

### 1. Coronavirus ya kechi?

Coronaviruses ya mesen telok ka lir koba ajanga nisung aser shirurutem shirangdaktsütsü akok. Meimchir dak coronaviruses tapu balala ajanga tangu sashiba den sentaktepa aliba yimra aser wara nungi tashitak tesashi Middle East Respiratory Syndrome (MERS) aser Severe Acute Respiratory Syndrome (SARS) amala adokdaktsür.

### 2. COVID-19 ya kechi?

COVID-19 ya Coronavirus agi adokdaktsüba tashitak tasentiba ka lir. Iba tashitak tasen ya tamalen memeti aliba China lima Wuhan nung December 2019 küm mezüng putet.

### 3. COVID-19 wara agi atongba temaitsüji kechisa

- Temang metaba, temang lulaba aser aketba (metzü medeni).
- Karbo temang nguya-ngushia ayang ashitsü, teni tangbangtsü, terok ashitsü aser tepok aotsü akok.
- Karbo wara agi atongtsü saka timtemba temaitsüji memetettsü aser shirangba-a malitsü.
- Iba wara agi atonger nisung trok rongnung kabosa iba wara agi mejungi atonger aser tangu sashidang timtem aju-rutsü (pneumonia). Rishir aser tanga tashitak aketertem-mamangra (high blood pressure), temulungjang tashitak, tangu junga mesashitetba tashitak (asthma) aser chini tashitak (diabetes) mejungi shirangtsü akok.
- Temang metaba den aketba aser tangu sadema mesashitetba timtem alirtem yakta mozü ki bushitsüla.

### 4. COVID-19 tashitak nungi kümzüka alitsü tongtibang tekümdangtsü yimyatem kechisa?

#### I. Teka mapangshia Shidokang

Ne teka mapangshia aser jungjunga sapon mesüra yi keta aliba sanitiser agi metsükang.

**Kechiba?** Ne teka jungjunga metsükba ajanga yangii aliba mes-entemji tepster.

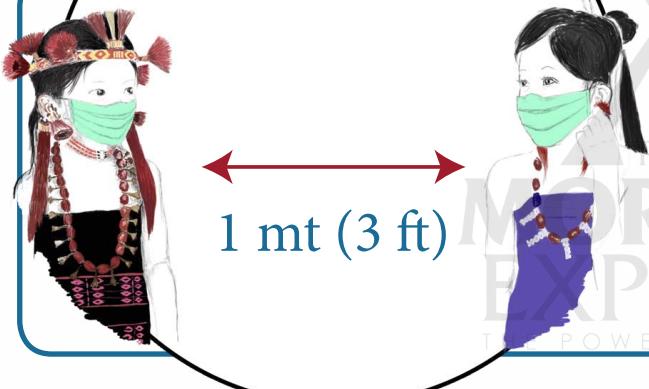


#### II. Pila alitsü yimya benshiang (social distancing)

Nisung kar yimra wara agi tonger aketa mesüra hachia lira, akok tashi 1 metre (süklep 3) pilar liang.

**Kechiba?** Kodang nisung ka aketdir mesüra hachidir, parnok tebang aser teni nungi azüngtzü amai tzü (droplet) aluba nungji mesen alitsü akok. Na kanga anasa noktaka lira, nai iba tzü-ji men-emoktsü aser iba tashitak menatsü akok.

1 mt (3 ft)



### *III. Teka meshitoki tenük, teni aser tebang nung tekongshi*

Kechiba? Teka agi osettsüset balala nung kongshir aser mesen menaloker. Kodang menaloker, ne teka ajanga mesenji tenük, teni aser tebang nung menaloktsü akok. Iba nungi ne temang telungi aitsü aser na shirangdaktsütsü.



### *IV. Merükmejuba yimya benshiang*

Na aser ner kinungertem tangu sashiba yimya nung merükmeju benshiang. Iba tetezü, na hachidang mesüra aketdang, tebang sü agi (handkerchief) mesüra shiti tanük (tissue paper) agi nembangang. Iba sülen sü mesüra shitiji mashi nung meindoktsüla. Item oset melira, ne tekütsüla sükleper (bent elbow) nembangang.

Kechiba? Tenitebang nungi adokba tzü ajanga mesen prokshir. Iba merükmejuba yimya benshiba ajanga na anasa alirtem yimra, wara aser COVID-19 nungi kümzüker.



### *V. Kodang moziiki bushitsüla?*

Yimra agi tongra kidang kazüang. Kodang aketa, temang meta-a mesüra tangu sashitsü nung timtem ajurudir, tekaratiba nung mozü ki mesüra mozü shiteter bushiang. Na anasa aliba sorkar aser medical department ajanga tuyua aliba temetettsü ozüngtem benshiang.

Kechiba? Na anasa aliba sorkar aser medical department-i shiranger anepalua tajunba kümdaktsütsü metata lir.



## Olulu:

- Mopung tatsük ajanga COVID-19 virus menatepba nokdanger.
- Asükwa aser rüjep alaba agi COVID-19 virus menatepba nokdangtsü.
- Tzü tatsük agi chokoba ajanga iba tashitak nungi kümzüker.
- Ku akongba oset koba nungi tangula tatsük adoker iba ajanga mesen tepseter.
- Ultra Violet (UV) milen agi iba mesen tepseter.
- Ne temang ajonga nung chlorine menokba mesüra yi ajemba aser menokba ajanga ne temang nung yir aliba mesen tepseter.
- Lasüng achiba ajanga iba tashitak nungi kümzüker.

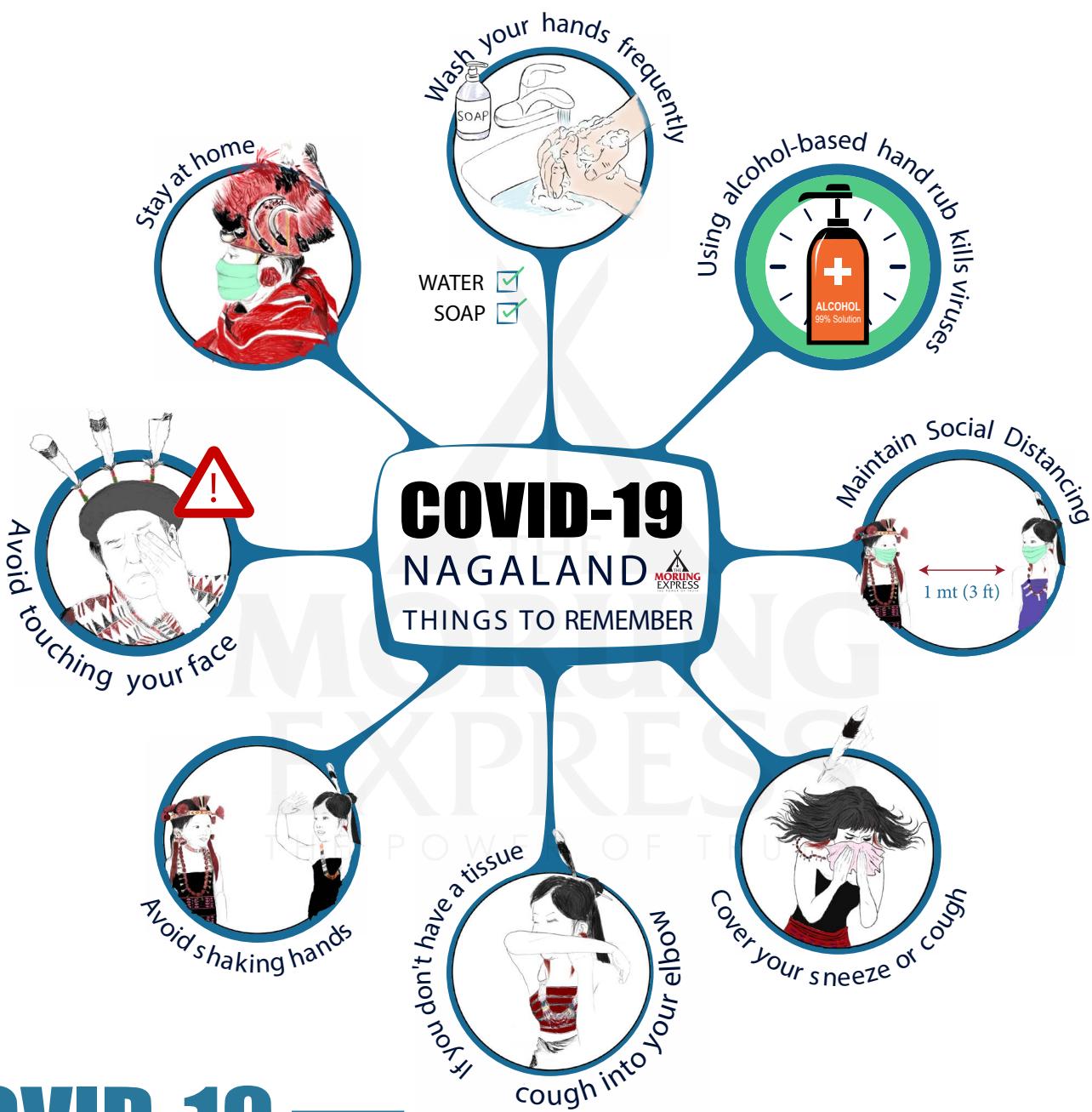
## Shitak:

- Merila ajanga iba tashitak memenar.
- Tanur nungi tantsü-tambur tashi iba tashitak agi atonger. Saka tantsü-tamburtem ano tanga tashitak– tangu sashiba timtem, chini tashitak, temulungjang tashitak aser mamangra aketertem dak tali tesashiba iba tashitak agi atongtsü koka lir.
- Iba tashitak nungi kümzüktsü mesüra jungtsütsüsa tang tashi mozü kecha yangluteta maka.
- Moko achiba mesüra tenitebang sü agi nembangba ajanga iba tashitak nungi mekümzüker.

# COVID-19

## NAGALAND

THINGS TO REMEMBER



# COVID-19

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World Health Organisation:  
<https://www.who.int/> or @WHO

Source: World Health Organisation  
*Nübur ajangzüktsü asoshi The Morung Express ajanga sangdonder*

*Disclaimer: The above information provided in this document is solely based on the World Health Organisation's advice for the public on COVID-19 and true to the best of our knowledge. While every care has been taken to ensure accurate translation, any errors of omission or commission are inadvertent due to exigency of the current situation, and can be notified to The Morung Express.*