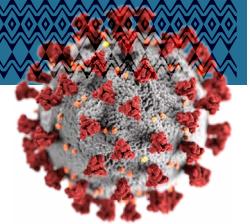


CORONAVIRUS COVID-19 LIANGMAI



Coronavirus chiubo hai de lo?

Chamaina khuga khatdi khouring khuga lenkhai jiu charapuat pipad kasuibo, aimik niu ngou makbo rik, haikum jiu pajai machambo rik pakhiangna tu coronavirus chiujiu ku-we. Haikum bo rik chat hai se asiu lubo wan ga niu chamaina khuga gut khaijiu, makhiu-makhura padbo, maksai mara mathiubo rapuat Middle East Respiratory Syndrome (MERS) khatdi Severe Acute Respiratory Syndrome (SARS) kumbo rapuat hai wang bo-e.

COVID- 19 chiubo hai delo ?

Khat-khat khuga lenkhaibo gasu mara kasui bo rik, ai mik niu ngou tang mak bo rik, thaidou niu phang pad bo rik ganiu chamai khuga charapuat wang bam bo si tu Covid- 19 chiujiu ku-e. 2019 December ganiu haibo lenjiu mara kasui bo charapuat si Wuhan, China ganiu pad hou mi ye. Sibo masuangga ra haibo rapuat haitu si makjiu bam niu-e.

COVID- 19 rapuat gu pathak-pajai se nde-nde lo ?

- Kakhunbo, champum ngamlakbo khatdi makhiubo.
- Chamai khangxia mai khu gara champum kathiubo, ainiu thangbo, ainiudui luangbo, aikhu thiubo maksai aiwan sa bo di sui-e.
- Khangxia mai khu gara parik si lenkhai-gutkhai jiu bam tadi, charapuat gu pathak-pajai ngou pad mak ge khatdi paliu lengdi sabo thusuan mak ge
- Chamai khang charok (6) lungga khangkhat ra mara matan jiu mara ra bo-e khatdi pasiu thi sa ra bo-e. Kating mai khatdi masuang ga niu charapuat maksai paliu leng wi makjiu kabammai chiubo ra BP kabam mai, aimalung ra kakhung mai, maksai chinira/diabetes kabam mai dung si mara matan diang ra bo-e.
- Dinjiu nang kakhun mi ye sai, maksai makhiu khatdi nasiu lu sa mi-e sai doctor tu alam lo.

Dechiu jiu aironna aitu charapuat tou makra akhi lubui lo khatdi dechiu jiu charapuat haise khat-khat khuga len mak ra kamlu ra lo?

I. Naben khiu kalang lo

Zou saruk joubo hand sanitizer niu kaben kam masan kalang lo khatdi sabun (soap) niu naben se khiu masan siak jiu khiu mi lo.

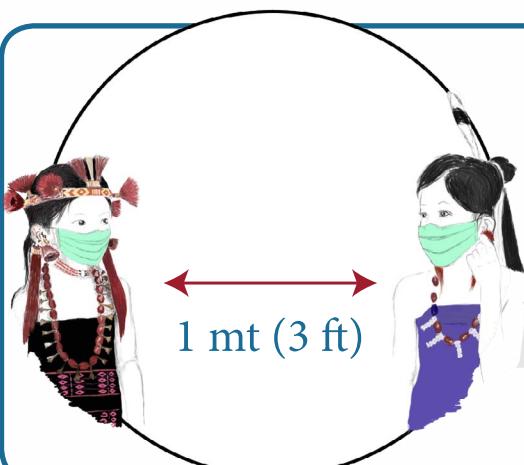
Dekam jiu? Hand sanitizer niu naben kam masanbo tingga khatdi sabun (soap) niu naben khiu bo tinga, sibo rik si naben ga tou khai jiu bam nang-e sai parik se sai mi rabo-e.



II. Khat-khat khuga su diu jiu bam lo

Makhiuju khatdi tathiji kabammai khuga su metre khat (feet 3) kumbo diu jiu bam lo.

Dekam jiu? Chamai khangkhat niu makhiu-tathi bo ting ga parik joubo dui se paliu niu maksai paliu mun gasu pad bo-e. Nangniu sibo mai mungga chap mana jiu chap bam me sai, sibo piuniu makhiu-tathi pad bo dui se nasiu lubo tinggasu nalung lam gut khaibo sui-ye. Sigase, sibo makhiu-tathi kabammai se Covid-19 rapuat gasu mara mai-e sai, nangdi nasiu lugut bo ting ganiu nakhu gadi sibo rapuat se gut mira bo-e.



1 mt (3 ft)

III. Namik, naniu khatdi namun nia ma neh

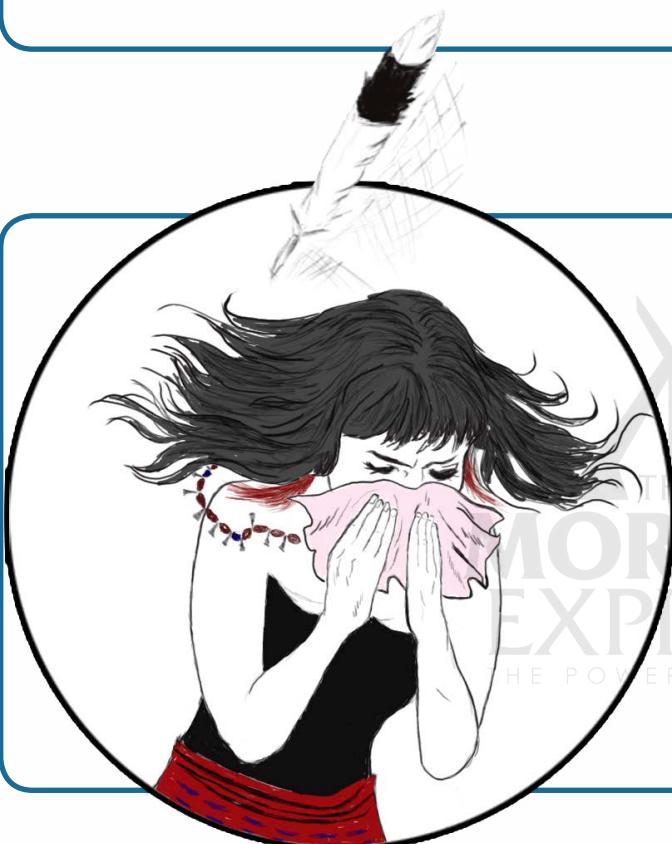
Dekam jiu? Aliu ben hai wa kakeng kha thin-e khatdi nia-e. Hai gasu parik se niatou-thintou bo sui-e. Aliu ben ga hai parik se nia tou mi ye sai, aliu ben gasu aliu mik, aliu niu khatdi aliu mun ga khung gut sui ye. Haikum bo wan gasu parik se aliu lung ga gut bo-e.



IV. Asiu lu bo npui masan jiu aipum wi lu ra kam lo

Nang khatdi namungga kabam mai mathiu niu hai se kam ra bo-e. Chiu bora nang makhiu-tathi bowan ga nachou si kadit lujiu makhiu-tathi lo, chiumaksai tissue ga makhiu-tathi khailo. Chiu lujiu sibo tissue se khoi thon taron mi lo.

Dekam jiu? Makhiu-tathi bo tingga padbo dui maksai atai ganiu parik se len bo-e. Nangniu asiu lubo npui masan jiu aipum wi lura kam me sai aimunnga kabam mai tu makhiu-makhura gu parik khatdi Covid-19 gu parik ga su gu duak khai lu ne.



V. Kakhunbo, makhiu-makhura khatdi nasiu thi sa-e sai majat jiu doctor tu alam lo

Naleng wi mak ge sai, chaki ga bam lo. Kakhunbo, makhiu-makhura khatdi nasiu thi sa-e sai majat jiu doctor tu alam lo. Doctor tu adou tad makha ga telephone gasu pou adou rai lo. Nangniu lung kabambo bam ga chapiu-chaga phui kabam mai dung niu haichiu lo-haichiu ma neh chiu bo se piu ra bo-e.

Dekam jiu? National (India) khatdi nang lung kabambo bam ga parit khungjiu bambo mai niu nangniu lungjiu kabambo bam gu naikhat-naikhat gu kapad-kagut se si diang ra bo-e.



MAJI KAMAKBO (MYTH):

- Covid-19 gu parik haise ka alumbo/kathiubo khai ga ra khat-khat khuga len mak ge.
- Ka agibo khatdi kabun niu Covid-19 gu parik situ kam sat lu bui-e.
- Tadui kathiu bo niu tadui khiu we sai Covid-19 rik se chapum ga ngut mak ge.
- 2019 ganiu sipad-phiupad bo rik nCov. hai se aiben kam sang bo mania (hand dryer) niu kam sat lu-e.
- UV (ultra-violet) joubo thoumi niu haibo rik hai tu kam sat lu-e.
- Chapum ga haibo rik hai gut khai-e sai, zou sakbo maksai zou/ chlorine se napum ga kapit khai se sai parik se sai-e.
- Tanam tiu we sai napum ga Covid-19 gu parik se gut ngam lak ge.

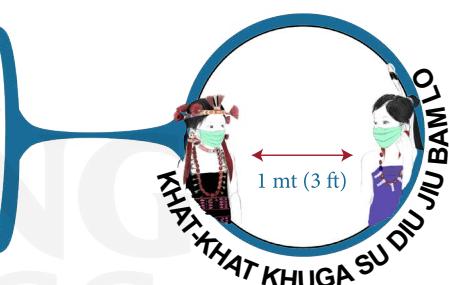
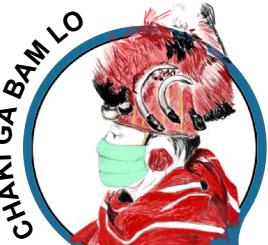
MAJIBO (FACT):

- Covid-19 gu parik hai takheng niu maki khai bo gasu len lak ge.
- Kating-kana mathiu khuga haibo rapuat hai wangbo sui-e. Chiudi kating-suan-tanu mai khatdi da karai gasu charapuat (asiu lu sabo/asthma, chinira/diabetes, ai malung ra kabammai khatdi katam tambo rapuat) kabammai dung khuga parik se len mala diang-e khatdi paliu hai mara mathiu diangbo sui-e.
- Aimik niu ngou makbo rik ‘bacteria’ chiujiu kubo rik dung tu ra antibiotics niu kamsat lu bui-e. Chiu di aimik niu ngou kamakbo rik haibo ‘virus’ tu hai ra antibiotics niu kam sat lu lak ge.
- Tuhoi katang bo ra Covid-19 rapuat haise tou mak ra khatdi haibo rapuat gasu wi khai lan lura bo chapiu-chaga ha kha-e.

COVID-19

NAGALAND

DIE WICHTIGEN DINGEN ZU MERKEN



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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& @DHFVNagaland (Facebook)

Ministry of Health and Family Welfare,

Government of India:

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

World Health Organisation:

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Source: World Health Organisation
Issued in Public Interest by The Morung Express

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