



COVID-19 RESPONSE

COVID-19: BAYANAI DA MATAKAN KARIYA

MENE NE COVID-19

COVID-19 ita ce cutar nan mai saurin yaɗuwa wacce sabuwar kwayar cuta ta coronavirus ke haddasawa. An sami rahoton farko na akuwar cutar a kasar China, kuma ta yaɗu ko'ina a fāɗin duniya, haɗe da Najeriya.



MENE NE ALAMUN COVID-19?

Manyan alamun suna nan kamar na murar da aka saba, ko kuma tsananin cutar mura

- Zazzabi
- Tari
- Numfashi sama-sama/ko wahalar numfashi

TSANANI NA KAMUWA DA CUTAR



Kusan mutane 4 cikin mutum 5 masu cutar COVID-19 suna da 'yan alamu marasa muni ko ma babu alamun sam-sam. Tsofaffi (shekaru 60 zuwa sama) da ma sauran jama'a a kowace shekara, waɗanda suke da tarihin rashin lafiya wanda ya daɗe a jikinsu – kamar cututukan huhu, cutar kanjamau, cutar daji, tarin-fika, ciwon sikari, sun fi zama da hatsarin kasancewa da tsananin rashin lafiya.

YAYA CUTAR KE YA'DUWA?

COVID-19 na yaɗuwa daga mutum zuwa mutu ta hanyar:

- Atishawa ko tarin wanda ke da cutar
- Taɓa ruwan da ke watsowa daga tari ko atishawar wanda keda cutar a sarari ko a kan kayayyaki, sa'annan kuma aka kai hannu baki, fuska ko idanu



TA YAYA ZA KU IYA TAKAITA YA'DUWAR CUTAR A INDA KUKE?

- 1 **A wanke hannuwa** a kowane lokaci da sabulu da ruwa na tsawon akalla sakan ashirin (20).
- 2 **Ayi afani da abun shafawa a hannu mai kashe kwayoyin cuta wadda ke kunshe da akalla kashi sitin (60) na sinadarin etanol** (idan akwai).
- 3 A kaurace wa shan hannu ko rungume-rungume.
- 4 **Ku daina taɓa idanu, hanci, da baki** da hannayen da ba'a wanke ba.
- 5 **Ku rika gwiwar hannu ku rufe bakinku da hancinku ku ko kuma kuyi amfani da tishu fefa** sa'adda kuke tari ko atishawa. A jefar da tishu fefar a kwandon shara nan take.
- 6 A daina taɓa gwiwar hannun mutane ko tufafinsu haka kawai.
- 7 A kaurace wa matsowa kurkusa da mai mura ko alamun cutar mura. Ku kasance da nisan akalla mita biyu (2) tsakaninku da sauran jama'a.
- 8 **Idan ba ku da lafiya** (atishawa, tari, ciwon kirji, kuma da tarihin tafiya zuwa wuraren da akwai cutar), kuyi amfani da kyallen tsumma/ko hankacif ku rufe hanci da bakinku, sa'annan ku kira NCDC a layin wayar da ba'a caji da lambar 07032864444 ko 080097000010.



SA'ADDA ZA A NEMI TAIMAKO NA KIWON LAFIYA

1. Ku sanar don neman taimako na kiwon lafiya idan kuna da zazzabi, tari, wahalar numfashi ko kuma ciwon kirji da yaki tafiya.
2. Idan wasu kusa da ku na da waɗannan alamu da aka ambata a baya, muna roko ku **kira NCDC a layin wayar da ba'a caji da lambar 07032864444 ko 080097000010.**



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Response to Drugs and Related Organised Crime in Nigeria