiz sipariş etmek için

<https://www.nhs.uk/ask-for-a-coronavirus-test> sitesini ziyaret edin

Çevrimiçi bağlantınız yoksa 119'u (veya İskoçya'da 0800 028 2816) numarasını arayın

Eğer test sonucu ise:

OLUMLU

- kişisel izolasyon sürecinden kalan zamanı tamamlamalısınız
- Bölgenizdeki izleme hizmeti virüsün yayılmasını durdurmak için sizi arayıp yardımınızı isteyecekler

OLUMSUZ

- kişisel izolasyonunuzu eğer iyi hissediyor ve belirtileri artık göstermiyorsanız sonlandırabilirsiniz
- Evinizde yaşayanlar ve yakın temasta olduğunuz kişiler de kişisel izolasyonlarını durdurabilirler

