

1. Coronavirus hei tabui cho?

Maansei khatnic khouringh pang khou gaankhat-khat khou naengv nga nnaumei ravpuat ti-patmei mik ruai how makmei rik kazaat nchamcmei guay ti hei coronavirus pang twna kaew e. Hei kumhmei rik zaat ruaina maansei khou meic thiula laamei chaeng khou karik karuc gut tina nnaumei zaat nkhu-rwmei kumhmei ramhmithei nnau ranvmei ravpuat Middle East Respiratory Syndrome (MERS) khatnic Severe Acute Respiratory Syndrome (SARS) kumhmei hei ti-nnau e.

2. COVID-19 hei tabui cho?

Naengv nga nnaumei ravpuat ti-patmei mik ruai how makmei rik kazaat akhat nseic dou ruai phu patmei rik ruai ti-nnau bammei ti hei covid-19 tw e. 2019 December ganv khou tei ruai naengv nga nnaumei ravpuat hei Wuhan, China khou ruai puak pat makmei ganv khou thu hei rik khatni naengvmei ravpuat tihai thaymak bam khwan e.

3. COVID-19 tuang naengv nga nnaumei ravpuat thiak akumh bo?

- Ravmanhmei/pumh chaenghmei ramnau, pumh lakmei, phui thiu-thiuna nkhoumei
- Gaanvsaeak thu meipum-paengc suhmei, nukwang phang thy-thimei, nwdui patmei, ruak suhmei, ramhmithei bungphianmei nai kho ni nuh e.
- Gaanvsaeak khou thu karik naengvlou sinic hei nnaumei ravpuat thiak how pat mak ge khatni nnau key mak ge.
- Gaanv charuk lungc khou hei rik covid-19 towlou e thei, gaankhat nnau ranv puni e khatni kathiula laa kungc thaeu puni e. Gaanvsuh-gaanvdaehu nunc ramhmithei rey khou ruai baihmei ravpuat nnaumei BP kaeuhmei, lungthw gay makmei ramhmithei ntouhdui/chini lainac nai bam rey mei e thei kaniw nnau ranv diang nuh e.
- Ravmanc/pumh chaengc, nkhou khatnic nangthiula laa kungc thaeu e thei doctor ta kachuc/ariw nina re.

4. Akumhma nang raana ta gaek ni cho khatni meic biahmei khou tizin pat makmei thiak akumh cho?

I. Nang baanc khiu katup bo

Zouh saruk naimei hand sanitizer ruai nang baanc su nthan katup bo ramhmithei sabuan ruai khiu nthan thiak-thiak katup nina re.

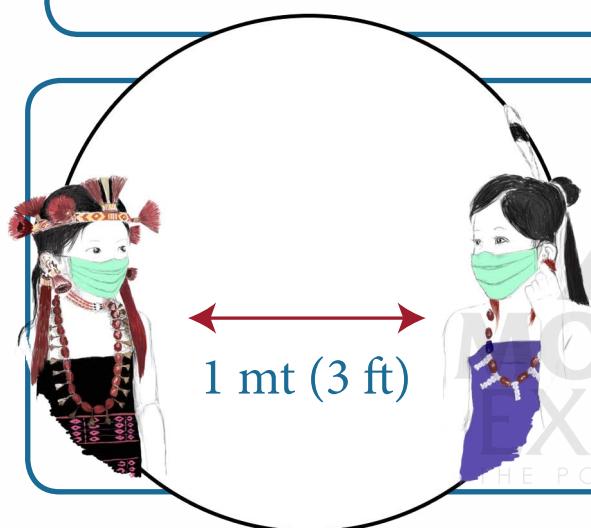
Tabui zaeng? Sabuan ruai nang baanc khiumei ganv khou ramhmithei zoudhuk naimei hand sanitizer ruai nang baanc sw nthanmei ganv khou, hei rik tei nang baanc khou towlou bam khwan e thei karik ta swluai nuh e.



II. Meic pang khou ruai ducna bammo

Nkhou bammei ramhmithei nthey bammei daeng khou ruai raeu nganv metre akhat (feet kathumh) dak ducna bam o.

Tabui zaeng? Meic gaankhat nkhou-ntheyemei ganv khou karik nai-meidui tei kaniw nukwang ramhmithei kaniw mwang khou ruai pit pat nuh e. Kaniw daeng khou nang bam ana langv e thei pit patmei dui tei nangthiulaa ganv khou laa gut nuh e. Khou tei covid-19 rik towloumei mei khwan e thei hei rik tei nangthiula laamei ganv khou nang khou nic gutlou nuh e.



III. Nang mik, nang nukwang, nang mwang ntouh rio

Tabui zaeng? Aniu baanc ruai ramh kahy geic e. Hei kumhmei ganv khou karik kahytow nuh e. Aniu baanc ta tei hei rik ni kazaehna sw mphuamlou the tu e thei, aniu baanc khou ruai aniu mik, aniu nukwang khatni aniu mwang khou phungc guang nuh e. Hei kumhmei ganv khou tei ruai, hei rik tei aniu pumc lungc khou gut nuh e.



IV. Meic thiu laamei chaeng tuang thiak-riak hei nthan nthingh nga pumh gay khang swmei thiak-riak taanc o

Nang khatni nang daeng khou bammei nunc guay ruai hei thiak hei taanc nina re. Hei kiu thu nang zaew tei nang chow khou mbeihlou na nkhou-nthey o ramhmithei tissue khou nkhou-nthey o. Kumlana hei tissue tei kadingnga khou ruai ganc nina re.

Tabui zaeng? Aniu nkhou-nthey patmei dui khou ruai karik zin lik pat re. Mei thiu laamei chaeng tuang thiak-riak hei nthan nthingh nga pumh gay khang swmei thiak-riak taanhmei ganv khou nang daeng khou bammei nunc ta nkhu-rwmei rik ramhmithei covid-19 tw bammei rik khou ruai kaniw ta nang gaeklou e.

V. Ravmanc/pumh chaengc, nkhou khatni nangthiu laa kung e thei doctor ta kachu tu ni ramhmithei ariw o. Mi hei taanc katumc nina re.

Nang khang sii e thei, kai khou bammo. Ravmanc/pumh chaengc, nkhou khatni nangthiu laa kung thaeu e thei doctor ta kachu tu ni ramhmithei ariw o. Ariw tat mak khou phone sw rey o. Nang lungc bammei bamv khou pumh-ravrih zaeuhmei nunc ruai akumh nina twmei kaniw ruai tithayloumei ta piu na taanc nina re.

Tabui zaeng? National (India kapwm) khatni nang lungc bammei bamv khou karith phunghmei nunc ruai nang lungc bammei bamv tuang tingmik-tingmik chamv-chiu thay chuy puni e.

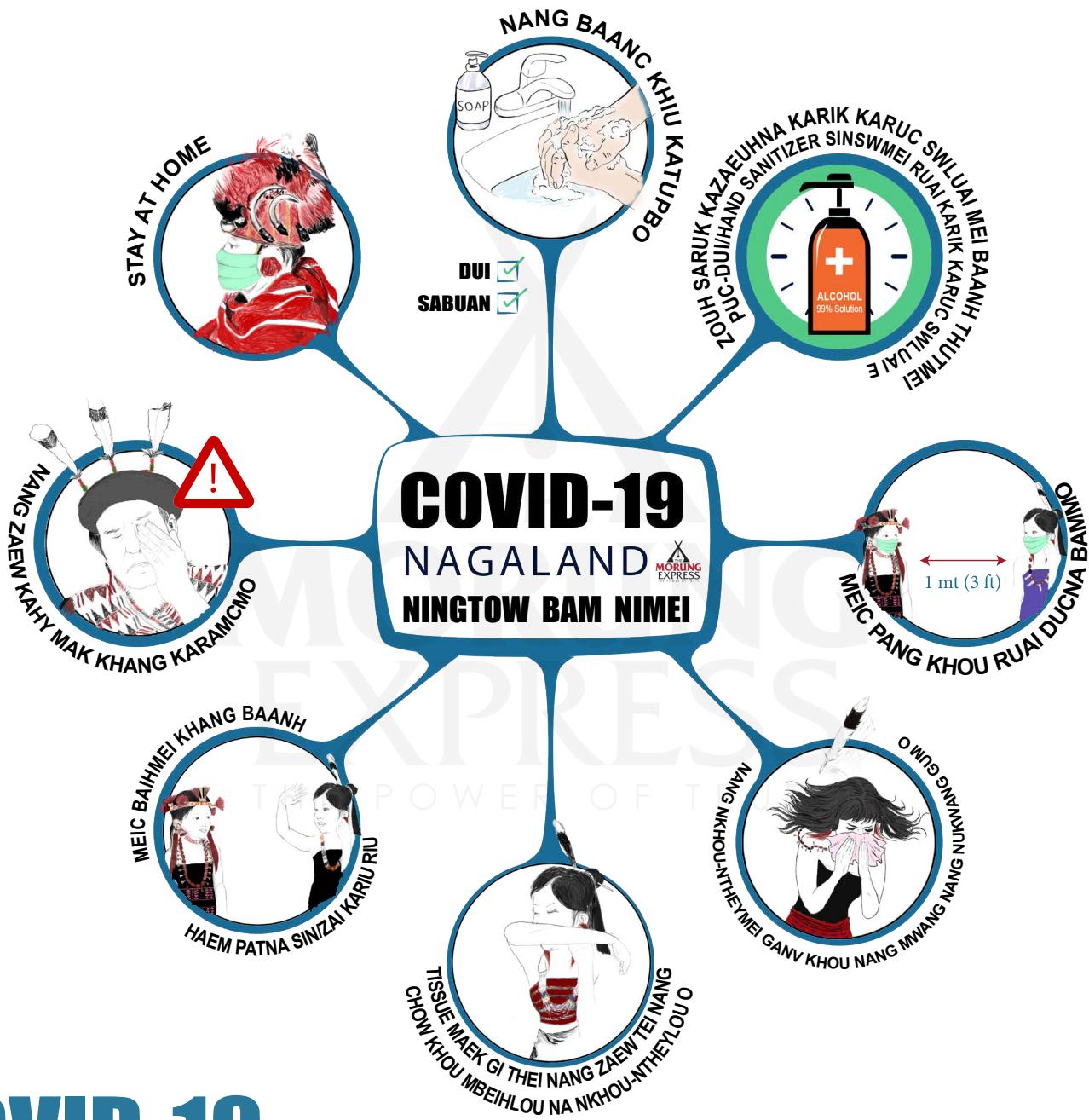


KALING RAMHMEI (MYTH):

- Covid-19 rik hei naengvnga zin lik mak khang lumcma nwnmei ting neih lwnlung ruai thingc e
- Nchumei ting neihmik khatni gunh ruai covid-19 rik ta swluai e
- Duilum su rah-ramei ruai duilou e thei covid-19 rik gutlou makge
- 2019 khou ruai phu patmei rik kathanc nCov. ta meic baanc sw phuimei machine (hand dryer) ruai sw-luai gay e
- UV (ultra violet) naimei thaeuhmai ruai hei rik ta swluai e
- Nang pumc khou karik gutlou e thei, zouh ruai nang pumc khou pitloumei khatni zangvmei ruai na swluai e
- Gannamv tumei ruai na nang khou covid-19 rik gutna ti-nnau ni tu ramhme

KALING (FACT):

- Chakhaengc nkayloumei ruai nang khou covid-19 rik gutlou ni tu ramhme
- Nngana khou ruai gaanvsuh-gaanvdaeh nunc nganv khou hei rik tuang ravpuat nnaumei guang nuh de. Gaanvsuh-gaanvdaeh nunc khou ramhmithei baihmei ravpuat nnaumei lungthw gay makmei, ntouhdui/chini lainac, thiula laa simei ravpuat (asthma) khatni baih baihmei ruai nnau bammei nunc khou hei covid-19 rik chiwnana gutlou nuh e khatni kaniw nnau ranv diang nuh e
- Mik ruai how makmei rik bacteria twmei zaat khang thu antibiotics ruai taanv taanc e tiki mik ruai how makmei rik virus twmei zaat khang thu taanv taanh makge
- Covid-19 rik ruai phung guangmei ravpuat nnaumei khang hei kumhmei puc ruai tigay e ramhmithei naengvmei thingc e twmei puc maek ge



COVID-19

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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)

& @DHFVNagaland (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

**Source: World Health Organisation
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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.