

CORONAVIRUS

COVID-19



nbc

OSHIWAMBO

Ombuto yomukifi wo Covid-19 oshike?

Ombuto yomukifi wo Covid-19 omukifi wokoifudifo hau tandavele pokati komunhu nomunhu. Ombuto hai etifa o Covid-19 oya didilikwa tete pefimbo lomakonaakono kombinga yetukuko ko Wuhan sha China.

Ohandi dulu oku kwatwa ko Covid-19?

Heeno, o Covid-19 otayi tandavele okudja momunhu nokuya momunhu mukwao moitolpolwa younyuni. Oshiponga shoku kwatwa kombuto hai etifa o Covid-19 oshili pombada movanhu ovo va ninga ekwatafano lopopepi nomunhu ena o Covid-19 oshihopaenenwa ovanailonga voundjolowe, ile ovaneumbo. Ovanhu vakwao veli moshiponga shoku kwatwa ovo veli ile omafimbo a djako vali moitolpolwa omo etandavelo lo Covid-19 tali yi komesho.

Shiiva shihapu kombinga yeenhele omo muna ombuto kepanja lo <http://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>

O Covid-19 ohayi tandavele ngahelipi?

Ombuto hai etifa o Covid-19 otashi dulika yadja moinamwenyo, ashike paife otai tandavele mokati kovanhu. Ombuto okwa dilaadilwa tai tandavele unene mokati kovanhu ovo va ninga ekwatafano lopopepi (oshinano sheemhadi-6) oku pitila moikunguluki yoifudifo okudja momunhu a kwatwa kutya nee omoku koloka ile oku twa onhisha. Natango omunhu otashi dulika a kwatwe ko Covid-19 paku kwata oshinima shina ombuto noku li kwata komulungu, eyulu ile momesho ashike eshi hasho naana omukalo wakula hau tandavelifa ombuto. Shiiva shihapu kombinga yaasho shi shiivike kombinga yetandavelo lomukifi mupe kepanja lo: <http://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

Omadidiliko o Covid-19 okuli ngahelipi?

Omunaudu wo Covid-19 otaulike omadidiliko oupokati fiyo oudjuu moifudifo nomadidiliko ngaashi:

- Oupyu
- Ta kolola
- Oupyakadi mokufuda

Ombuto eyi oyina oshidjemo shoupyakadi wa kula shifike peni?

Ovanaudu vamwe ohava didilike o pneumonia komapunga aeshe- oitukulwa imwepo itai longo nomeemhito dimwe otashi twala fiyo omefyo.

Omunhu oteli amene ngahelipi komukifi ou woupyakadi woifudifo nomikalo doku li amena efiku keshe?

- Li kaleka kokule novanhu tava ehama
- Inoli kwata momesho, komayulu nomokanya nomake inaa koshwa.

- Kosha omake oye efimbo nefimbo nomeva nofewa oule weesekonde da fika po-20. Longifa oumuti voku dipaya eembakiteli vena o alkoholi yeeperenda da fika po-60 ngeenge kapena omeva nofewa

Ngeenge owa kwatwa, opo uha tandavelife oupyakadi hau kwata oifudifo kuvamwepo:

- Kala meumbo ngeenge oto ehama
- Li tuvika noka tissue komulungu ngeenge to kolola ile to tu onhisha, noku ka ekelashi mendelelo moshimbaba shoku ekela oimbodi
- Wapaleka noku dipaya eembakiteli omafimbo nomafimbo koinima oyo hai kwatwa

Oshike omunhu ena oku ninga ngeenge omafimbo a djako okwa talelapo koitolpolwa oko ombuto yo Covid-19 tayi tandavele?

Ngeenge omunhu okwali keenhele odo da kumwa, nangabeke elinyengo laye oule woivike ya fika puivali-2. Ngeenge okwa didilike omadidiliko pefimbo loshikako osho ngaashi (oupyu, oku kolola, oupyakadi woku fuda) naka konge ekwafo lopaunamiti. Na dengele kombelewa yovayandji vefiloshisho loundjolowe manga ina yako, noku va shiivifila kombinga yolweendo laye nomadidiliko. Otavemu pe omalombwelo ngehe ena okumona efilo shisho ina tula ovanhu vakwao moshiponga shomukifi. Pefimbo lomunhu ta ehama, neli kaleke kokule noku kwatafana novanhu, inaya pondje noku kaleka olweendo keshe, opo ku shunifwe pedu omhito yoku tandaveleka ombuto okuya kovanhu vamwe.

Opena mbela etunhilo?

Pefimbo eli kapena etunhilo oku li amena ko Covid-19. Omukalo uli nawa oku keelela ekwato oku landula ashike omikalo doku li amena efiku keshe, ngaashi oku ha kwatafana novanhu ovo tava ehama noku wapaleka omake efimbo nefimbo.

Opena mbela epango?

Kapena naana epango lolola lombuto yo Covid-19. Ovanhu vena ombuto yo Covid-19 otava dulu oku konga efiloshisho lopaunamiti oku kwafela moku shunifa pedu omadidiliko. Kouyelele muhapu inda kepanja lo www.cdc.gov/COVID-19