



HAUSA

MENE NE CORONAVIRUS?

Coronaviruses babban iyali ne na kwayoyin cuta waɗanda aka sani suna haifar da cuta a cikin dabbobi da mutane; a karshen, coronaviruses suna haifar da cututtukan numfashi daga fari na yau da kullun zuwa mafi munin cututtuka.

MENE NE COVID-19?

COVID-19 cuta ce mai kamuwa da cuta wanda ke haifar da sabon coronavirus ("CO" yana nufin kambi, "VI" don kwayar cuta, "D" don cuta da "19" shekarar da ta bayyana). Ba a san wannan sabuwar cutar da cuta ba kafin ta bayyana a Wuhan, China a watan Disamba na 2019.

MENE NE AIKIN MUTANE DA MUTANE DA COVID-19?

Mafi alamun bayyanar cututtuka sune zazzabi, gajiya da bushe tari. A cikin mafi yawan lokuta, kamuwa da cuta na iya haifar da ciwon huhu, matsanancin ciwo na rashin lafiya har ma da mutuwa.

SHIN BAYANIN KYAUTA KO KYAUTA A CIKIN CIKIN-19?

Babu takamaiman alurar riga kafi ko magungunan rigakafi tukuna don hana ko bi da COVID-2019. Koyaya, waɗanda abin ya shafa ya kamata su sami jiyya ta dace don magance alamun, yayin da waɗanda ke fama da mummunan cuta ya kamata a asibiti. Yawancin marasa lafiya suna murmurewa tare da kulawa mai taimako. Ana iya nazarin magungunan da za a iya amfani da su da kuma takamaiman magani.

WANENE KE CIKIN HADARIN HA'BAKA CUTAR CUTAR TA?

Yayinda ake nazarin tasirin COVID-19 akan mutane har yanzu, waɗanda suke da alama sun kamu da mummunan cuta fiye da yadda wasu keyi: tsofaffi da waɗanda ke da yanayin da suka rigaya, kamar hawan jini, cututtukan zuciyar, cututtukan huhu, cancer ko ciwon sukari.

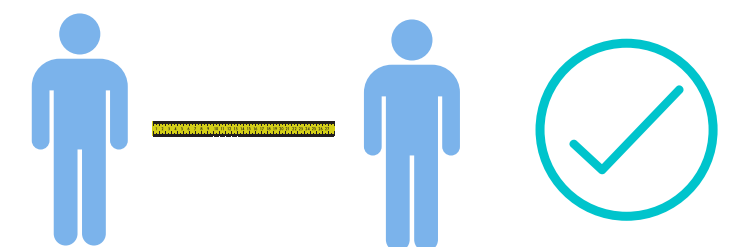
MENE NE ZAN YI KYAUTA DON KYAUTATA NA KASAR DA TAFIYA?

KUNA IYA RAGE HADARIN KAMUWA DA CUTAR KO YADA COVID-19 TA HANYAR DAUKAR SIMPLEAN TSARAN MATAKAN KARIYA:



- Wanke hannuwanka sau da yawa tare da sabulu da ruwa ko kuma hanyoyin magance giya don cire kwayar cuta daga hannunka.

- Tsaya a kalla kafa uku daga wasu mutane. Kwayar cutar ta kunshi cikin ruwan kwayoyin ruwa kuma ana iya watsa ta ta hanyar kusancin numfashi, musamman idan sun yi tari, bugu ko kuma da zazzabi.



- Guji taɓa idanunku, hanci da bakinku da hannuwanku azaman hannayenku, ta taɓa abubuwa da yawa, na iya tattara kwayoyin kuma, da zarar gurɓataccen abu, na iya tura kwayar cutar zuwa idanunku, hanci da bakinku. Daga nan, kwayar cutar tana canzawa zuwa jikin ku kuma yana iya cutar da ku.

- Bi ingantaccen tsabtataccen numfashi, i.e. rufe bakinka da hanci tare da kayan zubar hannun ko, a cikin rashi, tare da gwiwar hannu: ruwan sauro yada cutar kuma, ta bin ingantaccen tsabtace numfashi, kare mutane kusa da ku game da kwayoyin cuta kamar mura, mura da COVID-19.



- Guji musayar hanu da hurawa, saboda dalilan da aka ambata. Kasance a gida gwargwadon iko, bin dokokin da hukumomi suka bayar. Idan kana da zazzabi, tari, ko wahalar numfashi, kira likitan dangi wanda zai iya tura ka zuwa aikin kiwon lafiyar da ya dace. Wannan zai kare ka da kyau da kuma iyakance yaduwar kwayoyin cuta da sauran kamuwa da cuta.



All the measures included in the present leaflet follow what established by the world health organization (WHO)