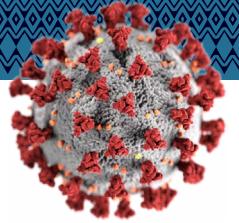


# CORONAVIRUS COVID-19 KONYAK



## 1. Corona virus a hanghi shi?

Corona virus a virus yom me ja ngoh nang. Hatao virus kai e kahta hüyange yinmok te dak pahnang. Hatao dak kai-e kahtalan te laohepu lam (respiratory or breathing system) meng winnang hüyange üshong wante-o hatao lele shepu dak Middle East Respiratory Syndrome (MERS) hei Severe Acute Respiratory Syndrome (SARS) she nyikpu dak ngaipu ngohyangki.

## 2. COVID-19 a hanghi shi?

COVID-19 dak-a ja mepu ja te pah-e dakpu mewang meimeい ngai-e wangpu dak ngohnang. Hatao dak a China kahtok mepu chela ja Wuhan she minpu nyoi me 2019 December li me ngai-e wangpu ngohnang. Tao shao me-a hatao dak jeanga yeshingpe ngohyangki.

## 3. COVID-19 dak a hangke dakpu shi?

- \* Sheamme, nyai-e hüyange kaikün-e daknang
- \* Ütam kahta te-a moupu hei jeihdakpu (aches and pains), nateang pange, oi ngai-e hüyange üngtuh dake daknang
- \* Ütam te-a dak pah te phei te hakihpu hango füo yehaope daknang.
- \* Covid-19 dakpu kahta percentage me leiwante wok dakpu yom mepu ja te (one among six) yeong menge daknang hüyange laohepu yemeipe shaoshi-e ngainang. Wupa hei wunyulan hüyange dake ngohpulan leppu ja me high blood pressure, heart problem üneo diabetes ngoh pu lante ünyei shemeng she daknang.
- \* Aoyin sheamme, kaikün-e hüyange laohepu yemeipe daknang mamshe moli nok yamlak wongpong.

## 4. Hatao dak mepu yin-e ülaote pahne yetampe hangke ngohlak shi?

### I. Hipak lepi-e yak tuhlak

Yelakpe hüyange yeong mei-e nang yak alcohol base hand sanitizer phei tuhtüoh yejema-a sapon hei yeng phei tuhtüoh.

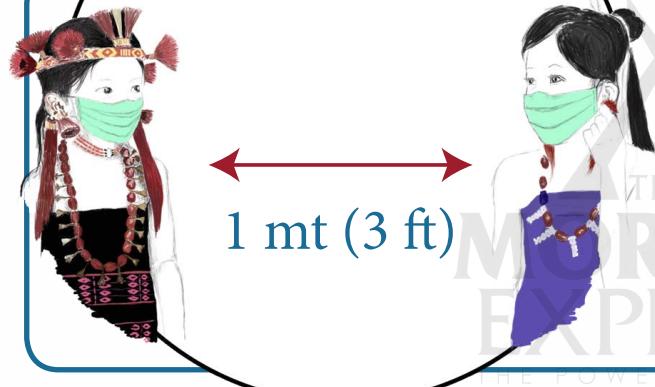
**Hangne?** Alcohol base hand sanitizer hüyange sapon hei yeng phei yak tuhtüoh ma-a yakme ngohpu daklan (viruses) toi winnang.



### II. Jaheija phei owe yengohlak

Meter ja (3 feet) pa-a nang hei kaikün-e dakpu yejema-a hahjhoipu (coughing and sneezing) kahta pa me yan-e ngohlak wongpong.

**Hangne?** Aope kahta kaikün lakkei yejema-a hahjhoi lakkei üjinghaphu iphao hei oiyeng iman nateang hei ju mepu ngainang. Nang shongmepu Covid-19 ngohpu kahta-e kaikünpu hei hahjhoipu me ngaipu üjinghaphu iphao hei oiyeng nange yeshingpe hahlak, hataowe nangte dak pahlak.





### *III. Mük, Nateang hei Ju te tahjon:*

**Hangne?** Nang yak phei khongkempu te jonnang, taojingne dakmeng te-o jonne ngohlak. Aope dakmeng te jonpu yak phei mük, nateang hei ju te jonlakkei hatao mepu lan shepu meipüm hei tangta te pahlak tao kai-e daklak.

### *IV. Kentinge Laohelak (Practice respiratory hygiene)*

Nang shongme ngohpulan shao me kentinge ngao ipu hei jaheija shongme laohepu shinge jaoshi-e ngohlak wongpong. Hatao te leppu-a nang kahta shongme kaikün wante hüyang hahjhoi wante ju hei nateang te nyephen (hanky) hei laiphen (tissue) phei panglak te ipu ngohnang. Üneo jonyangphei nyephen hei laiphen a mamshe winlak wongpong.

**Hangne?** Üjinghapu iphao hei oyeng kai-e dak pahnang. Hatao jaoshapu nange jon okpu ne mengma-a wüngé dakpu, sheame dakpu, wangyang wangye dak hüyang Covid-19 dak mepu nange ülaolan yin-ne angnang.

### *V. Nangme sheamme dakpu, kaikiün-e dakpu hei laohepu yemeipe dakma-a mamshe moli nok yamtüoh.*

Ngei yemeipu ne mengma-a nokme ngohtüoh. Sheampu, kaikünpu hei laohepu yemeipe dakma-a mamshe namnolak lante nyiktüoh hüyang moli nok yamtüoh. Hatao dak jeangme namnopulane hanghi linglak jingne i yeong mei-e iman wenjai-e woilakyang.

**Hangne?** Iman me hei hatao dak jeang mepu ngaolan national hei local khongkempu mepu taolak.



# MYTH (Üting heiya üleih üpong mantao okpu)

- Üsheam hei jamloi sheampu kai-e Covid-19 dak pahlak mepu tean angnang she ipu.
- Wüngpu hei yee kai-e Covid-19 dak toinang she ipu.
- Yeng sheam phei yengyaopu kai-e Covid-19 dak tean nang she ipu.
- Hand dryer kai-e Covid-19 dak tean nang she ipu.
- UV wün (lamp) kai-e dak toinangja she ipu.
- Yuheishei yingpu hei nang pumte phopu kai-e pum mepu dak toinangja she ipu.
- Garlic hahpu kai-e dak tean nangja she ipu.

# FACT (Üting)

- COVID-19 dak a monjung jeihpu kai-e yepahlak.
- Covid-19 kai-e lungmei hei nahalan khongkem pu te pahlak. Ünyei ne lungmei hei dake ngohpulan leppu ja me Asthma, Diabetes, heart disease kihpu dak ngohpu lante mamshe hatao dak pahlak.
- Antibiotic moli-e a bacteria hei toi oklak hüyangpoi dak-a yetoi oklak.
- Covid-19 dak jingne hahlak moli sha-a te ngoipu mongme hatao hahpu-e meilaküja üneo teanlaküja she ilak mantao ok.

# COVID-19

## NAGALAND



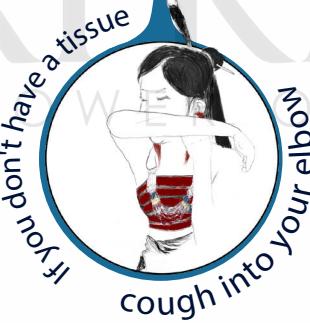
THINGS TO REMEMBER



Avoid touching your face



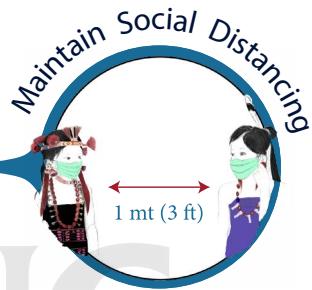
Avoid shaking hands



If you don't have a tissue  
cough into your elbow



Cover your sneeze or cough



Maintain Social Distancing



Using alcohol-based hand rub kills viruses



WATER   
SOAP

# COVID-19

## Nagaland HELPLINE



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

Department of Health & Family Welfare, Nagaland

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

@HealthNagaland (Twitter)

& @DHFWNagaland (Facebook)

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 (mechüi 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.*