

1. Coronavirus kho ai?

Coronavirus kho meisiau ayingsi müt shattibü yaang chemdang yaangbü che ki. Müt manga Coronavirus phang juongei khamshat (cold) ka khangan shat kaangbü Middle East Respiratory Syndrome (MERS) si Severe Acute Respiratory Syndrome (SARS) yoan hakhinla aeibou khonsaktiko shattibü shat kaangbü yingkei.

2. COVID-19 KHO AI?

Covid-19 kho tou nyangko lapenbü coronavirusei shattibü shonyubü shat yingkei. Ho yaang haanbü hoba hoeibü shat ho Wuhan, China a December 2019 thedang to angeenko kiteikei.

3. COVID-19 hoeibü shensinge kho ai ong?

- Lümalabü, hüanshemlabü hoba ngoushaklabü.
- Shatbü at khonkuko shatlabü, kungthünglabü, kungka yanlabü, sanglou to kheko shatlabü ayingsi deitangsenlabü
- Müt atla shat kho sühan kilabü lausikei shensinge akida hoba ashatbü tügü kida.
- COVID-19 hoei shatbü müt lak wekao che khoji kaang shatda hoba hakhinla khonsakda. Baoshi shuong si moli shauko-leko kibü sii juong shat, maangpon shat ayingsi diabetes habü tügübü shuong la kho shat kaangan sühla thükkei.
- Lümako shatbü, ngoushakbü hoba hakhinla khonsakko shatbü shuongei molichem lamjan.

4. Ngo lulu püetan kila hoba kho shat ahbü thangütla ngei ai kümla?

I. Kaibü ik tokei tokei sakashi

Hand sanitizerei (Yik saklabü moli) ayingsi sapon si deiei hanghangko kaibü yik maisho sakteitham apbo sakashi.

Aila? Sapon si dei ayingsi yik saklabü moli jungeiko yik maisho sakbü khoei kaibü yika shatyaang kho kian kisi haitida.

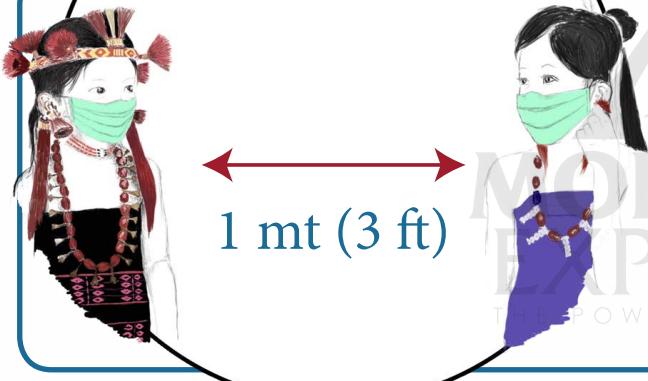


1 mt (3 ft)

II. Müt kanglangang kangtishi

Ngoushakbü ayingsi hatshi shibü müt haüyusi kasi kanglangang metre cheji (yiknop sem) kangbü kitishi.

Aila? Ladang müt at ngoushakda ayingsi hatshi shida, kheijinei haoeneibü kung ka ayingsi sempung ka deimen pitkuda, khünei shatyaang yoan kila thükkei. No yongko nyangan kialonga, nyi khübü deimen hinetlanglabü hoba müt kho COVID-19 khoei shatbü yingalonga khünei shatyaangkei yoan kilabü.



III. Nyek, Kung hoba Sempung to temeidi

Aila? Yikei kaoen juong to meitida hoba shatyaangkei kakan sungla thükkei. Che yaang kho kakan sungalonga, yik khoei kaibü nyek, kung ayingsi sempung to shontilabü. Kho ka shatyaang kho kaibü mang to atlabil hoba no shattilabü.



IV. Hakhin hangsilam jungeiasihi (Practice respiratory hygiene)

No hoba no kaijembo kibü shuongei hakhin hangsilam mai-bü jungeiasihi. Kho tetlabü, kan ngoushakjinei ayingsi hatshi shijinei yikük nopshang to (bent elbow) sempung si kung thenngaitishi ayingsi le ihnyaibüei (tissue) küpngaishi. (Khei kümjinei lubü la sen ngoushakbü ayingsi hatshi shibü hak kho hinan ajinkuda). Khei küman tongde le ihnyaibü kho apashi.

Aila? Kung si hakhün ka dei/eok pitbü khoei shatyaang ahtida. Ho tügü hakhin hangsilam maibü jungeibüei nyi, no kaijembo kibü shuong khamshat (cold), thangbühim hoba COVID-19 shatyaang ka püetda.

V. No lümako shatsi, ngoushaksi hoba hakhinla khonsaksi tongde molichem ka thounou leashi. No mang tükde ayingko kialonga chema setshi.

No lümako shatalonga, ngoushaklonga hoba hakhinla khonsaklonga molichem ka thounou leshi, hoba thedangto getiashi. Kan kishanga moli aenei kümbüleibü shuongei shean lenbü phai semshi.

Aila? Phangshuong hoba kan yoa moli aenei khangenbü shuongei kan kaopheia tou thua loan kibü thusilam shanga maisho ngéan kilabü.



AMLANGBÜ:

- Aoubü si Lümabü chasilangei COVID-19 shat shonyubü thangütla thükda.
- Khambü jihsiphai hoba ninnei COVID-19 haitila thükda.
- Dei aoubüei mangyusi COVID-19 thangütla thükda.
- Yik ulangtibüa 2019-nCoV kho haitila thükda.
- Wanlong pi khoei shatyaang haitila thükda.
- Ih yungbü ayingsi mang pendou to ih/chlorine lakbüei mütmangto atan kibü shatyaang pendou haitila thükda.
- Lasüng shaubüei COVID-19 shat thangütla thükda

TÜKDEBÜ:

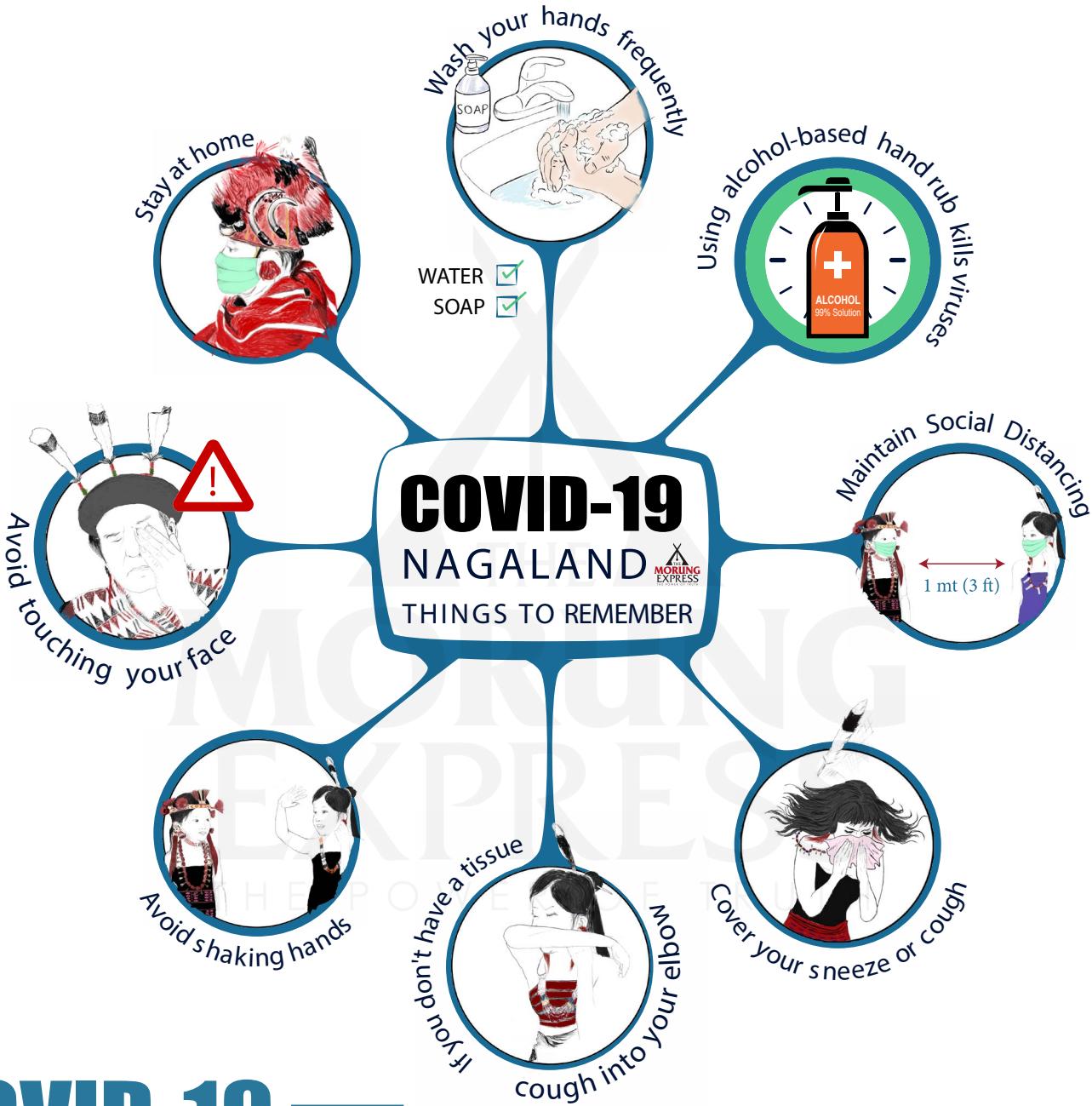
- COVID-19 shat ho khangsüngei dakbü ka ashonyuda.
- Chingbü, nashou pendou la paolabü. Paoshi shuong hoba thetang toua shatko loubü (tuokshat, diabetes, maangpon shat, habü tögübü) shuong la ho shat tongde paola thükkei.
- Antibiotic khoei ho shatyaang athükda, bacteria ong thükda.
- COVID-19 ho thangütla ayingsi thounoula shangashatbü moli aki.
- Müsen mokbü hoba sempunga yukbü juong jungeibü kho COVID-19 thangütlam aying, hoba khonsakkei yinglabü.

COVID-19

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COVID-19

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Check For Regular & Official Update on COVID-19 Here:

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<https://nagahealth.nagaland.gov.in/>

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Ministry of Health and Family Welfare,
Government of India:

<https://www.mohfw.gov.in/> or @MoHFW_INDIA

World Health Organisation:

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

Ngukelie : World Health Organization.
Kezakeshü : The Morung Express (mechü dzevi la)

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.