

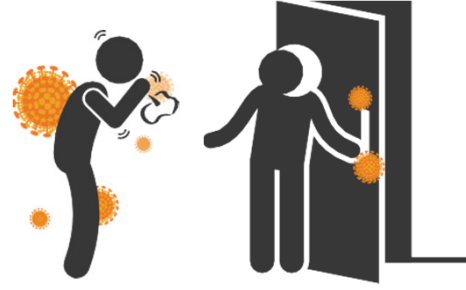
CUTAR CORONAVIRUS 2019 (COVID-19)

ABUBUWA DA YA KAMATA KA SANI

Wannan sabuwar cutar coronabirus, wanda aka fara ganowa a Garin Wuhan, a kasar China a Disamba 2019.

YADAWA Ana kan bincike

- Yawanci yana yaduwa ta **mutane marasa lafiya** ta hanyar **digo/feshi** da ya faru ta hanyar yin magana, tari da atishawa.
- Taba **gurbatattun abubuwa** na sa digo mai dauke da cuta akan hannayenka wanda zai iya shiga hanci / idanuwa/ baki.



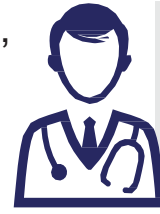
Matafiya sun yada kwayar cutar zuwa wasu kasashe. **Dubawa a mashiga** na taimakawa wajen gane matafiya marasa lafiya.

ALAMOMI Alamamomin na iya nunawa cikin kwana 14 daga kamuwa. Ka sa ido akan lafiyar ka!

- Zazzabi
- Ciwon makogwaro
- Tari
- Yankewar numfashi
- Ciwon tsoka
- Zawo



Yawanci yana zama **DA SAUKI**, amma wasu suna zama **DA TSANANI** kuma har ya kai ga rasa rai.



Nemi taimako na gaggawa a asibiti idan kana tunanin ka kamu ko ka fara samun alamun ciwo.

KAREWA

Kula da kyakkyawar tsaftar kai kuma ka tabattar ka tsare abincin kai:

- Wanke hannayen kai akai-akai. Yi amfani da abun goge sinadarin kashe Kwayoyin cuta idan babu sabulu da ruwa a kusa.
- Rufe bakin kai idan kana tari da atishawa.
- Ka guji taba fuskar kai.
- Tabattar abinci, hadda kwai, ya dahu sosai.
- Kada ka raba abinci, abin sha da abubuwan kai.



A guji wuraren da ke da hatsarin kamuwa da cutar:

- Kada ka ziyarci kasuwannin danyen kaya ko gidan gona.
- Guji taba dabbobi kai tsaye (masu rai ko mattatu) kuma hadda muhallin su.
- Kada ka taba wuraren da ake tunani sun gurbace da digon majina ko yawu.
- Guji taba dabobbin da bana kowa ba - muzuru, karnuka, beraye, tsuntsaye da jemage.
- Ka bada rata tsakanin kai da mutane marasa lafiya. Kada ka bari suyi tari ko atishawa akan kai.
- Guji ayyuka wajenda akwai yiyuwar zaka shiga cikin taron jama'a.
- Kada ka yi tafiya idan ka na rashin lafiya.

Ka karbi rigakafin mura - wannan zai rage hadarin kamuwa da mura kuma don magance rikicewa da alamomin cutar COVID-19.



MAGANCEWA



Babu wani magani na musamman na magancewa. Kulawa da tallafawa na taimakawa saukaka ciwon.

Babu wani **rigakafi** na COVID-19.



Cigaba da bin labarai da bayanai daga shafin International SOS a yanar gizo:
<https://pandemic.internationalsos.com/2019-ncov>

RASHIN DAUKAR ALHAKI: An hada wannan bayanin hoto domin ilimantarwa ne kawai. Ba don maye gurbin shawarwarin likita ba. Idan kana da tambayoyi ko damuwa game da batun da aka bayyana anan, dan Allah nemi shawarar masana.

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