

Department of English Language

2nd-Year students

Module of Translation (TV)

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We studied during the first semester translation in general and ways of translating. We focused on the different effective steps that students should follow in order to obtain a good and correct translation.

These steps can be summarized as follows:

1 – Reading and comprehension:

Students have to read several times the text from the beginning to the end even if it is a long text or a book. They must read first in order to get the message and understand the source text because translating is understanding. If you do not understand the text, there is no need to translate it; at this level you take into consideration only the source text; do not care about the next steps. Take the time that you need, you are asked just for reading and understanding; read carefully for several times and understand the real meaning and the purpose of the author. You have to analyze the source text, determine the kind and nature of the text, language used, way of writing of the author and her or his style, to whom she or he addressed her or his message; all these points must be taken into consideration by students before translating because it helps them to find the right way to translate; once students get all these points and only at this time, they can move to the next step which is: research.

2- **Research** : It is clear that students cannot understand all words that's why, students should find their own way of working for example to underline words that they did not understand at all and circle words that they just want to check it's up to them; make also the difference between words or terms that they understand their meaning but they cannot find their equivalent in the target language TL; and words or terms that they do not understand but they can guess their meaning through the context.

The context: according to me: "is the best friend of translators" and in this case the best friend of students. yes, I really mean that; because the context will guide them, help them to find the appropriate equivalent and understand the meaning, here, I mean the real meaning of the author and not the meaning that students can understand at the first sight; so, be careful in some cases students understand the wrong meaning because they did not take enough time to read and understand correctly and deeply.

Whatever is the case, students always call the whole words or terms that are not clear by difficult words and at this level, it is acceptable.

Most of students consider translation as difficult task because they focus on few words that according to them are difficult but indeed they are not; students forget that the context is here to help them.

Let's take an example, students translate a text of 1000 words "100%", they do not understand 100 words "10%"; I agree that 100 words is a huge number but let's analyze the situation from another point of view: students have 900 words that are clear for them and do not forget it represents 90% and I think that, it is enough at least to help students to guess or to understand the meaning of the

rest 100 difficult words. Don't you agree? So, students must be confident and focus on the positive aspect in order to find solution to translation problems that they face but if students focus on the negative aspect be sure that they will panic, lose their abilities, waste their time, misunderstand that leads them to mistranslate. Meditate on this point.

Students, bear in mind that you have to understand first words or terms in the source language SL, then translate them and never try to find equivalent directly in the target language TL without understanding the source meaning because it can lead you to misunderstand then mistranslate.

In research use any useful tools that according to you can help you to find the appropriate equivalent and why not reading about the topic in the target language in some cases it can help you a lot; or just use the common tools as monolingual and bilingual dictionaries , glossaries, referencesand so on. Students must have a proven ability to research, in order to get information successfully.

In some cases you will find different synonyms or equivalents and be sure at this level you will realize the importance of understanding and reading the source text appropriately because it can help you to choose the adequate equivalent according to the context and avoid the problems concerning the difference between the level of closeness between the two languages

Once you find difficult words- according to you – (because what is obvious for you is not obvious for the others and vice versa), you can move to the next step which is translation.

3-Translation: if students have well done the previous steps be sure that it will be easy for them to translate the text in an effective way, they will not face big problems in translation and if they face, they will find a suitable solution to reach an appropriate translation.

During the translation act ' العملية الترجمة " each student will develop his or her own way of translating and style ; that's why , when we have 30 students we will get 30 different translations ; it's due to the personality , background , culture, style , structure, etc. .

Another point that I want to develop, be sure that it is normal to face problems in translation; we will looking into various problems of translating and fixing them with prospective and suitable solutions according to the cognitive background, context, mood, time, etc.

Translation entails the transferring and transforming a variety of characteristic elements from one language into another as Arabic and English are of different and distant origins not like French and English; any translation poses a lot of difficulties : vocabulary; grammar, sound, culture, style and usage

So, we will try to resolve obstructions in a practical , possible and acceptable way on the bases of text , context , culture and so forth .but always keep in mind that we do not translate a word but we translate a meaning , literal translation works where there is a correspondence between the two languages In terms of semantic and structure .

However, the literal translation is a bad practice especially between the languages of distant sources like Arabic and English and unfortunately students use a lot this practice perhaps because according to them it is the suitable way to be faithful to the original / source text but indeed they are not at all. I always repeat to my students "do not be the slave of the text ' . So, focus on the meaning first according to the context, if the meaning is the same, there is no problem to use literal translation. BUT, and there is always a but if it is not the case translate the meaning. This is the main translation problem of students; adding to that translation problems is any difficulties

students come across at translating that invites them to stop translating in order to check, recheck, reconsider, rethink or rewrite as:

- Syntactic problems: students need to be aware of the mismatches at the sentence level.
 - Semantic problems as :
Equivalence: the notion of equivalence relates to the ordinary sense of the verb that we translate.
Monosemy: monosemous words or terms have only one meaning they are available in the target language with one single meaning.
Polysemy: a word which has more than one meaning; synonyms pose the problems concerning the difference between the level of closeness between the two languages.
Plus others semantic problems like: collocations, idioms, proverbs, saying, metaphors, connotations, paraphrases, and naturalization
 - Stylistic problems: style is considered as an essential part of meaning that's why students should work on it .there will be the following points to consider: fronting, clichés, parallelism, redundancy; students may be unfamiliar with such stylistic functions. Just one thing, the employment of extra unnecessary words expressing might have some purpose in translation; so, it should not be dropped but taken care of.
Also, there are: nominalization vs verbalization; (remember that in Arabic verbal sentences the verb comes first but in English sentences the verb comes after a noun)
 - Stylistic problems and Usage problems are very difficult part of any language and it can cause confusion.
 - It is known that if there is a problem there is a solution but if there is no solution, so, there is no problem; **students must put in mind that any problems demand a solution** .so, students must find a solution to any problems that they face in order to solve it and obtain an acceptable translation; of course, in some cases we can face terms or concepts in the source language SL that do not exist in the target language TL. remind the examples of :
 - كفالة – فرض – عصب
- To overcome these problems , students should read and understand correctly first then taking into consideration types of text : general , scientific , technical, religiousbecause each kind requires different approach from the students but never forget that a good understanding is essential and in some cases a little explanation is necessary . It is obvious that students translate better texts that interest them. Adding to that, taking into consideration to whom the message is addressed; and there is no doubt that the students should have a good working knowledge of the subject matter or a proven ability to research, in order to get information successfully.
- So, solving one problem can be with more than one solution as much as one solution can be applied to solve more than one problem.
- It should be kept in mind that you have to find your own style and personality as a translator, teachers are here just to guide you no more no less. All, this will be more clear for you with practice
- Translation is practice. It is not a difficult task but it is a Challenge, translate seriously and concentrate.

Once you finish the translation most students think that it is the last step but not at all; it is the beginning of another important step which is the revision.

4- **Revision:** yes, students must revise their translations but unfortunately be sure that a great number will forget this important step; students have to:

- Be sure that she or he doesn't forget any part, sentence, word
- Revise that their translations have the same meaning of the source text
- Revise the structure and the style because Arabic and English are of different and distant origins.

Note: in revision, students should always have the original (source) text in front of them before occurring any modification they have to check first the source text.

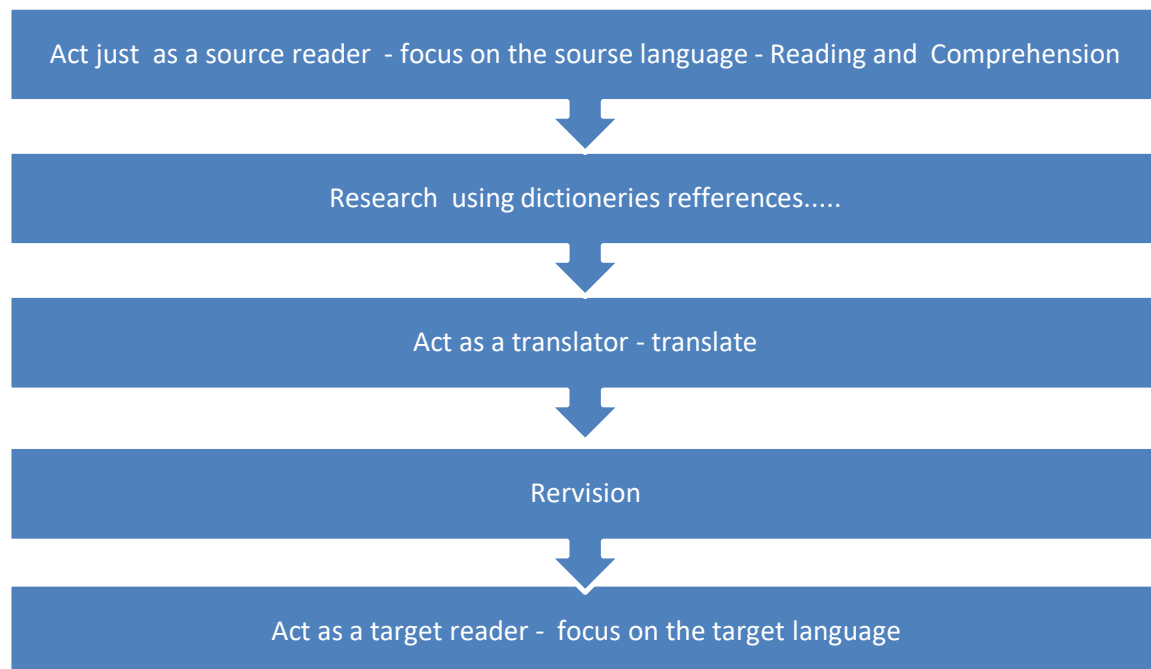
- As , we develop before, Stylistic problems are very difficult part of any language that's why students have to be careful especially during the revision and during the last step where they have to focus on the target language .

5- Reading the translation as a target reader : the last thing to do and not the least is reading the translation as a target reader , forget that you are the translator focus here on the target language only ; be careful to the usage problems because usage subsumes various issues language such as cultural, religious , social , terms , the possibility of saying something in the target language TL or not , the logical acceptability frequency , the degree of familiarity or strangeness of an expression can cause confusion and the understandability or not ; in order to confirm that your translation is a good one be sure that the source reader and the target reader understand the same meaning , and I focus on the **same message no more no less** . if it is not the case be sure that you will mistranslate the text.

Observation : this paper is addressed to my students in the department of English, we discussed a lot and deeply about these steps, I take into consideration that they are not translators that 's why I tried to simplify the different steps that they have to follow in practical part in order to obtain a good and acceptable translation ; because they have just to know how to transfer a message from one language to another in a correct way as I always say teachers of translation are like driving instructors .

The driving instructor is responsible for teaching students the rules of the road and the safe and correct way to drive an automobile without taking into consideration the mark, power, size, type, and colorof the car. The most important point is the way of driving. Once they master the way of driving the type of the car doesn't matter of course there are differences but ...

The same thing for translation teachers, they are here to teach you steps that you have to follow in order to translate a text; basically students must learn first how to act in front of a text then of course with practice and with time they will learn the difference between translating the different topics and there is no doubt that translating technical text is not like translating literatureand so on. Students must react differently I hope that students get my idea just remember previous courses.



This is to summarize the main practical steps that students have to follow in order to translate all types of texts. Of course, students must react differently from one text to another.

We translated just before holydays the text of corona virus – Covid 19, we will deal with topics related to it.

Translation is practice. Well, my last advice is to practice, practice and practice.

Translation is not a difficult task but it is a Challenge, translate seriously, concentrate and have fun. Do it for yourself not for anybody else.

Good luck

In order to practice, translate the following text from Arabic into English:

كيف تقوم بتطبيق الحجر الذاتي المنزلي؟

النصائح التالية ستساعدك في تطبيق إجراءات الحجر الذاتي المنزلي بطريقة آمنة وفعالة، يرجى اتباع قواعد الحجر الذاتي المنزلي كجزء من مسؤوليتك وواجبك لحماية نفسك وعائلتك وأصدقائك والمجتمع ككل.

كيف تقوم بعزل نفسك؟

اختر غرفة منفصلة عن باقي أفراد الأسرة، ويفضل أن تكون مع حمام داخلي منفصل، وقم بتهويتها بانتظام وبالطرق المناسبة.

- لا تختلط مع بقية أفراد الأسرة في المنزل.
- امتنع عن استقبال الزوار في المنزل.
- استخدم هاتفك إذا كنت بحاجة إلى التواصل مع أي شخص آخر في المنزل.
- اطلب من الآخرين - أفراد الأسرة أو الأصدقاء - القيام بالمهام نيابة عنك مثل شراء الطعام أو الدواء.
- يجب ألا تغادر منزلك، وفي حال وجود أي طارئ طبي اتصل بالرقم 999.
- يجب السماح لفرد واحد فقط من أفراد الأسرة برعايتك وخدمتك، ويتوجب على الشخص الذي يقوم بالاعتناء بك ارتداء قناعاً للوجه وقفازات بلاستيكية كلما دخل إلى غرفتك، ومن ثم التخلص منها بعد الاستخدام وغسل يديه على الفور بعد مغادرة غرفتك، ويجب المحافظة على مسافة متر واحد على الأقل بينك وبين مقدم الرعاية في جميع الأوقات.
- كيف تحمي نفسك والآخرين من العدوى؟
- تأكد من غسل يديك بالماء والصابون بشكل متكرر باستخدام التقنية الصحيحة ولمدة 20 ثانية على الأقل، أو استخدام معقم لليدين يحتوي على نسبة 60% على الأقل من الكحول في حالة عدم توفر الماء والصابون.
 - من المهم أن تغسل يديك بشكل جيد دائماً:
 - بعد السعال أو العطس
 - قبل وأثناء وبعد إعداد الطعام
 - قبل الأكل
 - بعد الذهاب إلى الحمام
- يجب على جميع أفراد المنزل غسل أيديهم بانتظام وتجنب لمس الوجه أو الفم أو الأنف.
- غطي فمك بمنديل ورقي أثناء السعال أو العطس وتخلص منه على الفور ورميه في سلة مهملات مغطاة بكيس بلاستيكي، وثم اغسل يديك فوراً، وإذا لم تكن تملك منديلاً في متناول يديك، قم بالسعال أو العطس في كوعك المثني .
- تجنب مشاركة الأدوات المنزلية مثل الأطباق أو أكواب الشرب أو أواني الأكل أو فراشي الأسنان أو الملابس أو الوسائد أو مفارش السرير أو المناشف مع أشخاص آخرين في منزلك، وقم بغسل هذه الأدوات جيداً بالماء الدافئ والصابون بعد الاستخدام.
- قم بتنظيف وتطهير الأسطح والأغراض المستخدمة مرة واحدة على الأقل في اليوم، بما في ذلك مقابض الأبواب والمرحاض والطاولات وأجهزة التحكم عن بعد والهواتف المحمولة وجميع الأسطح والأغراض الأخرى كثيرة الاستخدام، ويجب استعمال القفازات ذات الاستخدام الواحد عند التنظيف، وبمجرد الانتهاء من التنظيف تخلص من القفازات واغسل يديك جيداً .
- تأكد من غسل ملابسك بشكل منفصل عن ملابس الآخرين في المنزل.
- استخدام المراحيض والحمام
- لا تتشارك المناشف مع أشخاص آخرين في المنزل واستخدم مناشف خاصة بك، سواء كنت تستخدمها للتجفيف بعد الاستحمام أو لتجفيف وجهك ويديك.

- إذا لم يتوفر لك حماماً منفصلاً وكنت تستخدم حماماً مشتركاً مع الآخرين فتأكد من تنظيفه بعد كل استخدام .
 - تناول الطعام في المنزل
- تجنب الطهي أو إعداد الطعام للآخرين، ودع شخصاً آخر في المنزل يقوم بطهي طعامك لتجنب دخول المطبخ.
- تناول طعامك في غرفتك وتجنب الأكل أو الشرب مع بقية أفراد المنزل.
 - قم بغسل أطباقك بشكل منفصل عن الأطباق الأخرى في المنزل.
 - تأكد من تناول طعام صحي يقوي جهاز المناعة لديك.
 - تأكد من شرب كمية كافية من الماء (8-12 كوب يومياً) .
 - معلومات إضافية مفيدة
- إذا كنت تعاني من مرض مزمن وتحتاج إلى دواء منتظم فتأكد من توفر الإمدادات الكافية في المنزل.
 - استخدم طرق بسيطة لشرح الوضع للأطفال وتجنب أي اتصال مباشر معهم.
 - تأكد من وجود سلة المهملات محكمة الغلق في غرفتك، وضع كيساً بلاستيكيّاً فيها وتأكد من غلق الكيس بإحكام قبل رميه.
 - تأكد من الحصول على قسط كاف من النوم والراحة.
 - تجنب الاتصال بأي حيوان أليف في المنزل، خاصة إذا كان هناك أشخاص آخرون على اتصال به أيضاً.
 - الأغراض التي يجب أن تكون متوفرة
1. أقنعة الوجه. لا تستخدم القناع أكثر من مرة، وقم برمي القناع في سلة المهملات واغسل يديك جيداً بعد استخدامه.
 2. قفازات بلاستيكية. لا تستخدم القفازات أكثر من مرة، وارم القفازات في سلة المهملات واغسل يديك جيداً بعد استخدامها
 3. ميزان حرارة
 4. مسحات كحولية
 5. أدوية خافضة للحرارة مثل بانادول
 6. صابون لليد
 7. معقم لليدين ويجب أن يحتوي على نسبة 60% من الكحول على الأقل
 8. مواد التنظيف المنزلية بما في ذلك أدوية تنظيف المراحيض والمطبخ
 9. مناديل ورقية
 10. مناديل كحولية
 11. صناديق قمامة مغلقة
 12. ملاحظة هامة

إذا كنت تعاني من أعراض مرضية تشبه الإنفلونزا، مثل (الحمى أو السعال أو ضيق النفس)، فيرجى الاتصال بالرقم 16000

بالتوفيق

Translate the following text from English into Arabic and for foreign students from English into French:

5 charts that show the global economic impact of coronavirus

This article first appeared on [Reuters](#)

31 Mar 2020

COVID-19

- The coronavirus has had a significant impact on the global economy.
- From stocks to jobs and emerging markets, these charts give a snapshot of what happened in the first quarter of 2020.

1. Take no quarter

Few will regret the end of the first 2020 quarter. Fears of a U.S.-Iran war gave way to the coronavirus pandemic which JPMorgan reckons will have pushed the world economy into a 12% contraction over January to March. The quarter saw the most brutal global equity collapse since the Great Depression, exacerbated by a 60% oil price slump.

April may not bring much relief, with coronavirus still spreading rapidly and keeping large parts of the global economy shuttered. Banks have rushed to slash Q2 forecasts too, so expect more turbulence on financial markets.

The cavalry has arrived though. G20 governments have promised a \$5 trillion revival effort, major central banks have slashed rates and restarted asset purchases. Markets have bounced big and may actually end Q1 on a high. What we need now is to see infection rates peaking and that will show whether April falls, or if it's indeed time for spring.

2. Pandemic payrolls

Through years of stubbornly low economic growth and inflation, the brightest spot was the U.S. labour market, with unemployment reaching half-century lows. Coronavirus may have ended that boom.

With infections surging, cities in lockdown, businesses downing shutters and most travel on ice, staff layoffs are likely to mushroom. That showed up in the number of Americans filing unemployment benefit claims which hit a record of more than 3 million. Economists polled by Reuters had forecast claims would rise to 1 million, though some estimates were as high as 4 million.

Now the wait is on for Friday's non-farm payrolls figures that will offer a snapshot of the jobs picture over March. The government's unprecedented \$2 trillion fiscal expansion package includes a \$500 billion fund to help hard-hit industries and a comparable amount to fund direct payments of up to \$3,000 apiece to U.S. families.

Economists expect the payroll data to show a loss of 293,000 jobs - the largest monthly drop since July 2009. A significant overshoot of that and the \$2 trillion stimulus approved by Congress could suddenly start to look inadequate.

3. China's Pyrrhic victory

The world's factory is re-opening, but the market is closed and the shoppers are gone.

China's social isolation policies appear to have contained the coronavirus at home, allowing work and travel to resume. But major economic damage may be yet to come. With infections climbing

exponentially in the United States, Europe and the other markets China exports to, and with supply chains in disarray, China is getting neither the imported components it needs nor demand for its products.

Already Chinese factories' Jan-Feb profits have hit their lowest in a decade and upcoming manufacturing surveys will very likely reveal more pain. And just like everywhere else, job losses are mounting up, regardless of how many cheap loans are being offered to businesses.

Expectations are now for the economy to contract this quarter but many economists reckon 2020 growth will be around 2% - a third of the "around 6%" authorities target.

4. Come together, right now

The European Central Bank has done its bit to tackle the virus damage, having massively expanded asset purchases, agreed to more flexibility on the share of bonds it buys from each country and buffered borrowing costs for weaker euro zone states such as Italy. Now it's up to European Union leaders to come together.

So far there is no united front: they've failed to agree on the scale of support for economies ravaged by the outbreak. The ECB's aggressive action gives them some breathing space but, as of now, politicians are wrangling over setting up a credit line worth some 2% of annual output from the euro area bailout fund.

Many European governments urge the issuance of a joint debt instrument to face a crisis which Goldman Sachs economists estimate may shrink the euro economy by 9% this year. But Germany and some others oppose that. At stake, says France's Emmanuel Macron, is the survival of the European project. The crisis, for sure, is far from over.

5. Frontiers on the edge

It's been a tough time for riskier assets in recent weeks, including emerging market stocks, bonds and currencies. But few have felt the pain as much as frontier markets, a subset of smaller and often riskier emerging economies.

Many of those frontier economies are in Africa, and are suffering from a toxic combination of tumbling oil and commodity prices, the prospect of the global economy tumbling into recession and weakening currencies which will make servicing external debt ever-more expensive.

Oil-producing countries like Angola, Ghana, Gabon and Nigeria have seen their dollar-denominated debt drop sharply, with yields of some issues shooting above 20%, indicating soaring borrowing costs. Many countries on the continent lack the financial firepower or foreign currency reserves needed to combat the coronavirus and prop up their economies, with healthcare systems already under strain.

The World Bank and International Monetary Fund on Wednesday urged official bilateral creditors to provide immediate debt relief to the world's poorest countries as they grapple with the human and economic consequences of the pandemic.

Leaders of the Group of 20 major economies pledged on Thursday to inject over \$5 trillion into the global economy to limit job and income losses from the coronavirus and "do whatever it takes to overcome the pandemic", expressing concern about Africa in particular. Many hope that the acknowledgement of the need to bolster global financial safety nets and national health systems will translate into action.

Good luck

Translate the following text from French into English only for foreign students:

9 idées pour rester solidaires malgré le confinement

Vous souhaitez continuer à aider malgré la période de confinement ? Nous avons répertorié quelques initiatives pour se rendre utile.

Rédigé par **Pauline Petit**, le 30 Mar 2020, à 18 h 00 min

Difficile de rester insensibles à ce qui se passe autour de nous en temps de **confinement** : on se retrouve souvent avec du temps et de l'énergie à revendre, et parfois dépourvus sans pouvoir aider les personnes les plus fragiles. Voici quelques idées pour **rester solidaires malgré la crise** : des initiatives déjà existantes ou nouvelles pour aider les personnes dans le besoin.

Comment aider tout en respectant le confinement ?

Avec le confinement, les réseaux de bénévolat se sont arrêtés, les liens familiaux sont parfois distendus, les personnes isolées le sont encore plus, et le personnel soignant est sous l'eau. **Comment soutenir les personnes qui en ont besoin ?**

COVID-19 : aider les SDF

Les **personnes les plus fragiles**, les SDF, les migrants, se retrouvent souvent sans ressources face au confinement. Sans logement, fragilisés, ils sont en première ligne face au virus.

L'application *Entourage*, qui recense les besoins des personnes à la rue, propose les conseils suivants : si vous connaissez déjà un SDF, **maintenez le contact avec lui** tout en respectant les **gestes barrière**. Offrez-lui à manger, un ticket restaurant ou du gel hydroalcoolique. L'application *Entourage* recense les besoins de certains SDF ; vous pouvez la télécharger pour géolocaliser les besoins des plus proches.

Les mal-logés sont en première ligne face au virus ©5D Media

Si vous êtes jeune et en bonne santé, vous pouvez **participer aux maraudes** organisées par les associations de solidarité. Tournez-vous par exemple vers le Samu Social de votre commune ou votre département.

Les Restos du Coeur également ont besoin de bras et d'aide financière !

COVID-Entraide : réseaux d'entraide locaux

Vous souhaitez **aider les personnes les plus proches de chez vous qui sont isolées** ? Vous pouvez rentrer en contact avec eux à travers la plateforme *covid-entraide.fr*. Une carte interactive est mise à disposition pour découvrir le groupe le plus proche de chez soi et la manière dont on peut aider : dépannages, courses, transport...

Les mairies mettent également souvent à disposition un **numéro spécial pour proposer de l'aide** ou en demander. N'hésitez pas à téléphoner à votre mairie pour vous renseigner. Vous pourrez par exemple faire les courses pour une personne âgée isolée de votre commune en allant faire les vôtres.

Donner son sang

L'Établissement Français du Sang a lancé un **appel aux donneurs de sang**. Les besoins sont toujours là et les donneurs en bonne santé peuvent et doivent se déplacer pour donner leur sang. Les établissements de don ont été réorganisés afin de pouvoir donner son sang tout en respectant les **gestes barrière**. Une belle manière de se rendre utile tout en sortant (un peu) du confinement.

Comment aider le personnel soignant pendant la crise du coronavirus ?

De nombreuses cagnottes ont été mises en ligne pour **aider le personnel soignant**, en première ligne face au coronavirus. Parmi les initiatives les plus fiables, on peut citer l'**appel au dons réalisé par la Fondation Hôpitaux de France**, que l'on peut retrouver sur don.fondationhopitaux.fr.

Parce qu'il est primordial pour les soignants de bien manger en cette période, on citera une initiative lancée par KisskissBankbank, Ulule et microDon, de **distribution de paniers repas solidaires à destination du personnel soignant**.

De même, la communauté *Écotables* a lancé une campagne de *crowdfunding* visant à **restaurer durablement les soignants pendant toute la période de crise** : bit.ly/pournossoignants.

Dans la même optique, le mouvement Tous Soignants #Comptezurnous veut livrer des plateaux repas concoctés par les restaurateurs locaux proches des hôpitaux, aux médecins, infirmier·ère·s, aides soignant·e·s en service. Un moyen de faire d'une pierre deux coups en aidant deux corps de métiers. Participez au crowdfunding sur bit.ly/342EfGA.

Vous aimeriez mobiliser vos compétences pour venir en renfort du système de santé ? Les Agences Régionales de Santé ont lancé l'opération **#Renforts-Covid** pour soutenir les équipes soignantes des hôpitaux, cliniques et Ehpad. Inscrivez-vous sur www.renfort-covid.fr.

Vous avez un logement disponible que vous souhaiteriez mettre à disposition du personnel médical (soignants, travailleurs sociaux, etc. amenés à travailler dans une autre ville que leur résidence habituelle) ? AirBnB France, à la demande du gouvernement, a mis au point un dispositif pour mettre tout le monde en relation. Rendez-vous sur www.airbnb.fr/d/solidarite-medicale.

Et n'oubliez pas : la meilleure manière d'aider les soignants, et de faire face au virus, est de **rester chez soi** et de ne sortir qu'en cas de nécessité !

Bon courage