

Yanar gizo tana daga cikin kafafan yada sakonni masu muhimmanci. Haka zalika, kafa ce mai sauƙin isar da sakonnin da suke ba daidai ba ko kuma wadanda basu cika. EAI ta damu da makomar ma'aikatanta, abokanan hulda, wadanda suka ci moriyar ayyukanta da dukkanin al'umma a fadin duniya kuma tana da burin taga kowa yana bin nagartattatun hanyoyin samun bayanai da kuma umarnin jami'an lafiya na gaskiya ba shaci fadi ba ko labaran bogi. A daure a dinga tantance labarai gami da tattauna sahihan bayanai da kuma yada su ga abokanan aiki, yan uwa, abokanai d adukkanin abokan hulda ta hanyar neman sahihan bayanai daga ma'aikatan lafiya na gwamnati, shalkwatar EAI da kuma ta adireshin dake kasa.

1

Menene Corona Virus, Cutar 2019 (Covid-19)?

Covid-19 Cuta ce mai mutukar saurin yaduwa wadda take hana mutun numfashi kuma akan iya kamuwa da ita wajen harkoki da jama'a, ko ta attishawa, ko gaisawa da mutane wato hannu da hannu, ko taba wuri wanda mai cutar ya taba, idan ka taba da hannunka kuma ka goga a fuskarka. Covid-19 ba mura bace ko sanyi. Tana iya zama mai hadari matuka har ta iya kaiwa ga asarar rayuka ga mutanan da suke dauke da wasu cututtukan sannan kuma basu samu kulawar likitoci ba kamar yadda ya kamata.

2

Wanene zai iya kamuwa da cutar Covid-19?

Kowa na iya kamuwa da cutar!

3

Shin menene alamomin cutar Covid19?

Mutum mai dauke da cutar Covid19 zai iya fuskantar kalubale wajen shakar numfashi da kuma alamomi kamar zazzabi, tari, ciwon jiki, ciwon kai da kuma sarkewar numfashi. Amma fa mu sani cewa mutum zai iya kamuwa da cutar kuma ya yada ta ga al'umma ba tare da fuskanta ko bayannar da alamomin da muka zayyana a sama ba.

4

Me ya kamata nayi idan na soma jin alamun rashin lafiya?

Kada ku tsorota, Domin mutun Na iya alamomin cutar kuma ya Samu sauki ba tara da yaga jami'in lafiya ba. idan har zamu Kula da hanyoyin Kare kanmu, Zai hana yaduwar wannan cuta izuwa ga wasu. Idan mutun yaji alamun sarkewar numfashi, to ya tuntubi Likita, Domin samun Kula, mu dinga anfani da shawarwarin jami'an lafiya domin sune zasu sanar damu sababbin hanyoyin Kare Kai.

5

Ta yaya zan iya kare Kaina daka wannan cuta?

Mu yawaita wanke hannayen mu har na tsawon dakiku 20 da sabula da kuma ruwa, kuma mu rinka anfani da abin tsaftace Hannu Watau sanataiza, saboda Idan muka taba wuri ko kuma mukayi hannu da wasu, muna iya kamuwa da wannan cuta, aboda haka wanke hannuwanmu nad matukar anfani wurin kare kan mu daga cutar.

6

Me Yasa bazan iya taba fuska ta ba?

Mu daina taba fuskar mu musamman idanun mu, Hanci da kuma bakin mu, domin muna iya taba wurin dake da cutar ko wasu masu cutar kuma mu shafa a fuskar mu ba tare da mun tuna ba, Domin idan hannuwan mu suka dauko cutar, muna iya gogawa a idanunmu, Hanci ko kuma bakinmu, idan hakan ya faru yana iya jawo mana kamuwa da Covid-19.

7

Meya kamata nayi idan tari ko attishawa ta kamani?

Kayi amfani da cikin guiwar hannun ko kuma tissue ka rufe bakin ka sanda zakayi tari ko kuma hancin ka sanda zakayi attishawa. A jefar da tissue din da akayi amfani da ita a cikin abin zubar da shara sannan a wanke hannu. Amma meye dalilin yin hakan? Akwai wani ruwa da yake fitowa daga baki ko kuma hanci yayin tari ko kuma attishawa. Idan irin wannan ruwan yana dauke da kwayar cutar Covid-19, zai iya harbar wani da wannan cuta kai tsaye ko kuma a sakamakon saukar wannan ruwan akan wajan da mutane suke tabawa mutukar ba'a dauki matakin tsabta ba.

8

Menene ake nufi da bayar da tazara yayin mu'amala?

Domin kare yaduwar Covid-19, ya kamata kowa ya zauna a gida idan zai yuwu. Idan kuma dole sai an fita, to a dinga bayar da tazarar mita biyu (kafa shida) a takanin juna, koda kuwa babu wanda ya nuna wata alamar rashin lafiyar. Ko meya sa? Akwai wani ruwa da yake fitowa daga baki ko kuma hanci yayin tari ko kuma attishawa. Idan irin wannan ruwan yana dauke da kwayar cutar Covid-19, Koda mutum bai nuna wata alama ta rashin lafiyar ba, zai iya zama mutum yana dauke da wannan kwayar cuta. Idan mutum yana kusa da mai dauke dawannan kwayar cuta, to zai iya dauka.

9

Su waye sukafi shiga hadarin daukar wannan cuta?

Kowa zai iya daukar Covid-19. Idan mutum yakai shekaru 60 ko kuma yana dauke da wata larura irin su ciwon zuciya, huhu, ko suga, to mutum zaifi shiga hadari idan ya kamu da Covid-19. A kara kula sosai kuma abi dukkan nin umarnin da hukumomi suke bayarwa na kariya da kuma neman kulawar ma'aikatan lafiya da zarar anji alamar zazzabi mai zafi ko kuma sarkewar numfashi.

10

Idan kuma naje garin da suke fama da annobar Covid-19 fah?

Annobar Covid-19 ta shiga kusan ko wacce kasa a duniya (rahoton April 1, 2020). Idan a kaje garin da suke fama da wannan annoba, to mutum ya kebe kansa na tsawon sati 2. Idan mutum ya fara ganin alamun cutar a cikin satin biyu (Zazzabi, tari, sarkewar numfashi), to a nemi kulawar ma'aikatan lafiya. A fara kiran ma'aikatan lafiyar, a sanar dasu alamun rashin lafiyar da akeji. Zasu bada umarnin da za'abi domin kare sauran al'umma daga kamuwa da wannan cuta. A kauracewa haduwa da mutane a yayin rashin lafiyar, kada a fita waje, sannan kuma a dakatar da duk wani shirin tafiyar tafiyar domin rage yaduwar wannan cuta.

11

Shin wannan cuta tana da magani?

Har zuwa yanzu babu maganin Covid-19. Hanya mafi dacewa domin gudun kamuwa da wannan cuta itace abi matakan kare kai irin su kauracewa cakuduwa da marasa lafiya, wanke hannu akai-akai. Har yanzu babu wani maganin Covid-19. Masu dauke da Covid-19 zasu iya neman kulawar ma'aikatan lafiya domin saukaka alamunta ko kuma taimakon gaggawa.

12

A ina zan iya samun karin bayanai?

Kayi kokarin samun dukkanin bayanai da suka shafi Covid-19. Kabi shawarwari da umarnin da jami'an lafiya da kuma hukumomin kasarka suke bayarwa. Zaka iya samun bayanai ta yanar gizo amma a kula sosai da tushen labarin kuma atabbatar ya fito ne ta sahihiyar kafa.

Domin samun sahhan bayanai akan Covid-19, mu bibiyi shafukan

[World Health Organization](#)

[U.S. Centers for Disease Control](#)

[Johns Hopkins Coronavirus Resource Center](#)