

## 1. Coronavirus ipi ham?

Coronavirus hi mihem le gancha chunga natna polut thei hit (virus) jaat/chi khat ahi. Mihem chunga coronavirus chi chomchom ho apat hai hahsat ahilouleh hai kisuhlou toh kisai natna jat chomchom kondoh thei ahi. Natna neoneo buhse-khosih kiti ho apat natna len Middle East Respiratory Syndrome (MERS) chuleh Severe Acute Respiratory Syndrome (SARS) kiti ho chan apohlut thei ahi.

## 2. COVID-19 ipi ham?

COVID-19 hi tu thah a kikhoddoh Coronavirus a kon sohdoh kipeson/kilason thei natna ahi. Hiche hit (virus) thah le natna hi December 2019 a Wuhan, China a ahung laan pat masangin ana kihe khapon ahi.

## 3. COVID-19 natna kihetna (symptoms) ipipi ham?

- Buhse-Khosih, tha lhahsam, chuleh Khut (dry cough).
- Mi themkhat a dingin tahsa nat, nah-bing, naptui long, lol-thah, ahilou leh ehkho jng aum ji e.
- Mi themkhat chu avei vangin akihetna (symptoms) ima sohdoh lou, dam jong dammo lou in aumji uve.
- COVID-19 natna nei mihem 6 lah in 1 aha dammo ji uvvin chuleh hai hahsat jong aneiji uve. Mihem akum tam lang, chuleh natna dangdang BP, lungchang nat, diabetes natna neiho in athohlel dehset jiuvin ahi.
- Buhse-khosih, Khut, chuleh hai hahsat neihon agang thei pen a aga kivetsah u apha in ahi.

## 4. Kivenna ding chuleh mihem dang pehson louna dinga ipi kabol ngai em?

### I. Khut sop jing ding:

Nakhut chu ju a kisem 'Hand Sanitizer' ahiloule tui le savon (soap) in sop/sutheng jingin.

**Ipijeh in em?** Ajeh chu nakhut nasop jinga ju a kisem sanitizer naman jinga ahile nakhut a ana um hit ho chu thi ding ahi.

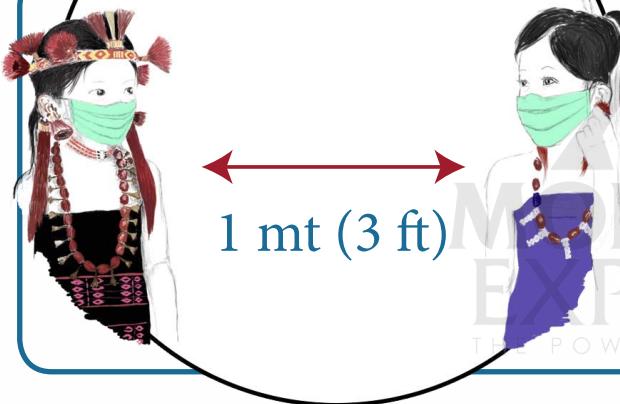


### II. Mihem toh ki gamlhat ding:

Mihem dang adeh a achi/akhu ho toh alhompen a metre 1 (feet 3) ki gamlhat a um ding.

**Ipijeh in em?** Ajeh chu mihem hin akhut/achit phatleh mit a mukhamlou tuivat neo chacha akam ahilouleh anah apat aphidoh ji ahin, naicha a naum leh hiche ho chu nakihoplut thei ahin achinu/ pa chun COVID-19 virus apoh khah leh hijong chu nakihop lut tha thei ahi.

1 mt (3 ft)



### *III. Namit, nanah, nakam khoi hih in:*

**Ipijeh in em?** Ikhut teni a muntin kithamji ahin hit jong kikitham khah thei ahi. Ikhut a achuh khah a ahile imit, inah, ikam a kipeson thei kit ahi. Chuleh hichea pat a chu itahsa sunga lut a kidammo thei ahi.



### *IV. Huitheng hailut/hoplut (Respiratory Hygiene) kithemchuh in:*

Nangle nakoma navel a umcheng haitheng kithemchuh un. Hichu ipi tina ham itileh, namuh kitom in, ahiloule nachit/nakhut teng tissue ahiloule nakiuchong mangin, chuleh tissue paper chu paimang paipai in.

**Ipijeh in em?** Nachit/nakhut doh tuivat neo chacha ho chun hit apoh ahin, achunga kisei cheng najui a ahile nakom navel a umho chu buhse-khosih, COVID-19 kitiho a konna hoidoh thei dingu ahi.

### *V. Buhse-Khosih, Khut, hai hahsat nanei a ahile aganna thei pen in gakivetsah in*

Natahsa anoplou a ahile inn in kikhum thimbeh in, ahin buhse-khosih, khut, hai hahsat nanei le vang nakom navel a kijensah na inn ho in kivetsah inlang nahilnau phaten jui in.

**Ipijeh in em?** Na khosung, na lhang sunga thilsoh, thukhoh, ki-jenna hihen ahe pen amaho hiding u ahi.

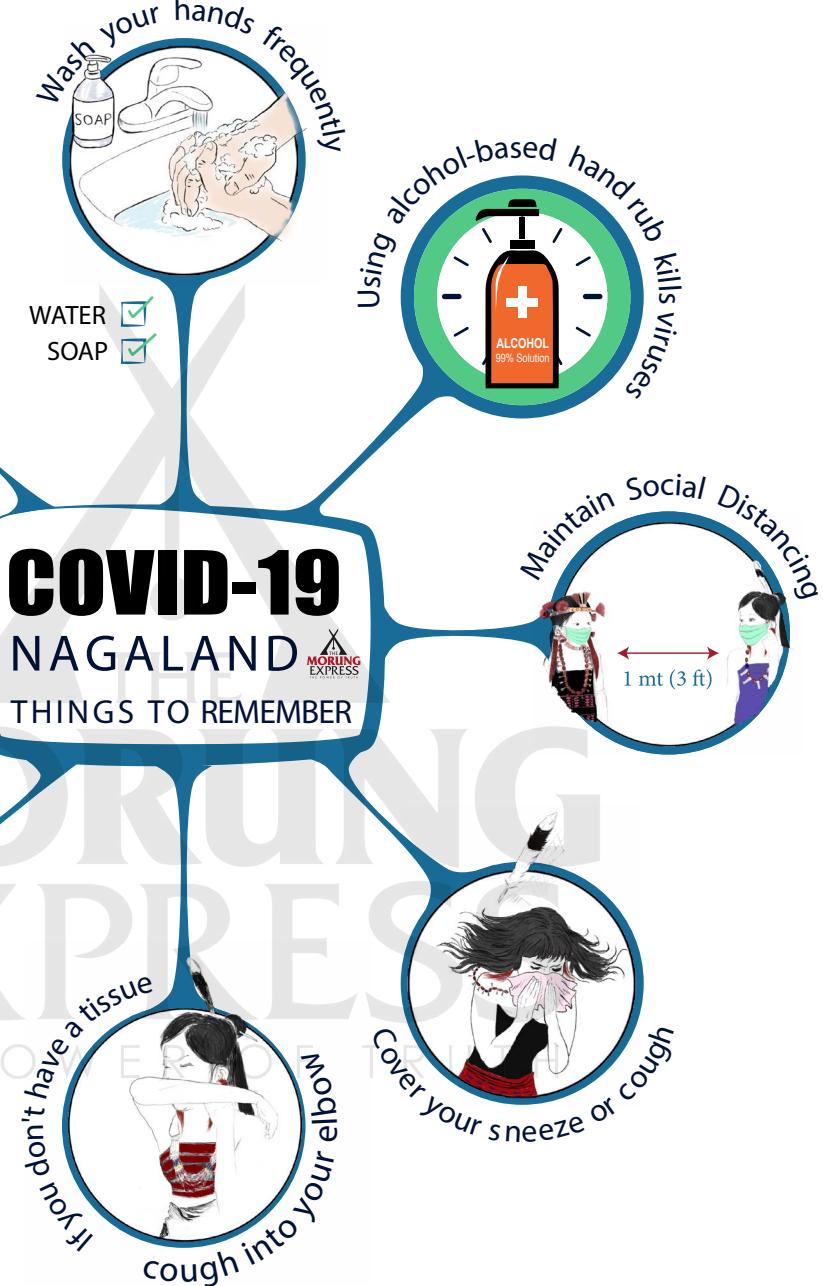


# Thulamleng/Thuginchat adihlou ho:

- Gamsa/ Huisa ah COVID-19 hit ahing joupoi.
- Gamdap chule buhbang in COVID-19 hit athat thei e.
- Tuisa/tuilum a ikisil leh COVID-19 hit athi thei e.
- Khut-mutgotna (hand drying) machine in 2019-nCoV athat jou e.
- UV lamp ho in hit athat jou e
- Ju ahilouleh Chlorine kichapkhum/kithekhum, ahiloule Ju don in itahsa sunga lut hit athat thei e.
- Chanam (garlic) ineh le COVID-19 a kon in akikiveng jou e.

## Thudih/Thutah:

- COVID-19 hi thoukang pe a kon in akila theipoi.
- COVID-19 natna hi mihem kum in apopoi, mijouse akivei thei e. Mihem akumtam/ ahan lang ho chuleh natna dangdang (asthma, diabetes, lungchang nat) neiho dingin vang natna hi kilah agang/abai jep in akhohse nom ji e.
- Antibiotic hon virus chungin na atong joupoi, bacteria chunga bou ahi.
- COVID-19 apat kivendoh na ding ahiloule kijen na ding lou seilhahna aum naipoi.
- Ja-cheplah ahiloule muh-tom atho tho a kitom vangin COVID-19 hit a kon in akihoidoh chompoi, tahsa joh asuhkhah thei ahi.



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Ministry of Health and Family Welfare,  
Government of India:

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World Health Organisation:

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