

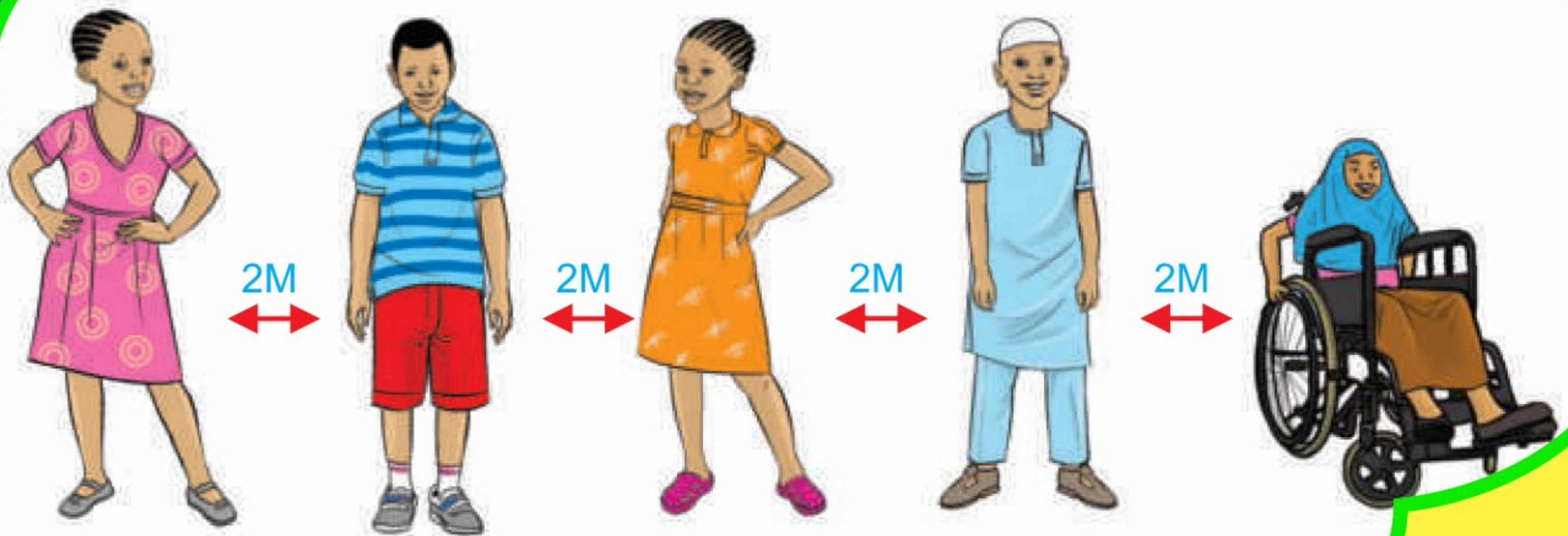
Gamsasshen Bayani Game Da Ctutar Kurona (Kwabit -19)



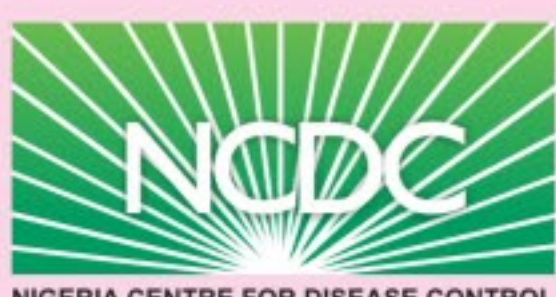
LITTAFI DON KANANAN YARA

a kan

Cutar Kurona (Kwabit -19)



FEDERAL MINISTRY OF HEALTH

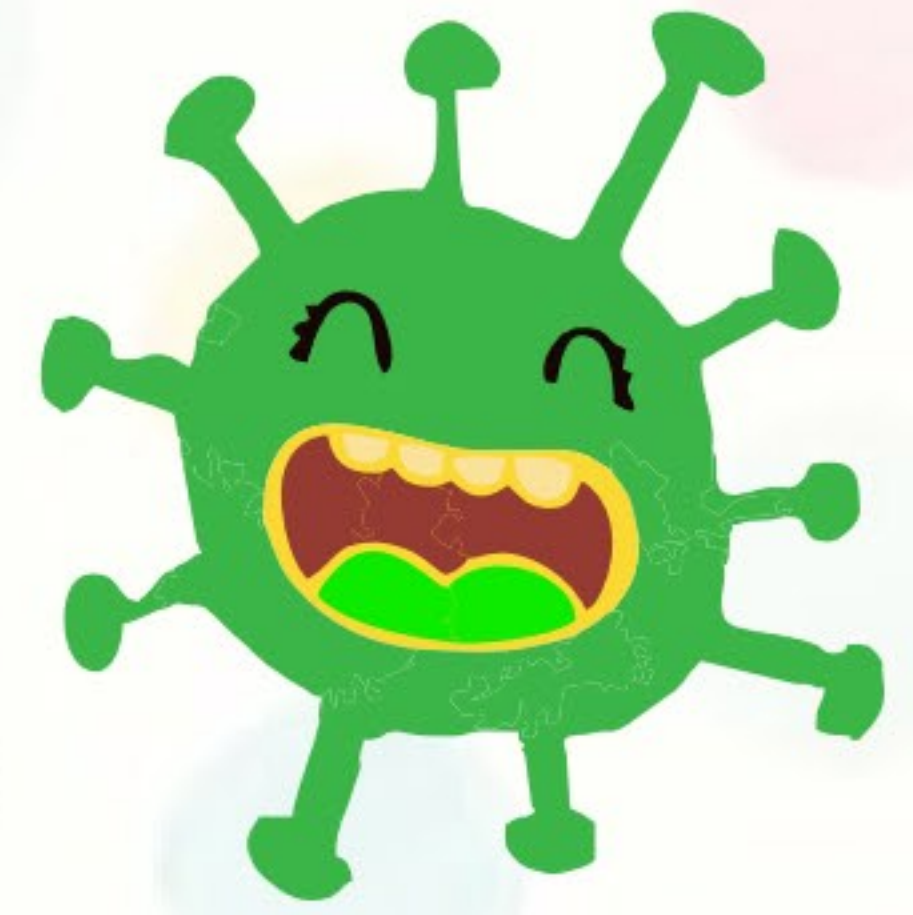


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Abubuwan da Suke Ciki

Mace ce Cutar Kuruwa ko Kwabit-19?

Ta yaya mutane suke kamuwa da Kwabit-19?

Waye zai iya kamuwa da Kwabit-19?

yaya Zan kare kaina daga kamuwa da Kwabit-19?

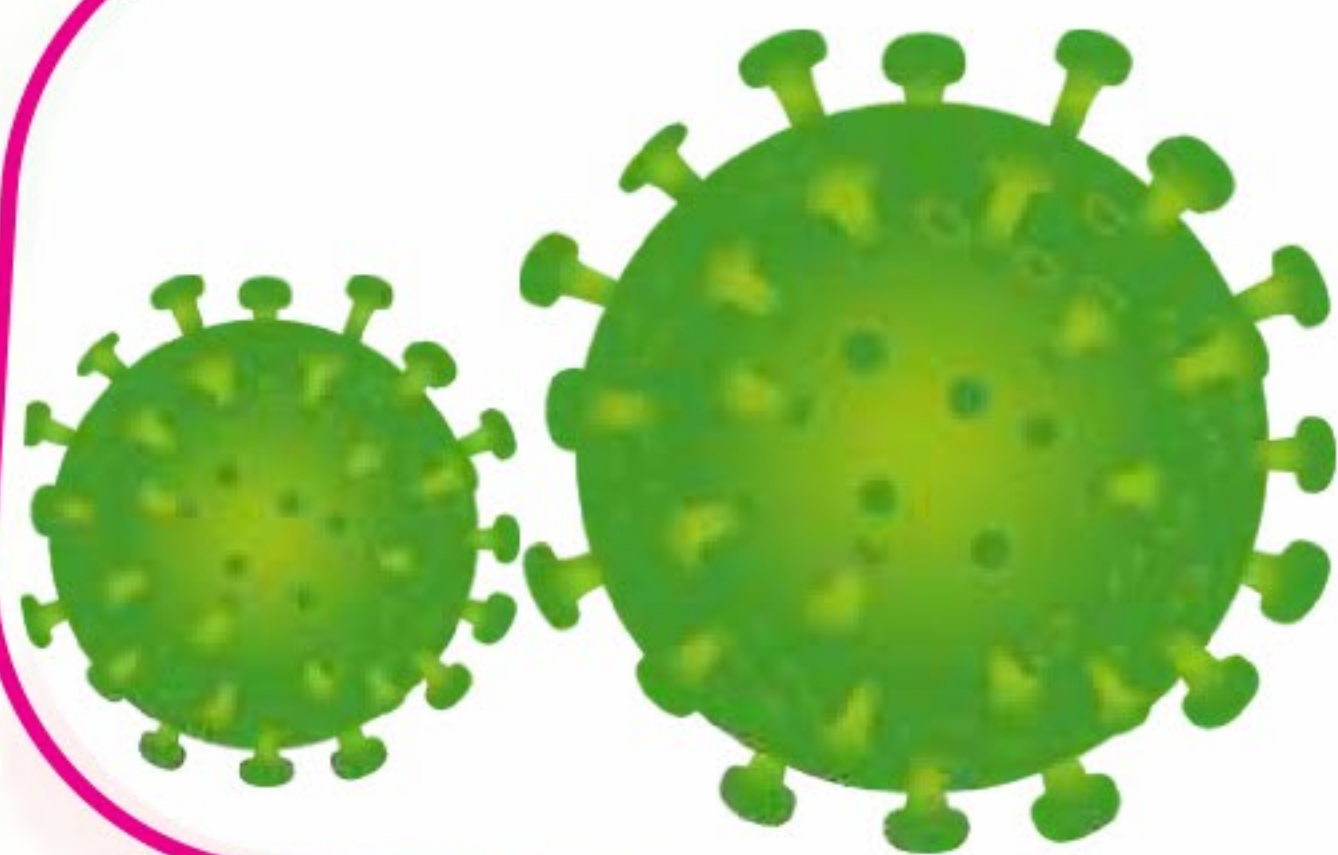
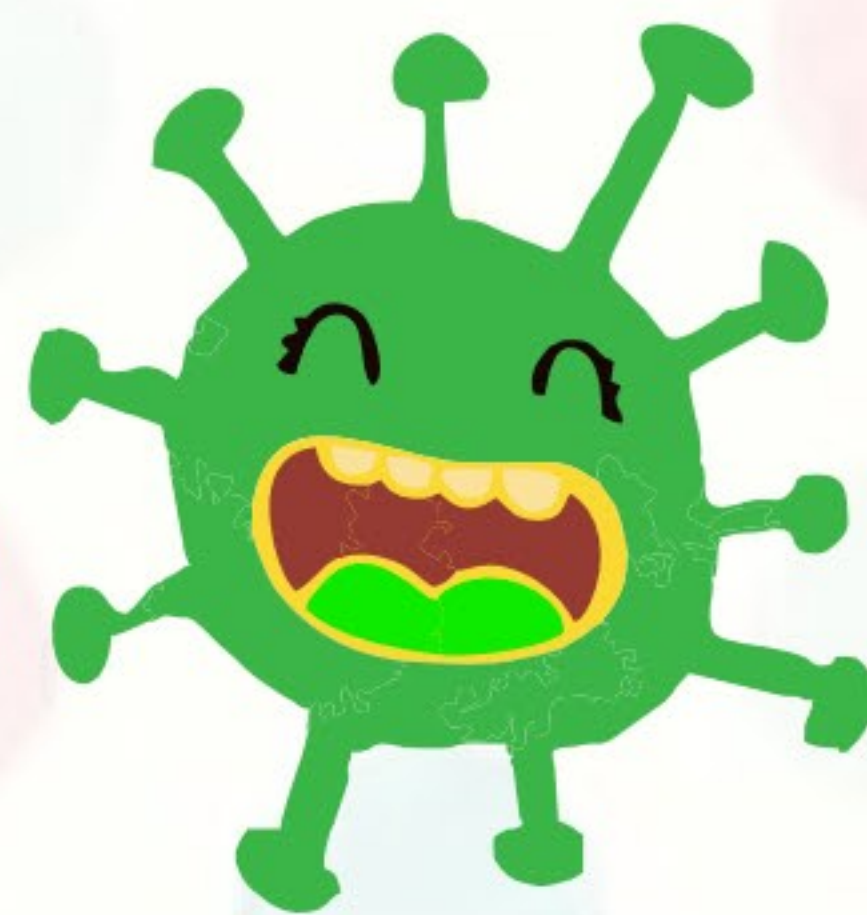
- Yadda Za ka kare kanka ta hanyar wanke hannaye

- Wane lokaci ya kamata na wanke hannayena?

Kada ka gasgata abin da yake ba gaskiya ba ne game da Kwabit-19!

Yadda iyaye Za su taimaka wa yara koyon karatu daga gida

Mece ce cutar Kuroha ko kuma Kwabit-19?



Cutar Kuroha wata matsananciyar kwayar cuta ce wadda take shafar numfashi da kuma hunhu. Ana kiran ta da 'COVID-19' saboda 'CO' tana nufin 'corona', 'VI' tana nufin 'virus', 'D' tana nufin 'disease' yayin da 19 take nufin shekarar 2019



A yayin da mutum ya kamu da Kwabit-19, Zai dinga yin tari da Zazzabi sannan kuma bai Zai iyayin numfashi yadda ya kamata ba.



Har yanzu babu maganin Kwabit-19. Duk da haka, mutanen da suka kamu da Cutar Za su iya warkewa idan suka samu kyakkyawar kulawar likitoci da jami'an jiyya a asibiti a kan kari. Mutane da yawa da suka kamu da Kwabit-19 a Nijeriya sun warke sakamakon samun kulawa a kan kari.



Idan mutanen da suka kamu da Cutar Kwabit-19 ba su sami kulawa a kan kari ba, matsananciyar rashin lafiya Za ta i ya samunsu wadda Za ta iya sanadiyar mutuwar su

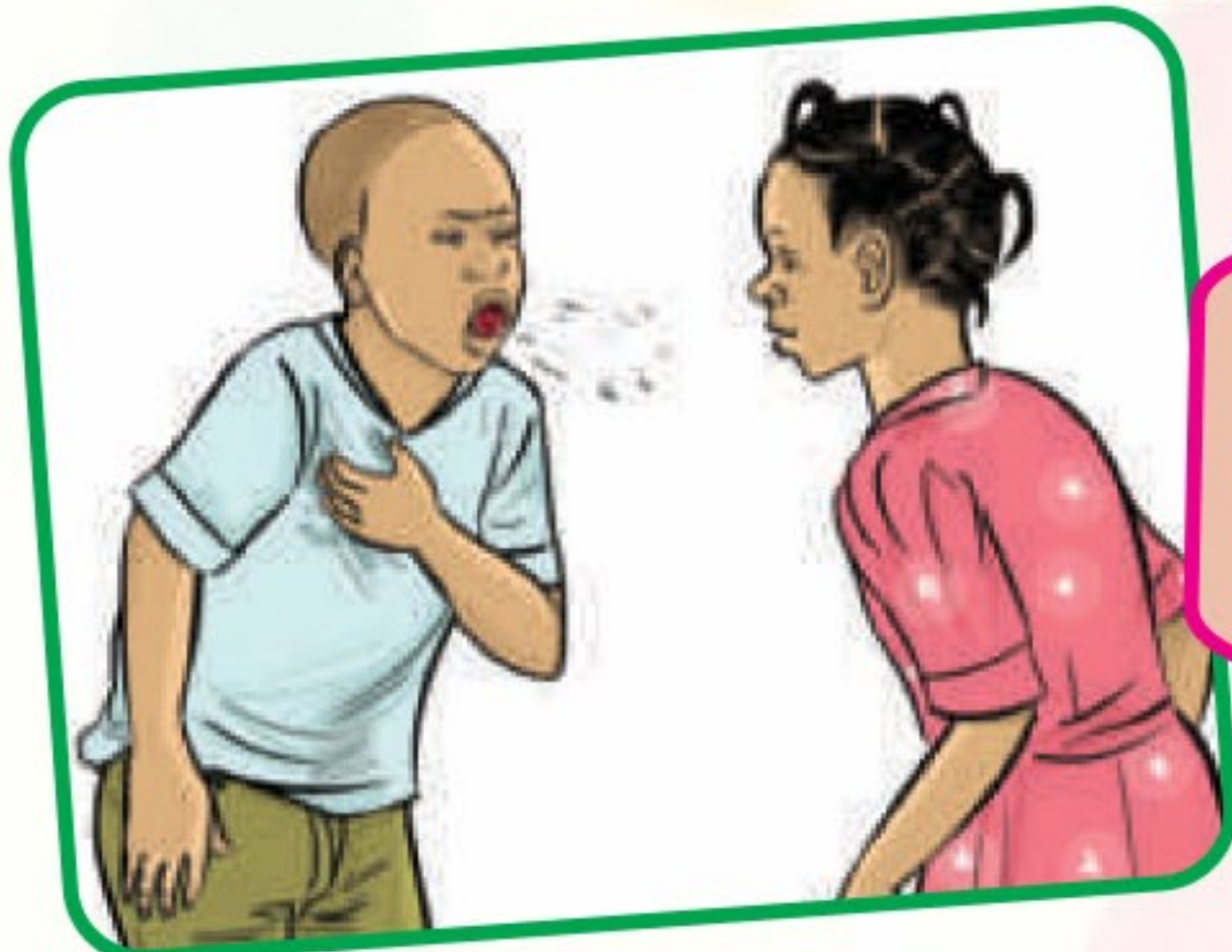


Ta yaya mutane suke kamuwa da Kwabit-19?

Mutane suna iya kamuwa da Kwabit-19 ta hanyoyi kamar haka:



Ta hanyar shakar atishawar mai dauke da cutar



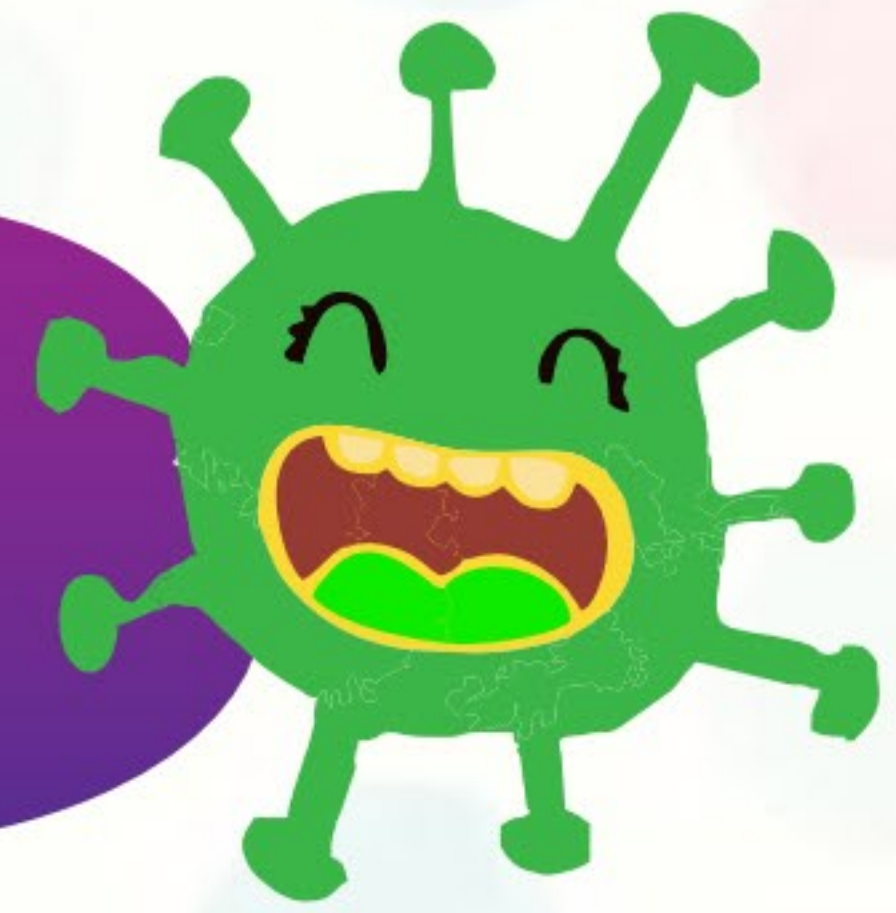
Ta hanyar shakar tarin mai dauke da cutar



Ta hanyar taba fuskarka bayan yin mu'amala da mai cutar Kwabit-19 ko taba wurin da ya taba

Idan ba ka yi daya daga cikin abubuwan da aka zayyana a sama ba, to ba za ka kamu da Kwabit-19 ba

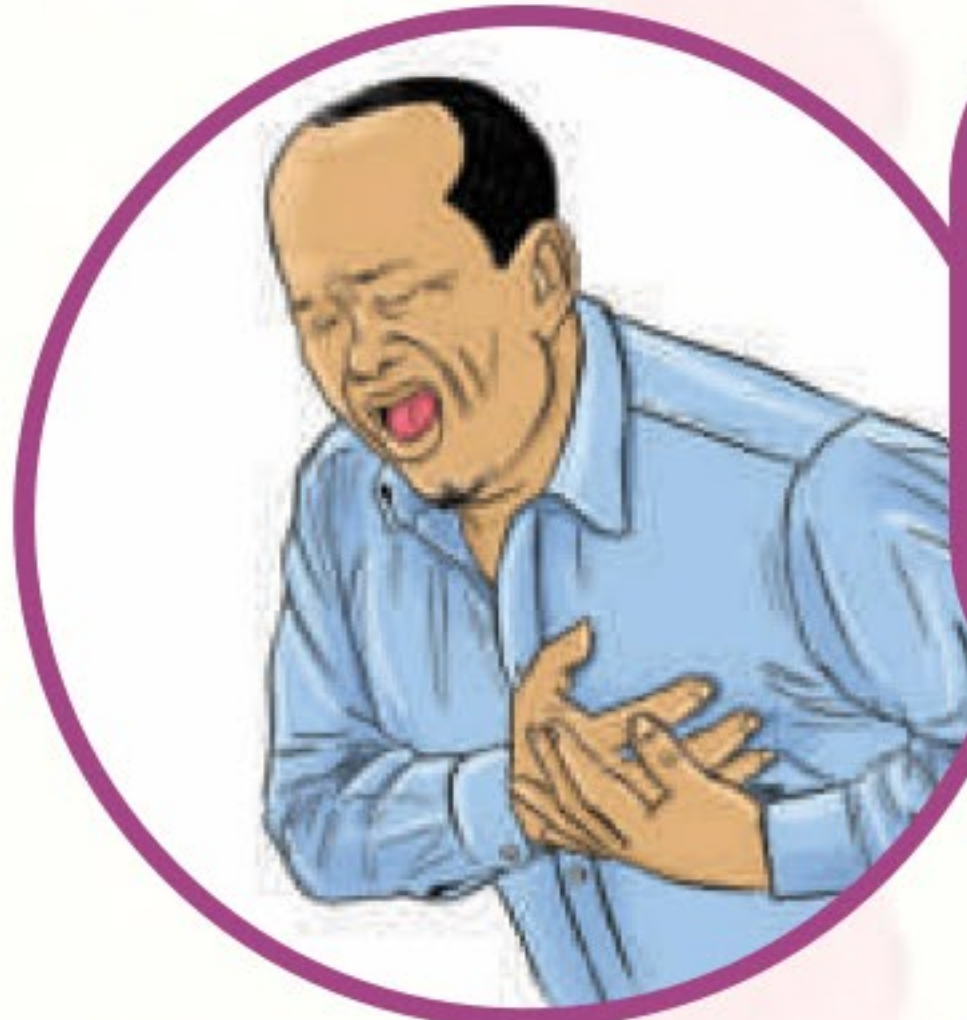
Waye zai iya kamuwa da Kwabit-19?



Kowa zai iya kamuwa da Kwabit-19, amma dai ta fi kama mutane kamar haka:



Mutane da suka manyanta



Mutane da suke fama da wasu cututtuka kamar ciwon siga ko ciwon zuciya da sauransu



Alamomi masu tsanani za su bayyana a jikin yaran da suka yi mu'amala da mutane da suke dauke da cutar ko suka taba wurin da yake dauke da cutar

Yana da mutakar muhimmanci a kare dukkanin yara da mutane masu bukata ta musamman da mata masu ciki da 'yan gudun hijira da masu hijira da mutane da aka yi watsi da su da kuma masu rauni kamar wadanda suke fama da yake-yake daga kamuwa da Kwabit-19



Ta yaya Zan kare kaina daga kamuwa da Kwabit-19?

Akwai wasu 'yan abubuwa da mutum zai yi wandanda za su kare shi daga kamuwa da Kwabit-19 kamar haka:



Ka wanke hannayenka koyaushe da sabulu da ruwa mai tsafta da yake gudana na tsawon sakan 20



Banda gaisawa da hannu



Rufe bakinka da dantsen hannu ko ka yi amfani da tishu a yayin da kake atishawa ko kuma tari, tare da jefa tishun da aka yi amfani da ita a rufaffen kwandon shara nan da nan



Tsaftace hannayenka da sinadarin wanke hannu na alkaƙol koyaushe



Ka kauracewa taba fuskarka da hancinka da kuma bakinka



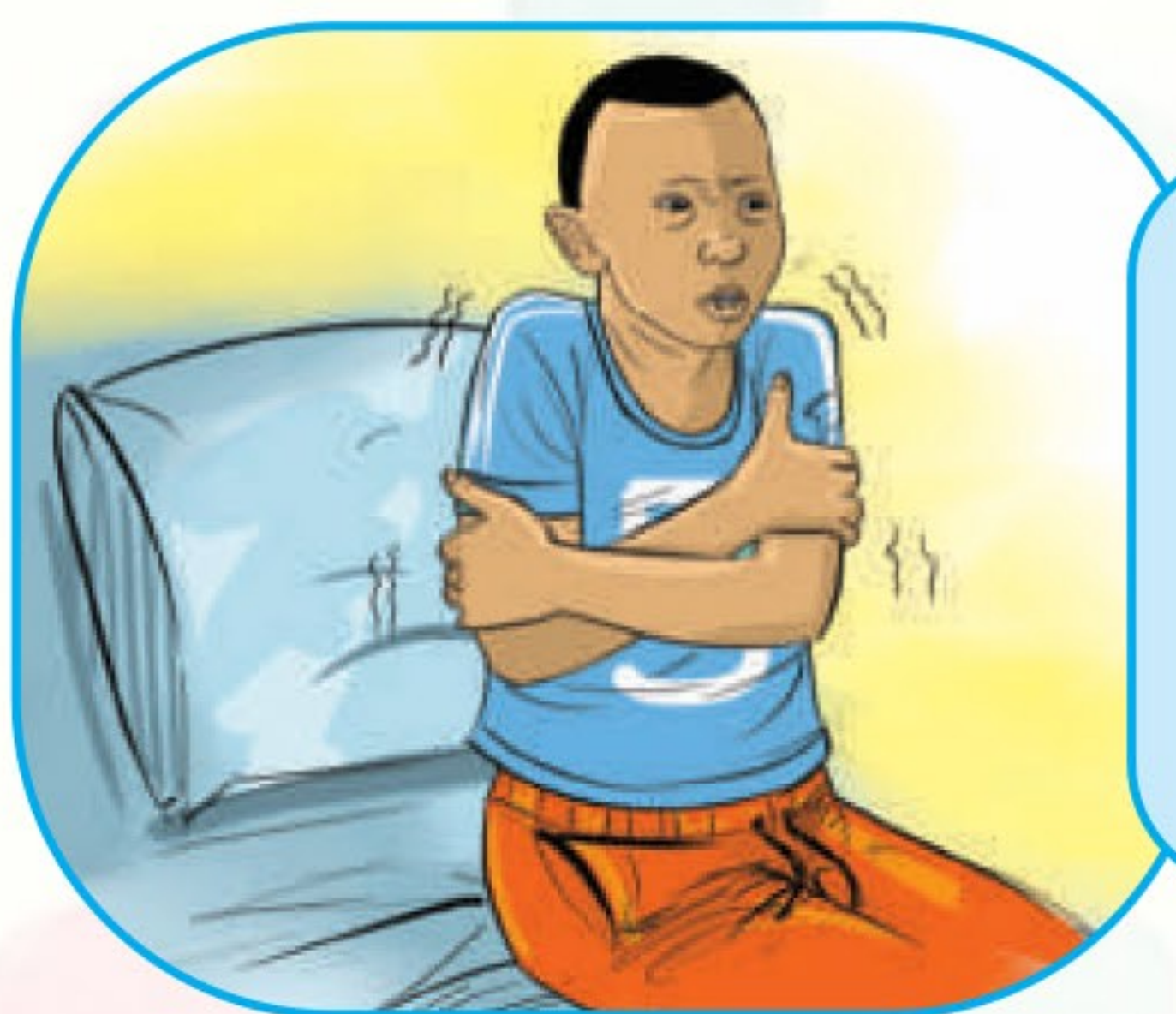


Idan ka dawo daga wurin da Cutar Kwabit-19 ta bulla ko kuma ka yi mu'amala da mutumin da yake dauke da Cutar, to ya kamata ka killacekanka ta yadda ba za ka shafa wa wasu ba.

A yayin da ka killace kanka, ka:



Kasance a kebabben daki wanda yake da tagogi na tsawon kwana 14



Kirawo asibiti domin a dauke ka a ba ka kulawa idan wasu alamomi kamar tari ko zazzabi ko kuma wahalar numfashi suka same ka



Kada ka damu ko ka ji tsoro a yayin da kake a killace.
Ka yi kokari ka shagalantar da kanka da karatu ko rubuta labarai ko waka ko motsa jiki da dai sauran abubuwan nishadi



Goge jikin abubuwan da aka taba



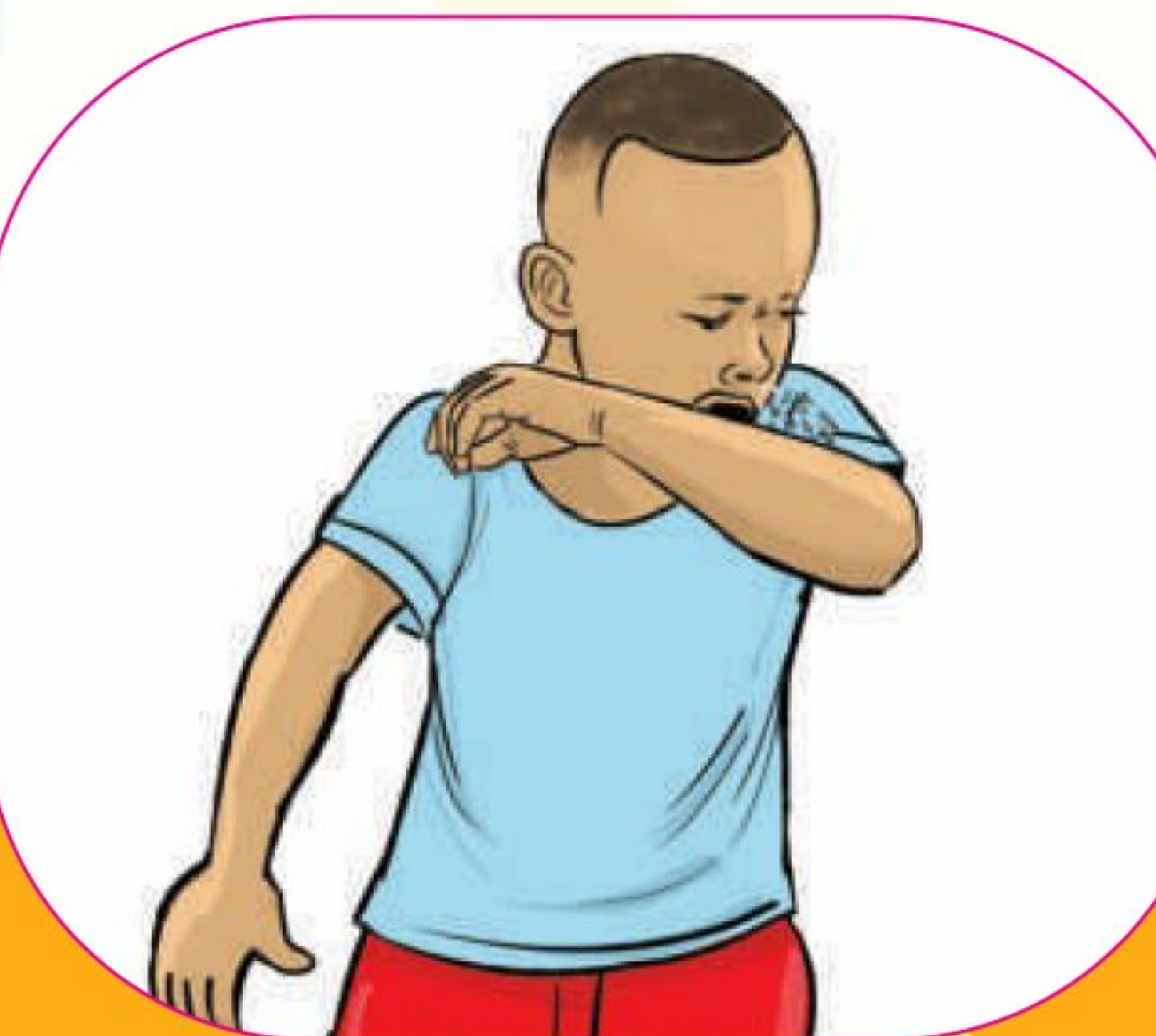
Zauna a gida a yayin da kake rashin lafiya



Kauracewa wuraren da suke da cunkoson mutane



Bayar da tazarar mita 1 tsakaninka da mutane musamman ma marasa lafiya



Ka sanar da iyayenka ko masu rike da kai da Zarar ka fara zazabi ko tari ta yadda za su naima maka shawarar jami'an lafiya.

Yadda ya kamata ka wanke hannayenka



1
Jika hannunka da ruwa
mai gudana



2
Ka goga sabulu a
hannunka gaba daya



3
Cuccuxa gaba da bayan hannayenka da
wuyan hannunka da ma duk wani lungu da
saƙon hannunka sosai har na tsawon
sakan 20



4
Ka kula da cuccuda
babban dan yatsanka



5
Dirza yastsun dukkanin
hannaye a cikin tafin hannu



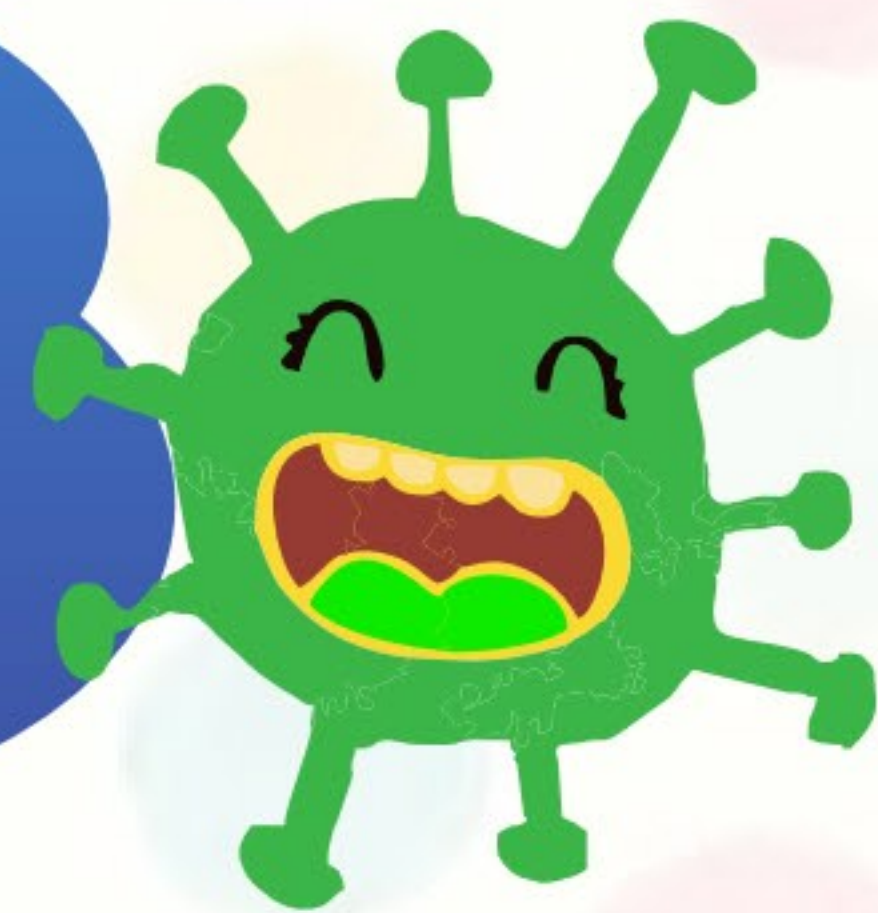
6
Dauraye hannaye
da ruwa mai gudana sosai



7
Goge hannaye da tsumma
mai tsafta ko kuma ka
busar da su a iska

Lokacin da zai fi sauƙin yin hakan shi ne
yayin rera wakar tunawa da rahar haihuwa
ko kuma rera wakar ABCDEFG

Wane lokaci ya kamata na wanke hannayena?



A koyaushe da kuma lokacin neman kariya daga Kwabit-19,
ya kamata ka wanke hannayenka a wadannan lokutan:

Bayann face hancinka ko
bayan ka yi tari ko atishawa

Bayan taba wasu abubuwa
a wajen gidanku kamar
kudi

Kafin da kuma lokacin da
ake kulawa da mara lafiya
da bayan kula da shi

Bayan ta'ammali da
dabbobi

Lokacin da hannayenka
suka yi datti sosai

Bayan dawowa daga wuraren taruwar mutane
kamar tashar mota ko kasuwa ko wajen ibada
da dai sauransu

Kafin cin abinci da
kuma bayan cin abinci

Bayan fitowa daga bandaki

Bayan ta'ammali da shara ko datti

Bayan sauya wa jarirai
famfas ko kuma bayan kai
yara bandaki



Kada ka gaskata abin da ba gaskiya ba ne game da Kwabit-19



Kada ka yi amfani da Kulorakwin ko
ka sayi wata kwayar magani domin
magance Kwabit-19. Ka tsaya ka
suarari abin da masana lafiya za su
gaya maka ka sha



Kada mutane su sha barasa a
matsayin maganin Kwabit-19



Ba a iya yada Kwabit-19 ta
hanyar cizon sauro



Wanka da ruwa mai zafi ba
ya hana kamuwa da Kwabit-19



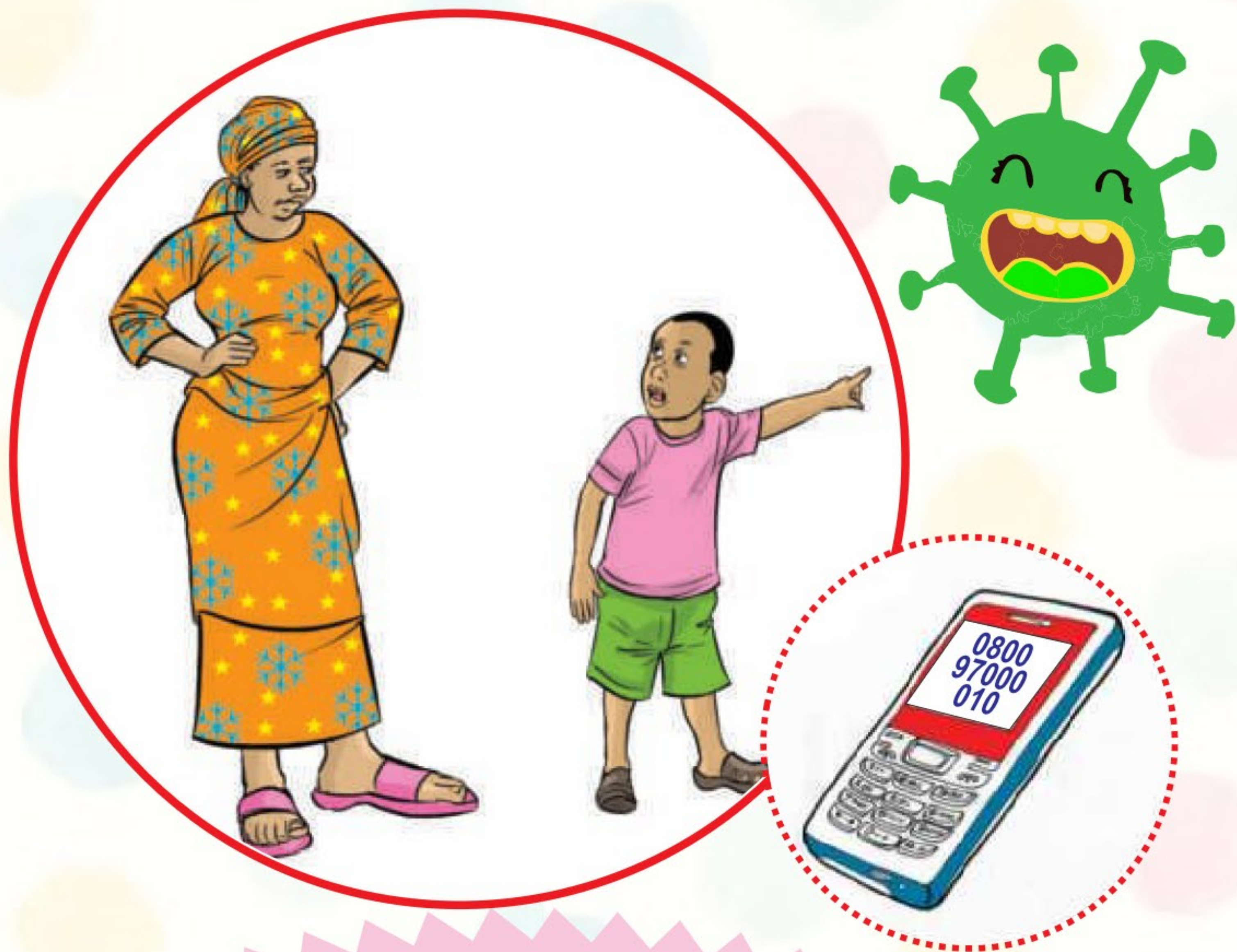
Kada a kyamaci wadanda suka kamu da Kwabit-19



Za ka iya yin addu'ar samun sauki a yayin da ba ka da lafiya. To amma kuma dole ka tuntubi jami'an lafiya domin a yi maka gwaji da kuma samun kulawa daga lokitoci da jami'an jiyya.



Ba mutane masu kudi ne kawai suke kamuwa da Kwabit-19 ba.



Ka sanar da iyayenka ko masu rike da
kai da Zarar ka fara ZaZZabi ko tari ko
wahalar numfashi ta yadda Za su naima maka
shawarar jami'an laifiya. Idan akwai waya a
kusa da kai, hanzarta ka kirawo lambar
hukumar NCDC kyauta:

080097000010





Yadda Iyaye Za Su Taimaka Wa 'Ya'yansu Koyo Daga Gidajensu

A matsayinka/ki na uba ko uwa, Za ka/ki iya bayar da gudunmawa wajen karatun yaronka ta hanyoyi kamar haka:



Nuna wa yaronka damuwarka game da neman ilimi



Gindaya dokoki da kuma sa-ido game da yadda yaronka Zai yi kallon talabijin da wasan bidiyo da kuma amfani da yanar gizo



Ka tsara lokacin da Za ka dinga zama da yaronka a kullum. Ka dinga bincikar aikin da aka ba shi da yadda yake karatu da rubutu da zane da kuma lokacin yin wasansa. Ka zamto mai sassauci



Ka dinga yin hira da yaranka da sanin damuwarsu da kuma ba su kulawar da ta kamata



Karfafa guiwar yaronka ya dinga sauraron shirye-shirye na ilimi ta yanar gizo ko talabijin ko rediyo ko karatun litattafai ko ta hanyar amfani da abubuwan karatu na gargajiya karkashin sa-idonka



Ka dinga tuntubar malaman yaronka da ragowar iyayen yara da kuma kungiyoyin al'umma

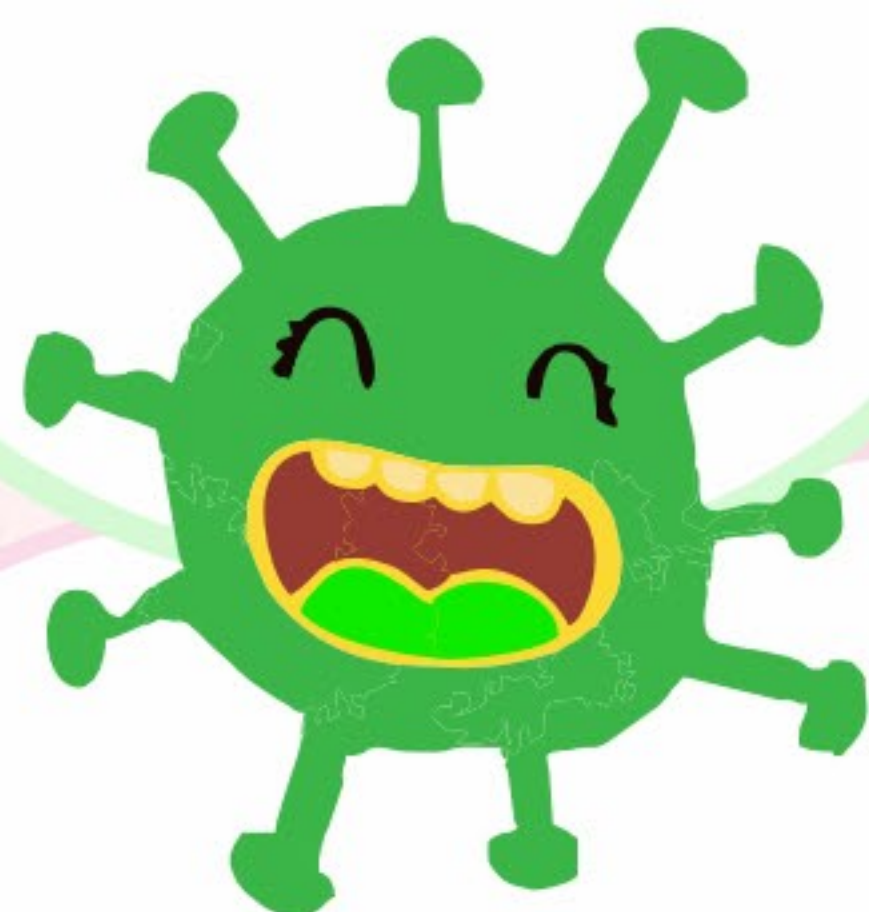
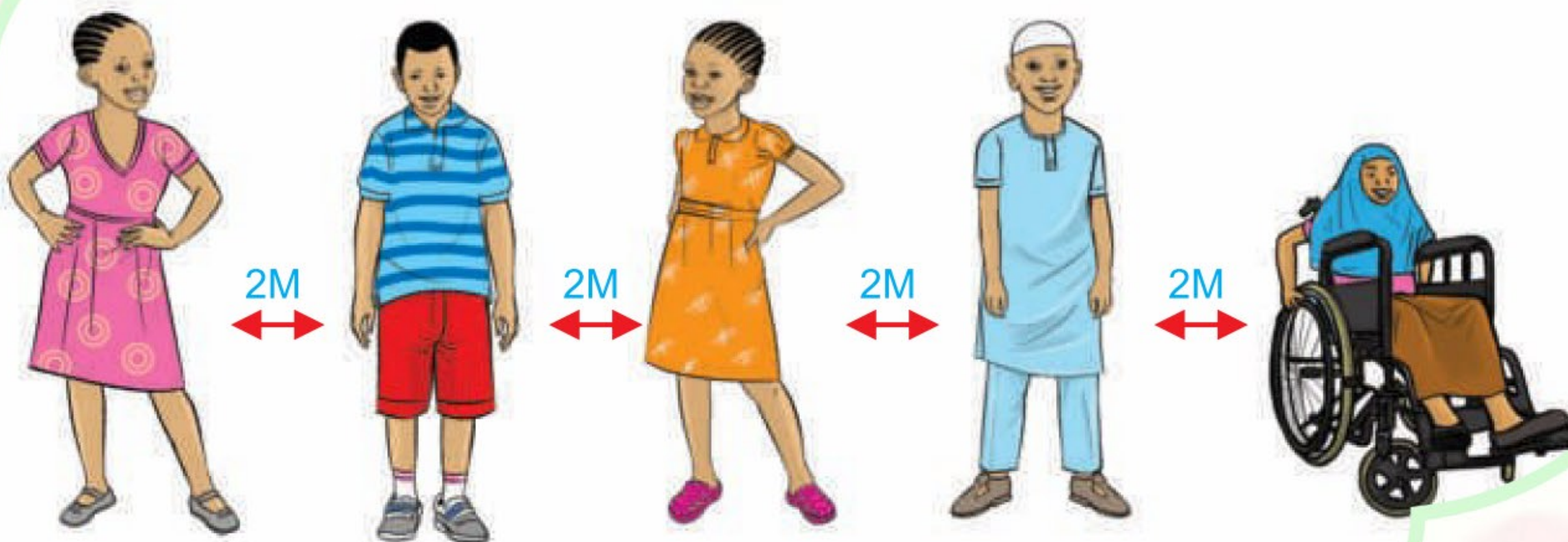


Koya wa yaronka ayyukan gida kamar girki ko goge-goge ko shara da dai sauransu



Yanzu ka san mece ce cutar Kurona ko Kwabit-19

Ka dauki alhakin gaya wa
abokanka game da wannan
cuta sannan ka tuna ka kare
kanka da sauran mutane



Domin karin haske game da Kwabit-19 ko kuma wasu daga cikin alamomin cutar sun bayyana a jikinka ko kuma ka san wani mai dauke da alamomin cutar, tuntubi lambar hukumar



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