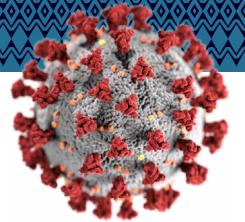


CORONAVIRUS COVID-19 LOTHA



1. Coronavirus to phyotao shijo ntiola?

Shijo nochonori ra khosha tssotsüi hoto tsacho. Ora shiangna ekürümo lo osi kyon lo reheyiana nochonori bukala. Shina kyon lo katana nochonori lantaro chiyiala osi jiang yolo ethük echenko ji opvü tsoa rhakiala. Echenko nochonori e kao jiang yolo enghosha(common cold) lona benkae tsükshikao, Middle East Respiratory Syndrome(MERS) to tsao ji, mekana Sever Acute Respiratory Syndrome (SARS) to tsao ji to shiang na kfütssona e kao ra ji hoto tsacho.

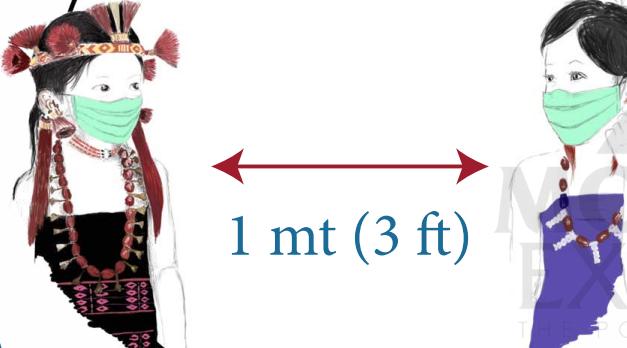
2. COVID-19 shijo ntiola?

Shijo epayatsotso lo yanchecho Coronavirus,nochonori ra osi nochonori ethan. Shiji epaya Wuhan, China lona Chopük choro 2019, lo nyanchethüngjo n tsitav vancho. Hoji ra jina e kathaka to chekav jo oküpoe chethev ejoma shiang:

- Otsük etssø era, laphya chanche, tona ekfü ekyingo to jiang.
- Hoji kathako jiang ejomana jo otsük eno, kheno ephüng, kheno esüng, ekhyi na eno, tona epyo to ha tsoala.
- Ochoangsana jo ora jina kathaklea ntia shiang n chanchev racho n süna evamo ha lia.
- Otsük tiruk kacho yolo tsüka(tirukchia)jo junga rhaki echenkona ezüpa raala.
- Sona vanthako jiang lo ejen ekhying ejüi, otsüko enüngu ekyung ejüi, lübüm nochonori ejüi, to shiang katana mmyinga nochonoriala.
- Kyon ochoangna, otsük etssø era, ekfü, osi echenko na ezüpa sana jiangna tsüktssen thüngi wov lia.

3. Nina kutoli nochonori shilona tsanchoe vamla osi kyon thanpoe kata n yithukula?

*I. Ni khe jiang nsansam ntsüka, mozhiü theo khentsükphen n lia tssona shapon theta ntsüka.
Ntiotssole hojito ntsüko jina ni khe lo ora tümkae vamo jiang chüala.*



*II. Okholo kyon thanpoe thüngi nanjenta ti woa.
Ekfüä haktssia vamo ji thüngina matacho nini yutalo khejü eni na kontathuka.
Hojitvü kyon jina nochonori ra ji epfüchukchia ekfüeshaka vankuka. Nina jitvü kyon thüngi enhyanta vamo jina nochonori ra COVID-19 jina ni kakuka.*

III. Ni mhyik, khenobüng jiang n vüngkav ntangshona, ntiotssole ni khe na tsütsaelan lantaro evüngkatala osi ora jiangna ni büngi rheyi ni rakuka.



IV. Ni osi ni nkonjano evan topvüna echenko mmhonthuku pashi tssotava, ji yichak jo nina ekfüa haktssiathiüng süporo, ni mmyokviü, mekana khejü echüp jina eyuki ekfüa. Tothakna nina tsütsao mhephen süporo ji tanüngi sia. Nina hoto ntangshomo jina ni nzo evan kyon jiangha COVID-19 jina n kathuku ntangshonala.



V. Nina era, ekfü, osi echenko na ni eziüpa tssona zakto tsüktssen yana woa. Nina vamo jilo tsüktssen jiangna kuto ni ezoasana benphia, ntiotssole ni meta jilo osi Satsüron jiangna lanso mmhontso ji nte piv.



Hetoha ejüng phyotala(myth)

- Elüm metae jo COVID-19 ra ji elaro tangthecho jina n katala to.
- Elani, mmyim jina osi sheryu jina COVID-19 ra ji chüthuksi n katala to.
- Ojü lümi tsükana COVID-19 jina n katala to.
- Tsükapheni ethük lüma okhe kyingthukphen lio jiang Iona kyingthukna COVID-19 ra ji chüala to.
- UV milon jiangna ora ji chüthukala to.
- Suko yua mekana otsük ji suko na nzüa to tssona ora jina ni kae vanlea mmhonala to.
- Sanran tsona COVID-19 ra ji chüala to. Shiang jo topvü ejüng.

Otsotso ejoma heto lia

- COVID-19 jijo jokhyu na n hanphi. Ngaro eran ora jina e kakuka, tolea sona vanthako ochoangna echenko ezüp, ejen ekhying, enüngu ekyung,lümbüm eno, to shiang jüchosana jiang jo zakto kakuka osi ora jina khyinga na elüm mmyinga rhakala. Etena antibiotic to tsao jina jo ora n chüthukche, jiang jo bacteria to tsao jiang tae chüthuku tsütsatala.
- COVID-19 ra shi chüthuko mozhü ntia n yanchehan.
- Mikfü yua osi emen efüphen ebonta ebonta na hamo jina tanglanchia mek. Mikfü yuo ekyuv lia.



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

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

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Source: World Health Organisation

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