

Coronavirus – COVID-19

Kodi COVID-19 ndichiyani?

COVID-19 ndi matenda omwe akuchokera ku kachirombo ka coronavirus. Kachirombo kakang'ono kwambiri (Komwe sikangatheke kuoneka popanda kugwiritsa ntchito makina). Ndikomwe kamafalikira ndikuyambitsa matenda kwa anthu. Covid 19 imayambitsa matenda okhalangati chimfine choncho ndipo zizindikiro zake ndi chifuwa, kubanika, kumpwanya kwa thupi lonse, kutha mphamvu ndi kuzizira kapena kutentha kwa thupi. Covid 19 imakonda kusokoneza njira yopumira. Matenda a Covid 19 saopsa kwambiri, koma atha kuyambitsa chibayo (chomwe chimasokoneza kwambiri mapapu) ndipo chimatha kupha munthu.

Kodi kachirombo ka corona kamafara bwanji?

Kachirombo ka corona kamalowa mthupi kudzera mkamwa, mphuno, ndi mmaso. Izi zimachitika pomwe wodwala matendawa akupuma, kuyetsemulira kapena kukhosomolera anthu ena, makhoma ndi malo ena omwe munthu atha kugwira. Ngati munthu angagwire malo amenewa ndikugwiranso phuno, pakamwa kapena maso amatenga matendawa. Anthu ambiri amayamba kudwala pakadutsa masiku asanu chitengereni kachiromboka, koma kachirombo ka corona kamatha kukhala mthupi la munthu kwa masiku 2 mpakana masiku 14 popanda zizindikiro kuyamba kuonekera. Ndiye kuti anthu atha kukhala ndi kachirombo ka coronavirus ndikumapatsiraso anthu ena kachiromboka asakudziwa. Anthu ena, makamaka ana atha kutenga kachiromboka koma osadwala. Anthu ena atha kukhala ndi kachirombo ka coronavirus mthuphi mwawo, ndikufalitsa kwa ena, osazindikiranso kuti ali nako. Kachirombo ka coronavirus kamatha kukhala pa makhoma kapena malo ena osiyana siyana kwa masiku atatu kapena kuposera apo. Kamafara kwambiri pomwe anthu akugundana kapena kugunda malo atchulidwawa.



Kodi angatenge kachirombo ka coronavirus ndindani?

Wina aliyense atha kutenga kachirombo ka coronavirus. Utadwala ndikuchira, sizikudziwika ngati ungaswalenso. Anthu omwe ali pa chiopsezo chotenga kachirombo ka corona ndikudwala kwambiri ndi anthu akulu akulu opitilira zaka 45 zakubadwa, makamaka okalamba, anthu amene akudwala kale - omwe ali ndimatenda okhuza njira yopumira komaso amene ali ndi chitetezo chotsika mthupi mwawo.

Tingapewe bwanji?

Pakadali pano palibe mankhwala kapena katemera weniweni wa kachirombo ka coronavirus. Kachirombo ka coronavirus sikangathe kuphedwa ndi mankhwala aliwonse. **Kachirombo ka coronavirus katha kupeweka popewa kugundana nako ndikumakhala wa ukhondo pafupi pafupi kuti kafe ka chiromboka.**

- **Kusamba manja pafupi pafupi** ndi sopo kapena mankhwala osambira manja.
 - » Kusamba pa madzi othamanga kwa 20 seconds ndi sopo, ndikuonetsetsa kuti mwachotsaso zonyasa zonse muzikhadabo ndikuvala zinthu zomwe zimavindikira manja onse, ndi mikono yonse.
 - » Kumasamba manja nthawi zonse mukamalowa mnyumba kuchokera koyenda, mukamaliza kugwiritsa ntchito chimbudzi, musanadye komaso mukakhosomora angakhale kuyetsemura kapena kumina.
 - » Musagwire kumaso musanasambe mmanja.
- **Kutsuka makoma ndi zinthu zina zimene zingagundidwe ndi anthu okhala ndi kachirombo ka coronavirus pogwiritsa ntchito mankhwala.**
 - » Alcohol: Isopropyl alcohol yokhala ndi mulingo wa 70% itha kupha ka chirombo ka coronavirus mwansanga. Gwiritsani potsuka makoma, matebulo, zotsegulira zitseko ndi katundu wina. Mulingo wa 60 – 70% umagwira ntchito bwino, koma musagwiritse ntchito mulingo wa 100% chifukwa pamafunika madzi kuti ithe kupha tizilombo toyambitsa matenda. Ngati Isopropyl alcohol ili ndi mulingo was 100% thiranimu madzi mundondomeko ya kapu imodzi ya madzi ku makapu awiri a Isopropyl alcohol.

Koyambilira gwiritsani ntchito madzi ndi sopo kenako mankhwalawa. Ndipo musiye kuti paume ndi mphepo.

- » **Bleach:** Bleach nthawi zambiri amabwera mumlingo wa 5%. Mugwiritse ntchito madzi ozizira (otentha sagwira ntchito), posakaniza. Mukafuna kugwiritsa ntchito pansu kapena malo akulu musakanize 500ml bleach mu 20litres ya madzi ozizira. Mukafuna mlingo waung'ono mutenge ma tablespoon atatu a bleach muke mumlingo wamakapu anayi a madzi ozizira. Choyamba tsukani ndi sopo kenako mugwiritse ntchito madzi mwakonzaza aja. Kenako pasiye paume ndi mphepo.
- » **Tsukani ziwiya** zomwe mumagwiritsa ntchito pafupipafupi ndi mankwala.
- » **Chapani zovala** ndi sopo komanso madzi otentha. Ngati mukuchapa zovala ndi manja, muchape mokwanira pogwiritsa ntchito sopo wambiri, ndipo muyanike padzuwa.

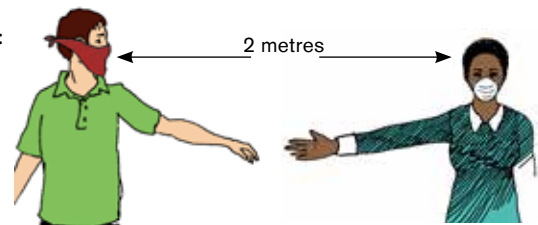
Chepetsani kukhudzana ndi anthu

Ngati mukuganiza kuti ka chirombo ka corona kali mdera lanu khalani kunyumba ndipo mupewe kugandana ndi anthu ena kupatula omwe mumkhala nawo. Nonse musakhuzane ndi anthu ena. Musayende malo omwe ali ndi anthu ambiri komwe mungathe kugundana ndi anthu osiyanasiyana komanso kugwira makoma oti agwidwa ndi anthu omwe ali ndi kachirombo ka corona.

Izi zitha kukhala zovuta kuchita komanso zokhumudwitsa.

Kuchepetsa kukumana ndi anthu sikukutanthauza kudzisala ayi: lankhulani ndi ena kudzera pa lamya kusiyana ndi kukumana nawo. Lankhulani ndi anthu kudzera pama zenera kapena zitseko. Lankhurani ndi anzanu potalikana mamita awiri.

Ngati muli athanzi, athandizeni anzanu mudera lanu omwe akudwala kapena omwe ali pa chiopsezo cha nthendayi chifukwa chokalamba, kulumara, poyika njira zoti athe kupezera chakudya, madzi a ukhondo ndi zina zofunika pakhomo ali pakhomo pawo pompo.



Chigoba chimateteza anthu oyandikana nawo.
Komanso Zigoba zawo zimateteza inuyo.

- **Zokhudza Chigoba kapena Chophimba pakamwa (Mask):** Ngati mukusamala munthu yemwe akuganiziridwa kuti ali matenda a coronavirus muvale chigoda chochedwa N95 mask chomwe chimateteza bwino kuposa zigoba zinazi, zomwe zimapereka chitetezo chochepa. Mukuyenera kudziwa kagwiritsidwe ntchito bwino ka chigoba:
 - » Musanavale chigoba, sambani manja anu ndi sopo kapenanso mankwala ophera tizirombo. Muonetsetse kuti chigoba chanu chaphimba kamwa yanu yonse osasiya mipata.
 - » Musagwire chigoba ndi manja anu pomwe mwavala. Pomwe chigoba chanu chanyowa mukuyenera kuvala china chomwe sichinagwirepo ntchito
 - » Musagwiritse ntchito chigoba chomwe chinagwiritsidwa kale ntchito. Ngati mukugwiritsa ntchito N95 mask, mutha kuitenthesa pa mlingo wa 160°F (72°C) kwa mphindi 30 kuti muphe tizilombo ta Coronavirus tomwe takamira pa chigoba po. Kapena ngati muli ndi zigoba zokwa 5, muke chigoba chili chonse muthumba mwake. Ndipo mugwirise ntchito chigoba chimodzi patsiku, cholinga kuti chigoba chizigwira ntchito kamodzi pamasiku 5.
 - » Pochotsa chigoba chanu, mugwire zingwe zake, muponye mudzala lovindikiridwa bwino, ndipo musambe manja anu
 - » Musagwiritse ntchito nsalu wamba kuphimba pakamwa, makamaka posamala anthu odwala matendawa. Nsalu imanyowa mukamapuma zomwe zimatha kupangitsa kachirombo ka Coronavirus kukulowani mosavuta.
- **Valani chigoba chanu kuti muteteze anthu ena:** Pakuti munthu atha kutenga nthendayi asakudziwa, kuvala chigoba pagulu zitha kuthetsa kufala kwa kachirombo ka. Popanda katemera, kuthetsa kufala kwa kachiromboka ndi njira yokhayo yoteteza anthu onse tayandikana nawo. Koma mukuyenerabe kusamba manja pafupi pafupi ndi kuonetsetsa kuti mwatalikana ndi anthu ma metre awiri; chifukwa chigoba chimateteza anthu mwayandikana nawo, osati inuyo.
- **Yang'anirani thanzi lanu.** Ngati mukukosomola, kubanika, kumva kupweteka pachifuwa kapena kumva kutentha ndikuzizira; muimbe lamya kwa aza umoyo kuti akuthandizeni kapena kkuuzani komwe mungalandire thandizo. Chifukwa mavuto akulu a Covid 19 ndikubanika (Acute Respiratory Distress Syndrome — ARDS). Ili ndivuto larikulu lofunika makina othandizira kupuma (oxygen and a mechanical ventilator), zomwe zimapezeka muzipatala zikulu zikulu zokha.