

# Koronavirus na sik KOVID-19

## Sik KOVID-19 em i wanem samting?

Wanpela liklik jem, ol i kolim Koronavirus, we yumi no inap lukim long ai, em i save kamapim sik KOVID-19, na em i ken kalap hariap tru, namel long yumi ol man, meri na pikinini. KOVID-19 em i save kamapim ol mak blong sik we i luk wankain olsem bikpela kus o flu — kain olsem drai kus, sotwin, skin hat (fiva), na bodi i pilim wik na pen wantaim. KOVID-19 i save bagarapim moa, hap blong bodi we yumi save pulim win. Planti lain husat i kisim sik KOVID-19 bai inap winim dispela sik, tasol sik KOVID-19 inap kamapim sik numonia, na dispela inap stapim yu long pulim win gut, na kilim yu dai.

## Koronavirus i save kalap olsem wanem?

Koronavirus em inap go insait long sampela hap bodi blong yumi, olsem long ai, nus o maus. Sapos wanpela i gat sik KOVID-19 pinis, na em i kus, jem Koronavirus inap flai antap long win na pundaun long ol samting i stap klostu, olsem tebol o banis. Sapos yu tasim dispela hap banis o tebol we jem Koronavirus i bin pundaun, na tasim gen maus, nus o ai blong yu, yu inap kisim dispela sik KOVID. Ol lain husat i kisim pinis Koronavirus bai stat long pilim sik faivpela (5) dei bihain long jem Koronavirus i bin kalap long ol. Tasol, sampela taim, Koronavirus inap stap hait long bodi blong yu 2-14 dei, bifo yu inap lukim sampela mak o sain blong sik. Sampela lain i gat pinis Koronavirus long bodi bilong ol, na moa yet ol pikinini, tsol ol i no save soimaut tumas ol sain o mak bilong sik KOVID-19. Ol bai no inap save olsem ol i gat sik KOVID-19, tasol, ol inap long givim jem Koronavirus i go long ol narapela. Na jem Koronavirus em i ken stap laif antap long ol tebol na dua o ol narapela samting inap tripela (3) dei. Sik KOVID-19 em i ken kalap hariap tru namel long lain husat i save bung long wanpela hap na stap paspas tumas.

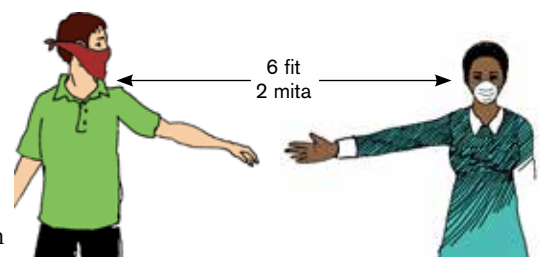


## Koronavirus inap kalap long husat?

Yumi olgeat inap kisim Koronavirus. Sapos yu kisim sik KOVID na kamap orait gen, old okta I no klia oslem yu inap kisim gen nambatu taim o nogat. Ol bikpelamanmeri husat winim 45 krismas, na ollapun, o ol lain I gat sotwin, sik diabetes, hevi long lewa, o wik imun sistem, ol I gat moa snans long kisim sik KOVID-19, na kisim bikpela bagarap.

## Wei blong stapim sik long kalap

Nau yet, i nogat wanpela sut o marasin long banisim yumi long Koronavirus. Ol antibiotik o ol marasin blong ples, o ol kain hebs marasin nabaut, ol i no inap long kilim Koronavirus. Olsem, na wei blong stapim sik Kovid-19 em i olsem: yu mas long stap longwei long ol narapela lain; yu mas werim pes mask olgeta taim yu raun ausait long haus blong yu yet; yu mas olgeta taim wasim gut han bilong yu wantaim wara na sop, na yu mas klinim gut ol tebol, banis na narapela samting we planti lain save holim o tasim. Mipela olgeta mas bihainim ol dispela pasin inap long taim ol saveman i painim pinis wanpela marasin long banisim yumi long Koronavirus. Nau yet dispela ol rot tasol inap long helpim yumi long stapim jem Koronavirus long kalap, raun insait long komuniti.



Pasin blong stap longwei long narapela, na werim pes mask bai helpim yu long stap seif. Sapos olgeta i werim mask, na stap longwei, em inap long katim daun namba bilong ol pipol husat bai kisim sik KOVID-19.

- **Werim pes mask:** Werim pes mask taim yustap long ol pabik ples, em bai helpim yu long stap seif. Mask blong stua o mask yu yet samapim long laplap, i mas stap klin, drai, na em i mas karamapim gut maus na nus blong yu. Yu noken tasim o holim pes mask taim yu werim. Sampela lain husat i gat Koronavirus, ol i no save pilim or soimaut sampela sain o mak blong sik KOVID-19. Olsem sapos yumi olgeta werim pes mask, yumi save protektim wanpela na narapela. Nambawan taim yu werim pes mask em inap pilim hat or fani liklik, tasol yumi inap lainim na get yus long werim, wankain olsem ol nes na dokta i save werim oltaim. Sapos yumi werim pes mask yumi, na ol femili blong yumi inap stap seif.
- **Stap longwei long narapela manmeri,** olsem 2 mita samting — olgeta taim yu raun ausait long haus na femili blong yu yet.

- **Wasim han olgeta taim** wantaim sop na wara o klinim han gut long dispela marasin ol i kolim senitaisa.
  - » Wasim han strong tru, inap long 20 seken olgeta. Karamapim han olgeta long sop - antap na ananit long han na ananit long wanwan pinganil, na namel na long wanwan pinga na i go antap long join bilong han.
  - » Sapos yu go ausait na raun yu mas wasim han gut taim yu kam bek long haus, bihain long taim yu yusim toilet, bifo yu kaikai, na bihain long taim yu kus, or rausim kus long nus. Tambu long tasim pes, nus, na ai bilong yu sapos yu no bin wasim han gut pastaim.
- **Klinim gut** ol dua handel, banis, tebol (we jem Koronavirus inap stap) **wantaim Isopropyl alkohol o blis (bleach)**
  - » o Kemikol Alkohol: 70% strong Isopropyl alkohol inap kilim jem Koronavirus hariap. Yusim long klinim ol tebol, dua handel o narapela samting yumi save holim o tasim. Sapos strong bilong kemikol alkohol em i olsem 60-70% alkohol, em i nambawan. Sapos em i strong olsem 100% alkohol, yu mas miksim pastaim wantaim wara, olsem wanpela (1) kap wara wantaim tupela (2) kap kemikol alkohol. Klinim ol samting pastaim wantaim sop na wara, na bihain klinim wantaim kemikol alkohol, na larim win i mekim drai.
  - » Blis: Blis (Bleach) yumi save baim long stua, em i olsem 5% solusen. Long klinim wanpela bikpela eria olsem plua blong haus, yu ken miksim blis wantaim kol wara olsem — 2pela kap blis wantaim wanpela 5 galen baket wara. (500ml blis long 20 lita wara). Sapos yu nidim liklik tasol, miksim 3pela tebolspun blis wantaim 4pela kap wara (50ml blis long 1pela lita wara). Noken miksim blis wantaim hatwara, bikos em bai no inap wok gut. Klinim ol samting pastaim wantaim sop na wara, na bihain klinim wantaim blis wara, na larim win i mekim drai.
- Klinim olgeta samting yu save holim na tasim oltaim wantaim **disinfektan** (olsem Pine o Clean) (ol handel, fon, keys, paus)
- **Wasim gut klos wantaim ol pes mask yu samapim long laplap**, long londri sop na draim gut long bikpela san. Em i gutpela moa long yusim hat wara wantaim sop. Sapos yu wasim klos long han, yusim planti sop, klinim gut na draim long bikpela san.

#### Noken bung wantaim ol narapela lain

Sapos Koronavirus em i stap pinis long hap we yu save stap, em i moa gut yu stap tasol long haus blong yu yet. Noken raunraun long ples bung o stap klostu tumas long ol arapela lain, o long ples we yu bai tasim ol samting we ol narapela lain i bin holim, (kain ples olsem banis, dua, tebol o tepwara). Nogut jem Koronavirus i stap na kalap long yu.

Dispela pasin bilong stap long haus na tambu long sekhan o holimpas narapela, em i hat tru long bihainim. Em inap mekim yu wari. Em i no min olsem yu mas lokim yu yet na yu no inap toktok long narapela. Tasol em i moa gut long stap longwei, long narapela na yusim fon long toktok long ol. Sapos yu mas bungim narapela na toktok long en, pes tu pes, yu mas sanap longwei long em, olsem 6 fit o 2 mita distans.

Sapos yu stap helti, soim gutpela pasin na tingim gut ol lain bilong femili o Komuniti husat inap kisim bikpela hevi long KOVID-19, kain olsem ol sik lain, ol lapun, o lain i gat disabiliti. Helpim ol long stap long haus na painim ol samting olsem kaikai, wara na ol narapela samting ol bai nidim. Sapos yu visitim ol o helpim ol, yu mas werim mask na traim long stap longwei long ol.



- **Werim pes mask taim yu save lukautim sik manmeri**, nogut, ol i gat pinis Koronavirus. N95 respireta pes mask i winim kain mask ol dokta i save yusim. Yusim mask we i no gat 'valve' long sait. Sapos yu werim mask we ol bin samapim long laplap, em i mas gat 2 or 3 'layer' laplap. Streitpela wei long werim mask, em i olsem:
  - » Klinim gut han blong yu pastaim, wantaim senitaisa o sop na wara, bifo yu werim mask, na karamapim gut maus na nus blong yu wantaim mask, na sekim olsem i nogat spes we jem inap go insait.
  - » Taim yu werim pinis pes mask, tambu tru long tasim long han. Yu mas senisim mask sapos em i kamap wet.
  - » Taim yu laik rausim mask, holim tasol rop bihain long iau na rausim. Tambu long holim mask yet. Sapos yu redi long troimoi mask, putim gut long rabis bin i gat lid long karamapim, na bihain wasim gut han gen.
  - » Em i gutplela moa olsem yu no yusim gen ol pes mask yu baim. Sapos yu mas yusim N95 respireta mask gen, taim yu rausim yu mas karamapim long wanpela pepa bek, na yusim niupela. Yusim niuplea pes mask long wan wan dei. Na sapos yu gat 5pela mask o moa, yu inap rausim, na storim gut long pepa bek, na bihain long 5pela dei yu ken yusim gen, dispela sem mask we yu bin yusim 5pela dei bifo. (Mask yu samapim long lap lap, yu ken yusim, rausim na wasim gut long hatwara na sop bifo yu yusim gen)
- **Lukautim gut helt blong yu yet**. Sapos yu pilim drai kus, sotwin, pen long bros, o skinhat (fiva), yu mas go lukim ol lain long helt senta, na kisim advais or helpim. Nambawan bikpela hevi sik KOVID-19 i ken givim em bikpela sotwin, we yu bai nidim oxygen na masin (ventileita) long helpim yu long pulim win na stap laif. Dispela kain masin i save stap long ol bikpela haus sik tasol.