

COVID-19:

BAYANIN KARFINSA DA ILLAR SA GA DAN ADAM

1 Mene ne COVID-19?

Sabon cuta ne na numfashi wanda kwayoyin kwayar cuta na corona suka haifar. An ba da rahoton bullar cutar ta farko a China, kuma ta yadu zuwa kasashe da dama na duniya ciki harda Najeriya.



2 Tsananin cutar

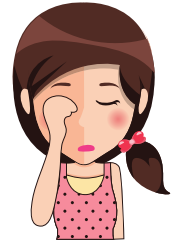


- Akalla mutum 4 cikin 5 masu cutar Covid19 nayiwuwa basu da ko alamar cutar, ko basu nuna alamar ta gabaɗaya ba.
- Tsofaffi masu shekaru (sittin zuwa sama), da mutane masu karancin shekaru amma suna tare da wata tsohuwar cuta mai tsananin illa ko ma kisa tare dasu, kamar- cutar makoshi/huhu, cutar sida, daji, tarin fuka (TB), da ciwon suga, sunada tabbacin nuna tsananin kamuwa da cutar.



3 COVID-19 yana yaduwa daga mutum guda zuwa wani ta wadannan hanyoyi:

- Atishawa ko tari daga mai cutar
- Taba wani abu, ko wani waje daga mai cutar.
- Taba wani waje, ko wani abu da ke dauke da kwayoyin cutar, misali daga tari ko atishawar wani, sannan ka taba wani sassan a jikinka, kamar hanci, baki ko idanu.



4 Yaya zaka kare kanka daga kama wannan cutar?



Wanke hannun ka koda yaushe da sabulu da ruwa akalla dakika 20 musamman bayan kaje wurin da jama'a su ke, ko bayan hura hanci, tari, ko atishawa

Guji taba ido, hanci, da baki da hannaye marasa tsabta



Idan sabulu da ruwa basu da sauƙin samuwa, yi amfani da tsabtataccen ruwan wanke hannu wanda yakunshi akalla sittin bisa dari na isanol (wato Hand sanitiser).



Kada ku taba gwiwar hannu ko tufafin wa su

Guji kusanci da duk wanda ke da alamomin masassara (zazzabi) ko mura.

Kula da sa akalla nisan mita daya tsakanin ka da duk mutane musamman wani mai tari ko atishawa



Ku guji hada hannu gurin gaisuwa ko runguman juna



Yi amfani da gwiwar hannu don rufe baki ko hanci lokacin yin atishawa ko tari



Idan ba ku da lafiya: Yi amfani da wani kyalle don rufe hanci da baki, ka kuma ba da rahoto ga hukumar gudanarwa.

5 Yaushe ya kamata aje asibiti?

- Nemi kula na gaggawa, idan kana da zazzabi, tari, wahala wajen numfashi ko jin zafi a kirji
- Idan wani a kusa da ku yakamu da zazzabi, tari, wahala numfashi, kai rahoto ga ma'aikatan lafiya / ma'aikatan Kurkuku

