

1. Coronavirus ye kiu kea?

Coronavirus ye apithe kibo kije lakhi eno hipau vechewo tüghashi eno timi phi lo aküsü ghaikughive cheni. Timi phi lo coronavirus küsü jeli kütüta vechewo atuthu shesave cheni eno mukhugha küghave keu gholo no Middle East Respiratory Syndrome (MERS) ngo Severe Acute Respiratory Syndrome (SARS) toi keu lo aküsü kije sholu cheni.

2. COVID-19 ye kiu kea?

COVID-19 ye kitixe küsü, aküsü akithe shi phuphe lu akeu corona pithe khikhi itehi pesü NOVEL CORONA pithe ipi ani keno apithe hipau ye Liphiqhi 2019 mpe lono atüghiu shi China ghakhu Wuhan phughi lono aküsü ipeghi.

3. COVID-19 kitixeve keu michi ye khipaqo kea?

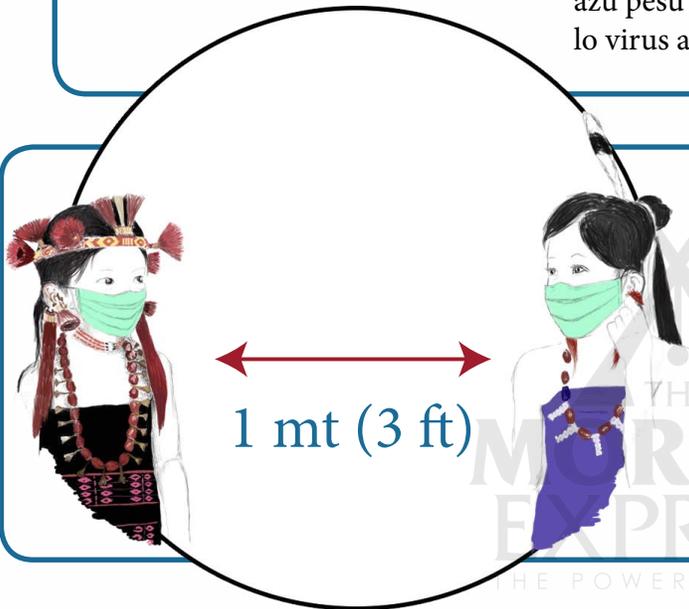
- Aghakimki, ashiaji qei keu eno qhai ichi keu.
- Aküsümi hami ye aphi-au sü nani, angi kikive nani, anha ijo, akughoki sü eno tamo mithe aküba shi nani.
- Timi hami ye kitixeve namu ado hami ye aküsü hipaqo sümo eno ashiaji alomo keu shimo nani.
- COVID-19 kitixeve kemi 6 dolo 1 ye ighono zaghi shi süve cheni eno atuthu shesave nani. Layemi shive kemi eno azüu no ashiaji alomo no achekemi, kichikipiye, high blood pressure, amlo küsü momu diabetes toi keqo sü aghi aye pai aküsü hipau kitixe luvi.
- Aghamiki, ichi eno atuthu shesa akemiyo ye kighithe no ashiaji chejuve moayesa.

4. Aküsü hipau lo no süsho lu eno külhamo nike kiu shi moayesa kea?

I. Ado kümtsü lo au mütsü alo

Ado ado kümtsü lo au shikimthe chekeu lo aji (alcohol) süküqha akeu sabun ngo azü pesü akivi shi au mütsü kimithe lo.

Kiu shiye kea? Aji akeu au shikimthe chekeu momu sabun ngo azü pesü au mütsü keu vechewo au lo virus aghi keqo pithi lu nani.



II. Timi kütami lau no putosü lo

Timi sasü kupunu khoi ngo kevalo, eno mukhugha shi momu aghamiki akemi lau no akimkheu no meter 1 (ft 3) putosü lo ngo lo.

Kiu shiye kea? Kughou timi no ichi momu hachi shini keno panongu angi momu akichi lo no azü ipeghi cheni eno tilehi virus aghi luvi. Tsütsala no no ighono kupunu khoi ngo aghi aye azü tipaqo müsüsü luvi eno tsütsala timi tipau no COVID-19 kitixeve aghi aye no ghi aküsü kitixeve nani.

III. Anhethi, angi eno akichiu bumo nikeu pükapütsa lo.

Kiu shiye kea? Au ye a-a kutomo lo bupuku acheni eno virus kutomo kitixe luvi. Ghuthu lakhi kitixeve kethiu au tipau lo no anhethi, angi momu akichi lo ilo luvi. Tilehi no virus no ophi mpi lo ilove no süve nani.



IV. Atuthu she kelo akimithe lhoaye pepimhe lo.

No eno ophivilo akemi kümtsü no atuthu kishe kukhuaye kivi pape ani keo mokeno jukuto lo. Tipau kiqu ye ichi eno hachi shikelo au nhe momu tissue pesü akichi-ngi gholuve lo. Tishive kethiu tissue tipau peve lo.

Kiu shiye kea? Amiti ipeghe keu vechewo virus külha luvi. Atuthu kishe khuaye kivi pepimhe aye no ye mukhuga, flu eno COVID-19 lau no timiqo süsho lu nani.

V. No no aghamiki, ichi eno atuthu shesa aghi aye kighithe no ashiaji chejuve lo.

No no ashiaji alomo aghi aye aki lo ngove lo. Tsütsala no no aghamiki, ichi eno atuthu shesa aghi aye azünatha ghi ashiaji chejuve lo. Yepemiyo no kiu kiche tsü ani keno tipaqo pape lo.

Kiu shiye kea? Aghakhu eno pütüta cheaxü yepemiyo ye no cheaxü lo kiu shi ani keno anile sütsa kümtsü ithi aghi nani.

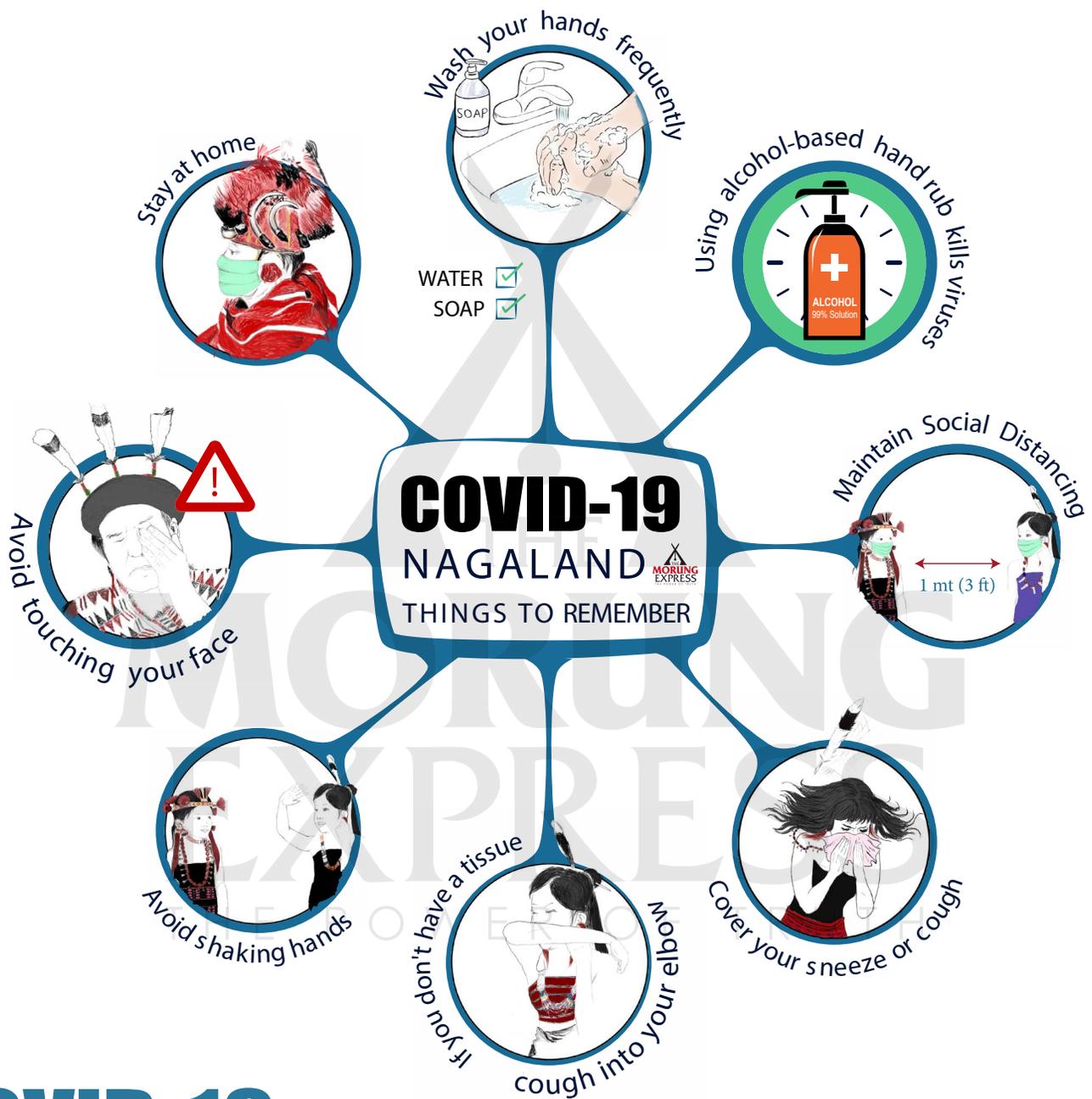


Kümsükuju/kichileu tsa (Myth)

- Azüamülhü akülü shi akeu ye COVID-19 virus kitixe nikeu lo süsho lu nani.
- Akumko zümülhü eno mürasü ye COVID-19 pithi lu nani.
- Azü külü pesü azü kuchu aye COVID-19 lau no süsho lu nani.
- 2019-nCoV pithi nikeu lo Hand dryer ye ighono alo keu shi ani.
- UV kulu (lamp) ye virus pithi lu nani.
- Chlorine ngo aji pesü aphi-ampi lo kasü momu aji ye aye niphi mpi lo virus ilove keu pithi lu nani.
- Lusun (garlic) chu aye COVID-19 kitixe nikeu lau no süsho lu nani.

Kuchou tsa (Fact)

- COVID-19 ye khaumihi no miki keu vechewo kitixemo nani.
- Ampe khijehi-khijehi shi aghi namu kitixe lu nani. Ikemu layemi shive kemi eno azüu no sü akemi, kichekipiye asthma, diabetes, amlo küsü toi keu, sü aghi kemi ye pai küghave luvi.
- Virus lakichile lo antibiotics ye akümla shi chemo, bacteria likhi shipüha lu cheni.
- COVID-19 küsü shipivi momu shipüha niku küsüghü kiumu küha aphi.
- Axipu tsü momu akichi kuqho kutomo pu anamu COVID-2019 lau no süsho mla nani eno bidelau no ashiaji shipüsave luvi.



COVID-19 Nagaland HELPLINE



7005415243
9856071745
7005539653
Toll Free no: 1070

@nlssu.idsp@nic.in

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

Website : www.morungexpress.com

Instagram : @themorungexpress

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

Twitter : @morungexpress05

YouTube : The Morung Express

WhatsApp : +91 87878 46184

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

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.