

Coronavirus – COVID-19

Chii chinonzi COVID-19?

COVID-19 chirwere chinokonzera necoronavirus. Hutachiona uhu hudikii diki zvikuru.zvokuti maziso asina michina haakwanise kuuona. Ndiwo uta hutachiona hunopararira nekurwarisa vanhu. COVID-19 inofanana nechirwere chedzihwa (flu). Murwere anorwadziwa nepahuro, kuzarirwa, kurwadziwa nomuviri wose uye kutsva kana kutonhorwa mumuviri nekuneta. COVID-19 inokanganisawo mafemero akanaka. Nyangwe zvazvo kubatwa nechirwere ichi kusinganyotyise chinokanganisa mapapu zvichikonzera mabayo ayo anokwanisa kuuraya murwere.

Coronavirus inopararira sei?

Coronavirus inopararira ichibva pamunhu anehutachiona uhu kana achifema, kukosora nekuhotsira panevanhu vasina chirwere kana pachikafu kana panzvimbo dzinosvika vanhu vasina chirwere ivobatamiromo,mhino nemaziso hutachiona hwopinda. Munhu anoratidza kurwara mushure memazuva mashanu (5). Kana chapinda numuviri chinotanga kuwanda chichifararira kunhengo dzese dzemuviri. Coronavirus inokwanisa kugara mumuviri kwemazuva maviri (2) kusvika mazuva gumi nemana (14) munhu asati aratidza kuti arikurwara. Vamwe vanhu zvikuru vana vanokwanisa kubatwa nehutachiona hiasivasingazorware. Izvi zvinoreva kuti munhu anokwanisa kuita Coronavirus asingazive uye achitapurira vamwe chirwere. Hutachiona hweCoronavirus hunokwanisa kugara panzvimbo dzakaita semadziro kana midziyo kwemazuva matatu (3) kana kubvuura husati hwafa. Izvi zvinoreva kuti zvirinyore kuwana chirwere ichi.



Ndiani angabatwe neCoronavirus?

Munhu wese anogona kubatwa neCoronavirus. Kana wakamborapwa ukapora hazvisati zvavekuzivikanwa kuti inokwanisa kurwara zvekare here. Vanhu vakuru vanemakore makumi mana nemashanu zvichienda mberi vane njodzi huru kusanganisira vanorwara nezvirwere zvekufema nevanenasoja anodzivirira miviri akaneta (weak immune system).

Tingazvidzivirire sei kubatwa nechirwere ichi?

Parizvino hapana mishonga inodzivirira Coronavirus. Hapanazve mishonga chaiyo unonzi ndewe Coronavirus. Coronavirus haiurawe nemaantibiotics kana mishonga yekugadzira tega pamba. **Coronavirus inodzivirirwa nekusasangana nevanechirwere uye kuvanehutsanana.**

- **Geza maoko ako nguva nenguva nesipo nemvura kana mishonga yekugezesa maoko..**
 - » Geza maoko ako nemvura nesipo kwemaminitsi makumi maviri (20). Geza munzara neruoko rwese.
 - » Geza maoko ako wadzoka kumba , wapedza kushandisa chimbudzi, usati wadya, wapedza kukosora kana kuhotsira nekufura dzihwa.
 - » Usabate kumeso kwako usina kugeza maoko.
- **Sukai zvinhu zvakaita matufura ne henduru yegonhi. Idzi dzidzo dzinowanzowanikwa coronavirus. Shandisai sipo kana mishonga inouraya hutachiona.**
 - » Alcohol: Isopropyl alcohol ine 70% concentration inouraya coronavirus nechimbichimbi. A 50% to 70% solution ndiyo inonatsoshanda. Musashandise ine 100% nekuti hainyatsouraye hutachiona.

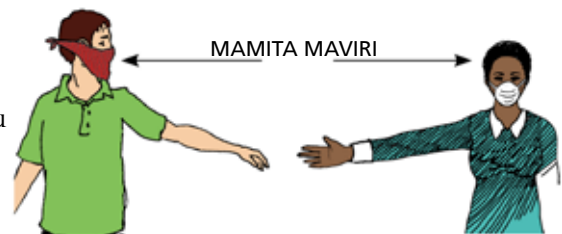
Kana mawana ine alcohol ine 100% wedzerai mvura. Wedzerai kapu imwechete yemvura muchiisa mumakapu maviri e alcohol. Tangai mageza nemvura ine sipo mozogeza ne alcohol mosiya kuti zviome.

- » **Bleach:** Bleach inowanzo uya ine 5% solution. Wedzerai mvura inotonhora (mvura inopisa haishande). Isai makapu maviri ebleach mumagaroni mashanu emvura kana muchida kuchenesa nzvimbo hombe. Kana muchida kuchenesa nzvimbo diki u zvipunu zvidiki zvitatu (3 teaspoons) mumakapu mana emvura (4 cups of the water). Tangai mageza nemvura ine sipo mozogeza ne bleach solution mosiya kuti zviome.
- » **Geza zvinhu zvamunowanzo bata nguva zhinji nemushonga.**
- » **Wachai zvipfeko nesipo nemvura inopisa. Kana muchishandisa washing machine yandisai iri pre-rinse cycle.**

Yedzesai kutimusasangane kazhinji

Kana mu muchifunga kuti munharaunda menyu mune coronavirus garai mudzimba musingasangane nevanhu vazhinji kana kusvika nzvimbo dzinosvika vanhu vakawanda. Hongu izvi zvakaoma kuita asi zvakakosha. Hazvireve kuti hauchabatwe nechirwere asi unenge wadzikisa njodzi yekubatwa nechirwere ichi. Kazhinji taurai nevanhu paruhare kana kutaura nemunhu ari chinhabwe chinoita mamita maviri kana kutaura nevanhu gonhi rakavharwa ivovaripanze imimurimukati.

Kana urimutano batsirai vamwe munharaunda menyu vavekurwara, vakaremara nechikafu nemvura nezvimwe zvingadiwe kuti vasabve mudzimba dzavo vachishamba chirwere ichi.



Maski yenyu inodzivirirwa vamwe venyu .
Maski yavo inodzivirira imi.

- **Maski. Pfekai Maski kana muchirwara kuti hutachiona husapararire. Kana muchibatsira vanorwara pfekai Maski kuti musatore chirwere. Pkekai maski nenzira kwayo.** Kuzvidzivirira neMaski- kana muchichengeta murwere kana wamunofungidzira Kutu arikurwara yandisai maski. NP95 maski inokudzivirira zvakanatsionaka kkupfuura Surgical maski. Nzira dzekupfeka maski.
 - » Musati mapfeka Maski gezai maoko enyu be alohol solution kana sipo nemvura.
 - » Vharai muromo nemhino nemaski pasawane panopinda mhopo.
 - » Musabate maski kana muchishandisa.
 - » Chinjai maski kana yatota.
 - » Musadzokorore kushandisa maski.
 - » Kana mavekubvisa maski batai tambo chete musina kubata maski mobvamakanda mubhini rinovharwa mogeza maoko enyu.
 - » Kana muchishandisa NP95 maski munokwanisa kushandisa zvekare kana maaisa muhovhoni kwemaminitsi anokwana makumi matatu (30 minutes) uye moto wacho unofanira kupisa kusvika pa 72 degirizi (72 degrees Celsius) Kutu hutachiona hufe.
 - » Kana muchishandira murwere hazvikurudzirwe kushandise njira kumeso. Shandisai maski.Njira rinotota roita kutu hutachiona inobatirire hwopinda numuviri wenyu.
- **Pfekai maski kudzivirira vamwe vanhu** nekuti munhu anokwanisa kubatwa nechirwere asingazive. Kushandisa maski nenzira chaiyo munokwanisa dzivirira kuparira kwechirwere kune vamwe vanhu. Vaccine ndiyo nzira imwe ingadzivirire vanhu munharaunda. Tinoramba tichikurudzirwa kuramba tichigeza maoko edu uye Kupa MAMITA maviri pakati penyu nokuti maski inodzivirira vamwe vanhu meets imi.
- **Cherechedzai hutano hwenyu.** Kana uri kukosora, kunetseka nekufema chipfuva chichirwadza kana kutsva kana kutonhorwa numuviri enda unoona chiremba nguva ichiripo kutu ubatsirikane. Kana chirwere chakomba chinokonzera kusafema kwakanakab (Acute Respiratory Distress Syndrome — ARDS). Zvinenge zvavekuda michina nemweya (oxygen and a mechanical ventilator) zvinowanikwa muzvipatara chete.