



# COVID-19 RESPONSE

## COVID-19: INFORMATION AND PREVENTION MEASURES

### GINI BU COVID – 19?

COVID-19 bu ọria na-eefe efe nke nje Coronavirus achoputara ọhuru na-ebute. China bu obodo isi mbu achoputara ọria ma ugbua ọgbasala na mba uwa di iche iche nke gunyere Naijiria.



### KEDU IHE BU IHE NZIPUTA NKE ORIA 'COVID-19?

Njirimara ya putara ihe na-eme di ka azuzụ ma ọ bu ezigbo oyi.

- Ahu oku
- Ukwara
- Ekuteghi ume di ka o kwesiri



### KA ỌRỊAA SI DỊ NJO

Ebenwere mmadu ise nwere ọria COVID-19, mmadu anọ n'ime ha agaghi enwe ihe gosiputara na ha bu ya. Ndị okenye (gbara afọ iri isii ma obu karia) tinyere ndi ozo nwere ezigbote nsogbu ahuike dika -ọria ngụ, obirinajaocha, cancer, ụkwara nta na ọria shuga bu ndi kacha nọrọ n'ọnọdụ ibute nnukwu ọria.



### KEDU OTU O SI AGBASA?

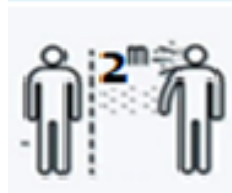
COVID-19 na - agbasa site n'otu onye fere n'onye ọzo site n'uzọ ndja:

- Uzere ma ọ bu ụkwara **sitere n'aka onye bu ọria a.**
- Imetụ aka n'ụmụ irighiri ihe ndi na-efesa oge onye ahụ bu ọria na-akwa ụkwara ma ọbụ na-eze uzere, wee mechara metụ aka n' ọny, imi, ihu ma ọ bu anya gi. Irighiri ndia na-ayọsa n'elu ihe di iche iche.



### KEDU OTU I GA - ESI BELATA MGBASA ỌRỊAA N'EBE I BI?

1. **Nwere ncha na mmiri kwọọ** aka gi o pekata mpe ihe dika ntabianya **iri abua.**
2. Tee ih Tee na-aka gi ihe ndi bekee na-akpo "hand sanitizer" bu ude aka nke n'ekpo ekpo ma nwekwa **opeketa mpe alikolu nwere pcenti iri isi** (Ma oburu na odiya/iwere ya) .
3. Kwusi ikwe mmadu gi n'aka, m'ọbu imaku mmadu ọzọ.
4. **Zere imetụ aka ana akwoghi akwo n' anya, imi na kwa n' ọny gi**
5. Were nkuku aka gi nke ijikoro ejiko were kpuchie onu na imi gi maobu i were ihe akwa ocha maobu akwukwo mposi mgbe obula ina eze uzere maobu ina akwa ukwara. Tufuokwa ihe akwukwo mposi a ngwangwa imechara.
6. Emetụla ikpere aka ma ọ bu akwa mmadụ aka ma oburu na odighi oke mkpa.
7. Zere mmekọrịta gi na onye ọ bula nwere akara dika oyi ma ọ bu azuzụ. Mee ka e nwee nnote aka ihe dika mita abua na ogologo n'ebe gi owe gi na ndi ozo nno.
8. **Ọ bụrụ na i na-arja ọria** (ize uzere, ikwa ụkwara, inwe obi mgbu maobu na imere njem gaa mpaghara obodo ndi nwere ọria )jiri mpempe akwa kpuchie imi na ọny gi ma kpọọ ndi NCDC na-akara igwe nti ha ana anaghi akwu ugwo o bula:07032864444 maobu 080097000010.



### OGE IKWESIRI ICHỌ NLEKỌTA AHỤIKE

1. Kpesara ndi na-ahu maka ahuike ngwa ngwa I choputara na I nwere ahuoku, ukwara, , ihe isi ike n'iku ume, ma ọ bu obi na egbusi gi mgbu ike na ewepuhi aka.
2. O buru na o nwere onye no gi nso nwere ihe nziputa gbasara ọria , biko kpoo ndi NCDC na-akara igwe nti ha ana anaghi akwu ugwo o bula:07032864444 maobu 080097000010.



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