

EKoronavirus

E Kovid – 19 niki ?

E Kovid – 19 ni vukon'obukasira oko mikrob'eye Korona (emikrobe ni bugh'ambw' hindu sihyangalangirw'omo meso awali ndumbu nah'omo chum'ekikahulawamo microscope). Ekiminyikalo kyabo kyekihuhani'ekyo mubiri, akakoholo akemwisi, eritwikatwik'eryomuka, omubir'eriloverera, n'eminyok'eyokomubir'eriyilumira. Tuminisanaye ngoko KOVID -19 ikahimbika kutsiv'amahúha womundu. Kalengy'esisah'eshomuka ngalyol'oko bandu abahimbikirwe na kandi utaban'émivatsi, e KOVID 19 ikaholaya.

Ekoronavirus ikashighalira yiti ?

Ekoronavirus ikingira omomubir'okwilabir' obuno, enindo (emihuli), na meso, omughulu oyowabirihimbikwa nabo akakohola, kutse akatw'esyotsihya hakuhi naghu, kutse hakuhi n'ekind'eky'ukanditulako, neryo hangeny'ewayitulak' oko meso, oko nindo, kutse oko buno. Abandu vangi vakalwala, havihwa nga viro vitano (5) ebabirihimbikwa no vukoni.Naho Ekoronavirus yanganavugh'omo mubiri womundu mokwilwa oko viro bibiri (2) ukwihika oko biro ikumi ne bini (14) ember'eviminyikalo vyabo vihuluke. Na kandi abana bangana himbikw'aliwe, si bendisyatalwala. Omundu anganavya no vukoni vutsiri minya naho iniane muvusighalirya abandi bandu. Ekoronavirus iwit'akaghal'akerivyah'okokindu kutse oko kitaka biro visatu, kutse vingi kwaho. Ikasighalira vweghuvweghu okwibandana, nokwitulanako.



Nindi yo wangahambikwa ne Koronavirus ?

Omundu ghosighosi angana himbikwa n'ekorona. Sitwas'okuhika h'omundu ngangana himbikwa nabo, eryakabiri omughul'avirilam'Ekonona engendo eye rimbere. Vabandu avamaviyir'evirimo vinen'oko makumy'ane ni vitanu (45), na kandi kulav'abandu avamavi kekeluha, na bandu abakwir'awandi makoni kanjikanj'amakoni awerihumula (namakoni awomutima). Haghum'ikwa na bandu avaviryoloba.

Twangayikakirya tuti ok'ovukoni ovw'ekoronavirus ?

Okobiro bino sihalihavya kikato, kutse vuvalya bosibosi ovwangalwa n'Ekoronavirus. Si hali emivats'eyo wangana lusy'eka, nero uthi inkendi lamia e Koronavirus. **Ekikakiryo kiliho lino, ryenerisagh'ekyosikyosi ekyanga kusighalirya ovukoni,eriyihirak'ovuyonzo.**

- **Omwinava oko vyala na kasavu kanjikanji**, n'eryery'evindu vyosi evyukatulako kanjikanji.
 - » Emwanava oko vyala vyenyu kanjikanji omo maghetse n'akavu. Kumb'ewanaba ndeke, n'erikurutha evyala vyondeke, esyonyala ewalevyasyo, vutsiri kiruka nekihanda nekike.
 - » No kondulya, iwayilavyako amaghets'awasongokwere. Isimwabirirawa erinava okovyala omomughulu ukasub'omomaka, kutse ukalwa evwigha, embere esyerirya, kutse wabikohola n'eritw'esyotsihya, kutse wabimir'enindo.
 - » Esimwayitulak'omovus'utewanaba kwanza oko vyala.
- **Eryery'evindu vighuma vighuma (esyomesa, evifuli, ...) evyo Ekorona yanganavya iyaviriyitekako ukatumiya eyikahulawamo alcool, kutse désinfectant, omo maghetse aghuwene.**
 - » ALCOOL isipropylike omovikango makumi erilinda okwighana 70% ikitha luba e koronavirus. Kolesaya e alcool isopropylique okovuyonzo ovvutara, amahiri,nokovindu evyomundu akakolesya. Evikango makumi ndathu namakum'irinda okwighana watholere -60 70 alkol'eyiri okovikango erighana oko righana 100%- lithiolere emwanaya mbaghar' eyamaghetsi moyatok'erith'evihuka. Erikolesha e alcool,okakol'enzwang'eye shondehi viri eshe

alcohol okolutehi lughum' olwamayogha. Iwa tsukerivirya namaghetsi na kasavu, nokwi wa virya ne alkohol, nero iwa leka ivyayiumir'oko mbegho.

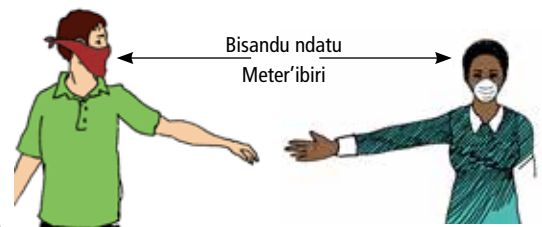
- » **Ehighetsi hie javeli:** Ehighetsi hino ninzwange okovikango vitano okwighana. Iwa hiramoo ehighetsi ehi lohokire omo maghetsi awe javeli. Esuwakolesaya amayogha awahuhire. Okwera ovuthara kutse etsithaka, okakola ezwange eyehikamukaya ehibiri eshy'amaghetsi we javel oko malitere erikumi nomwenda erya mayogha. Wamavya e ulaghire okombaghara ng'esimasato esathu eye Eau de javel nehikamukeya hini eshya mayogha. Tsuk' irimber' eryah'omombakavano, nery' awakolesy'amaghetsi we javel. Evalek'ihyum'okombeho.
- » **Eryery' evind'** evy' ukakolesaya kangikang'omo maghetse awalhimo evivay'evyangit' evihuk'evyangalet'amalwere.
- » **Ful'esyongimba syawe** omwikolesy'ekind'ekyanga sendya amaghetse. nomo uka kolesya amasiñi okwi ful'esyonjimba, wangana tumiya yo. Wama vy'uka fula esyo njimba syaghu omo vyala, iwa nyighitsa syo ndeke, i wa tumikisy'akasavu, nero iwa ya sanzesho njimba ok'omwisi.

Kehay'emisungano yawe na vandu.

Wama minya ngoko ovukoni ovwe korona vwaviri hika oko mulongo wawe kehaya omu lavolavo nakandi ushigahe omomaka wawe . Kumb'esimwasyabya hakuhi na hakuhi, na bandi bandu abumutikere nabo omokihanda kyenyu Kuts'omo nyumba yenyu. Kumb'e isimwahika ahali abandu banene, nahali ekikumula kyosikyosi ekya bandu. Uyi kakiray'oko vitata evikavya mwa vandu vangi kusangwa iwangana himbikirwayo.

Kino kyangana kal'erikolesya nakand'ikyatokekana kinya malengekania. Nikwa nikye ndundi erikaniry'oko nyakuth'omo mwanenda werikaniranya vus'okovusu Nerikanirany'omwilavir'omuheng'ogholuyi kuts'ogheridisisa. Kanaya navandi vandu ighuny'oko vika viviri kuts'iwaghanz'evika vivir'evya maboko.

Wamavy' ighunakalire, iwawatiky'abomo kitunga kyaghu abalwere, nabaviryoloba busana n'erikekeluha, kutse vusana n'erivya kirema, Kumb'e imwateghekania ekitongole ekyangatoka eriwatikyabo eribana ekyerirya, ekyerinywa, n'evindu vindu evyendundi vutsira erihulukira ehihya.



Akaswika buno ne nindo kaghu kaka kakiray'abali naghu. Ehyabo hika kukakiraya.

• **Eryambala okikakiryo kyaherihumulihira :** wamavy' ighune mu twaniry' omundu uyuka tikitikawako. Kwanganavya novukoni, ekikakiryo'ekyo muhanda we righanza rya N95 kyanga kukavya ndeke kulava ekikakiryo ekika mbalawa na va thahw' avake kolesay'emihesamo. Ekikakiryo kikakolhesivawa kitya:

- » Erikarava okovyala omo kasavu kutse omo maghetse awalhimo evindu evyangith'omutsafu. Neryo teka ekikakiryo kyoko vusu noko nindo yawe, nery'uveye neriyitheghererya uyitheghe ulebaye ngasihatavy'oho ekikakiryo sikyetahika.
- » Isiwathul'oko kikakiry'omughul'uhekire, omoghulu kyama tsapa, kumb'iwa hinganisyako.
- » Erilusy'ekikakiryo kumb'e iwa kuraky'enyuma omwilavira kiliki kumb'isiwathula kukyo. Kumb'iwaluwaghusaky'omokyutho neryo iwaluwanav'okovyala.
- » Isiwatumiya ekikakiryo ekyakera. Halhiwe wanganakolesy'ekikakiryo kwerighanza rye 95 kyo kiviri waviveriaky'omo lhiko omwekihuhania ekye 72. Iwa tumiya ekikaryo kighuma oko kiro.
- » Isiwatumiya ulutsimba kutse ekitepe mo kikakiryo. Kund'ikikandilu ikyatsap'omomuka, n'emikrobi'yalu yingira vweghu vweghu omomubiri waghu.

• **Umbal'ekikaryo okwi lwir'oko avandi vandu :** Vutsir'ekikato, erivugha ovulwere vw'Ekorona niiriyilandako, neri kehia ovunyaghassa vwaghu. Tukarabe okovyala oko kandambi koshi erilavira mayogha ne mbakavano, uveye hali navandu, kundi erimalariaghu ekikakiryo rika watikya avandi vandu erithendi himbikwa, vutsir'ive.

• **Therera ya ovunyaghassa vwaghu.** Wamaviahambikwa nakakohol'akemwisi, nerivula ko ukahumula, kutse iwowa etsiringa kiriti omo kikuva, ekihuhanya, kumb'iwayilorerya eyiri avanganga vutsiri lub'ivatok'erikusondolya eyowanga sung'emivatsi. Kundi ekovid-19 ekaleka omuk'inatwikatwika n'ukavya wavitoha, iwalagha okovyum'evyangakuwatiky'erihumula.