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COVID-19

Igbo

Gini Bu Kovid 19?

Ọ bụ nje ọjía ọhụrụ a na-akpọ Korona vaịrọsụ. Nje ọhụrụ a sitere na obodo Wuhan nke di na mba China na onwa Disemba nke afọ 2019.

Gini Bu Nziputa Kovid 19?

- i. Nje Kovid 19 bụ Korona Vaịrọsụ na-ewe ihe dịka mkpụrụ ụbọchị abụọ (2) rụọ mkpụrụ ụbọchị iri na anọ (14) tupu ọ gosipụta maọbụ njirimara ya apụta ihe.
- ii. Onye ọbụla butere nje ọjía a, ga ebido nwebe ihe nziputa ndi a: oke ahụ ọkụ, ike ọgwụgwụ na ụkwara. Ndi ọzọ bụ ahụ mgbu, imi mkpọchi, imi na-eru mmiri, akpịrị mgbakasị maọbụ afọ ọsịsa. Ihe ngosiputa ndi a ga-eji nwayo bido n'ahụ mmadụ wee ruo mgbe o kụturu onye ahụ.
- iii. Ụfọdụ ndi mmadụ na-ebute nje a, ma dịkwa ka ndi ahụ zuru oke maọbụ njirimara nje a anaghị apụta ihe n'ahu ha; ya bụ na nje a agaghị ebutu ha n'oria. Ụfọdụ ndi mmadụ (ihe dịka mmadụ asatọ na ime mmadụ iri) na agbake na ọjía a na agbanyeghi na ha enwetaghị nlekota anya pụrụ iche site n'aka ndi nchekwa ahụ ike. Na aka nke ọzọ, otu onye n'ime mmadu isii ọbụla butere nje kovid 19 na-ada oria; e mechazie, ha agaghi na-ekupuzi ume nke ọma.
- iiii. Ndi okenye na ndi ahụ na-esichaghị ike dịka ndi nwere ọjía ọbara mgbalielu, ọjía obi maobu ọjía ọtọọ biri biri bu ndi nje ọjía Kovid 19 a na-ebutu nke oma ma menyụọ ha anya. Onye ọbụla nwere oke ahụ ọkụ, ụkwara ya na ekuteghi ume nke ọma ga agba mbọ kpọturu ndi nlekota ahụ ike maka ezi nlekota anya.



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Enwere Ọgwụ Mgbochi Maọbụ Ọgwụgwọ Kovid 19?

Dika o siri gbatakuru ụgbụ a, enwebeghi ọgwụ mgbochi maọbụ ọgwụgwọ kovid 19. Ka o sina di, e nwere ọtutu nnyocha na nwale di iche iche nke na-aga n'ihu ụgbụ a i ji chọputa ihe nwere ike ịgwọ nje oria a. Otu mba ụwa na-ahụ maka ahụ ike a na-akpọ World Health Organisation (WHO) na asụsụ bekee ga-aga n'ihu ịkọwaputa na izisakwa ozi ozigbo enwetara ozi ọbụla banyere nchọputa n'ihe banyere ọgwụgwọ Korona vaịrọsụ a.

Njirimara Ọrịa Korona Vairọsụ (Kovidi 19)

- Ụkwara
- Oke ahụ ọkụ
- Ike ọgwụgwụ
- Imi mkpọchi
- Imi iru mmiri
- SAkpịrị mgbakasị maọbụ afọ ọsịsa
- Ekuteghi ume nke ọma



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Etu Esi Akwụsị Mgbasa Korona Vairọsụ (Kovidi 19)

- Zere ikwe n'aka, kwụsị i makụ mmadụ, maobu ihe ọbụla ga-eme ka ahụ gi na nke onye ọbụla metụta,
- Zere imetu aka n'anya, n'imi maọbụ n'ọnụ mgbe imetuchara ihe maọbụ onye ọbụla aka.





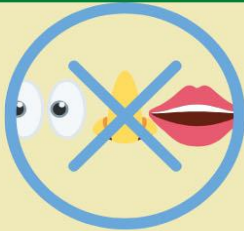
NA-AKWỌ AKÀ MGBE ỌBỤLA

Were ncha na mmiri na-akwọ aka gi abụọ mgbè ọbụla maọbụ na-ete sanitaịza eji mmanya oku were mee n'aka gi mgbè ọbụla.



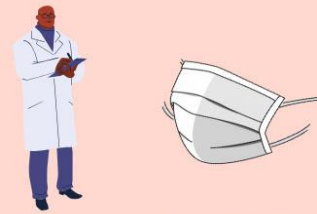
Na-Anochapụ Anochapụ Na Ogbako Ọbụla

Gbaa mbọ hụ na i nyere ohere ruru nzọpụ okpa atọ n'akuku, n'ihu maobu n'azu onye obula no gi nso ka i were nwee ike izenari uzere maobu ukwara onye no gi nso zere maobu kwara.



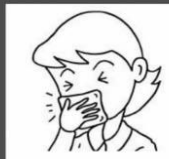
Zere idi na-emetu aka n'anya, imi maobu onu.

Aka mmadu na-emetu ebe di iche iche nwere ike i metuta nje oria a. Aka metutara nje a nwere ike iweba ya n'anya, imi maobu onu gi mgbè obula i meturu aka n'ihu gi. Nke a ga-eme ka nje a si na ebe ndi a banye gi n'ahu were butere gi oria.



Mgbè obula i choputara na ahụ esighi gi ike; biko noro n'ulo, ejekwala ebe obula.

O buru na i nwere oke ahụ oku, ukwara maobu na i naghị ekupu ume nke oma; kpọturu ndi nlekota ahụ ike, ma mekwaa nke a n'oge.



Use a tissue



or your sleeve



NOT your hand

Na-akwanye ukwara maobu ezenyekwa uzere na ikiri aka gi.

Were akwukwo tishu maobu isi aka akwa gi kpuchie onu gi na imi gi mgbè obula i choro ikwa ukwara maobu ize uzere.