

1. Coronavirus tsü tuo?

Coronavirus tsü azahti kuhkhi arangcheh, kanglungrüti makhang nyitsarüti chah adhsa chürosohba lile. Nyitsarüti chah, hiri azahti khu sah adhsati lang papa, münyehyangranü dikehpü apa adhsati adüzü Middle East Respiratory Syndrome (MERS) Ko Severe Acute Respiratory Syndrome (SARS) hiri chürosohre.

2. COVID-19 tsü tuo?

COVID-19 tsü münahtaba adhsa chünye atü du rangchehba coronavirus te dsire. Hiba azah ko adhsa asi tsü Chingyong chonu 2019 Wuhan China lihla müchüroedelü mühmüdhecho.

3. COVID-19 adhsati tsü tu khüta liro?

- Rümi, kyakheba, ko akung khuba (dry cough). Dhsangnangrü khürü afü tohba ko dhsaba, nahbongkhi yatiba, nya-kih shoba, ningza dhsaba makhang miwüba linung.
- Nyitsarü khürülü hiba adhsanü münanye afü la adhsa ko dhsangnang müchürore. Nyitsarü 6 oshi hiba COVID-19 dhsangnangnü münachola nyitsarü 1 oshi du dee mütsa dhsangnangnung ko sahchiba bhamüling linung.
- Azi ashirüti, sürü ashüh dhsangnang (Blood Pressure), lasi adhsa or diabetes dhsangnangti kehro arüh chah khüsha hiba dhsangnang tsü amütsau thsanung.
- Nyitsarü sürü rümi, khuchiba ko sahchinung bhamüling liro, moi khyünung atunge.

4. Hiba dhsangnang lanü tsiphu ko khümcho linung nengdang Ihnü tu nguchinung dhsütarö?

I. Lede kheh mütsahba

Nanathsa ko dee tsanü moizehba kih ko aphohnü (soap) palu kheh mütsahpehng.

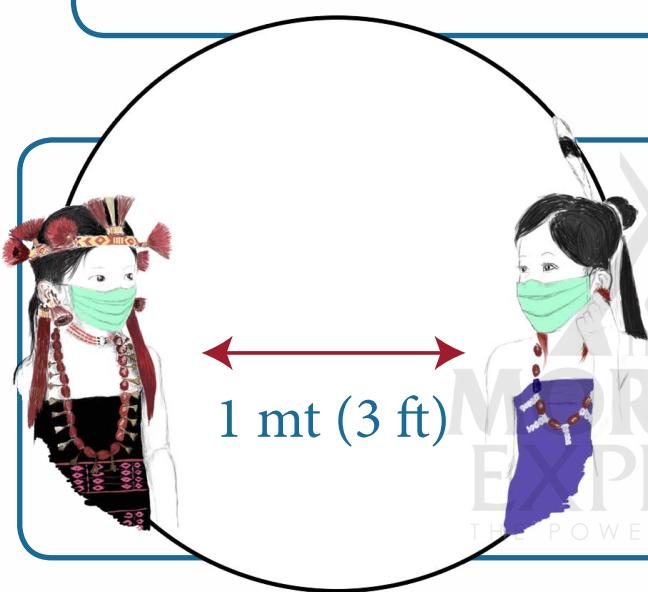
Tukülpcho? Kihnü aphoh bichi kheh mütsahba ko moizehba khu kheh niba khu azahti tsü süsohre.



II. Khuchiba makhang hahthiba jünirü tenü azaubanü Meter 1 (3 feet) atukah yopüng.

Tukülpcho? Khode jünirü khürü khuchi makhang hahthirünang, arüh be makhang nabong lanü müjü azangzang chüroba la tsü azah zehnungsü kohle. Nüh tsü dee amünye la likhang, hütsüri müjü azangzang tsü sahyo khyünung ko hütsü la COVID 19 dhsangnang azah amütsasü linung kohle.

1 mt (3 ft)



III. Nahtse, nabong ko be tüthachi

Tukülpcho? Keh kuh lüpcho koroti thapüre ko hiba azahmi nü kheh la kehnungsü kohle. Khode nü kheh la hiba azah kehpü nü nahtse, nabong ko be bichrünang, hütsü lanü azah tsü nü fü la züdunung ko dhsangnang rangnung.



IV. Sahchiba nengdang müsamüda bichiba

Nüh ko nü amünyeh aparünüsü hiba müsamüda sahchiba nguchi yangthsa yopübae. Hi adüzü khode nüh khuchi makhang hahthirünang, nü be ko nabong tsü nü kheh khüjü khüna (elbow) nü yatinung makhang nyahnising bichikhang zahnü sehnyehbong la pehng.

Tukülpcho? Müjükihnü azah shure. Hiba müsamüda nguchi yangthsa atsa bichiba khu nüh ko nü amünyeh aparütisü münyeh yangrü ko COVID-19 dhsangnang lanü tsiphusohre.

V. Nüh rümi, khuchiba ko sahchinung alongmüzi likhang kuh la pümniü moi khyünungsü kohle.

Hi nengdang dsele yuwa tsingkyanü nguchinung adhsüta. Palu liba müdümti la, moi la axangchehrü athonguba la yocho nyi nguchinung.

Tukülpcho? Yanglih ko palu liba müdüm la yuzeng xükümrütinü atsauba alimih yusi tsü müthe lile.



Amükang Arahkheh yu:

- Kih-nyübong adhsa ko alangchinü hiba COVID-19 azah münaba lanü tsungtinung.
- Nyübong arüh ko ii (snow) nü COVID-19 azah müpsehnung kohre.
- Kih adhsanü mütsahba khu COVID-19 adhsa lanü tsungtijüre.
- Kheh nikungsing khu COVID-19 adhsa süsohre.
- UV (Ultraviolet) dsinü azah süsohnung kohre.
- Axümba Moi kyakehba makhang yongkha afü la tungkehba khu azahti süsohre.
- Lasing tsuba khu COVID-19 azah münaba lanü tsungtisohre.

Yuje yu:

- COVID-19 adhsa tsü mürila mükahba lanü mühmünare.
- Nyitsarü azarü ko azirü apüm chah hiba adhsa tsü münanung kohle.
- Azi ashirüti, sürü sah adhsa-asthma, diabetes ko lasih adhsati kehro arüh chah khüsha hiba dhsangnang tsü amütsau thsanung.
- Antibiotics moinüsü azah tsü mühyaticehre.
- COVID 19 adhsa tronung ko tsungtinung nengdang adetashi moi tusü müle.
- Be ko nabong rümtising shüdsinüsü (mask) hiba COVID 19 adhsa lanü nüh khümcho mühlisohre.



Website : www.morungexpress.com

Instagram : @themorungexpress

Facebook : [mex.nagaland](https://facebook.com/mex.nagaland) and @morungexpress05

Twitter : @morungexpress05

YouTube : The Morung Express

WhatsApp : +91 87878 46184

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

Source: World Health Organisation

Müyürütinü khyünyücho roh-i The Morung Express
khu hiba yusi jüre

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.