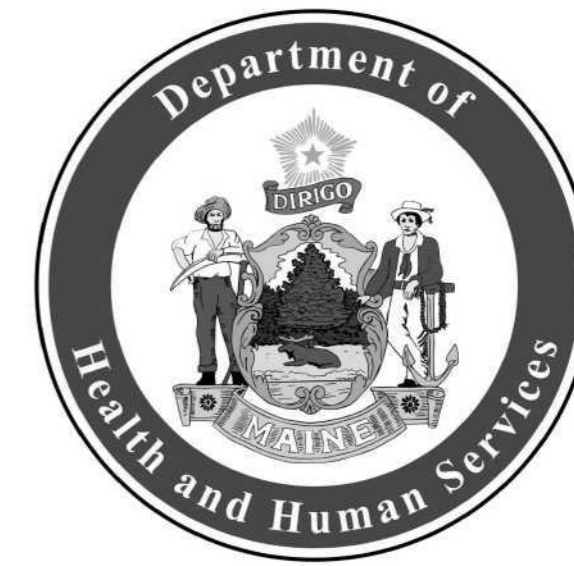
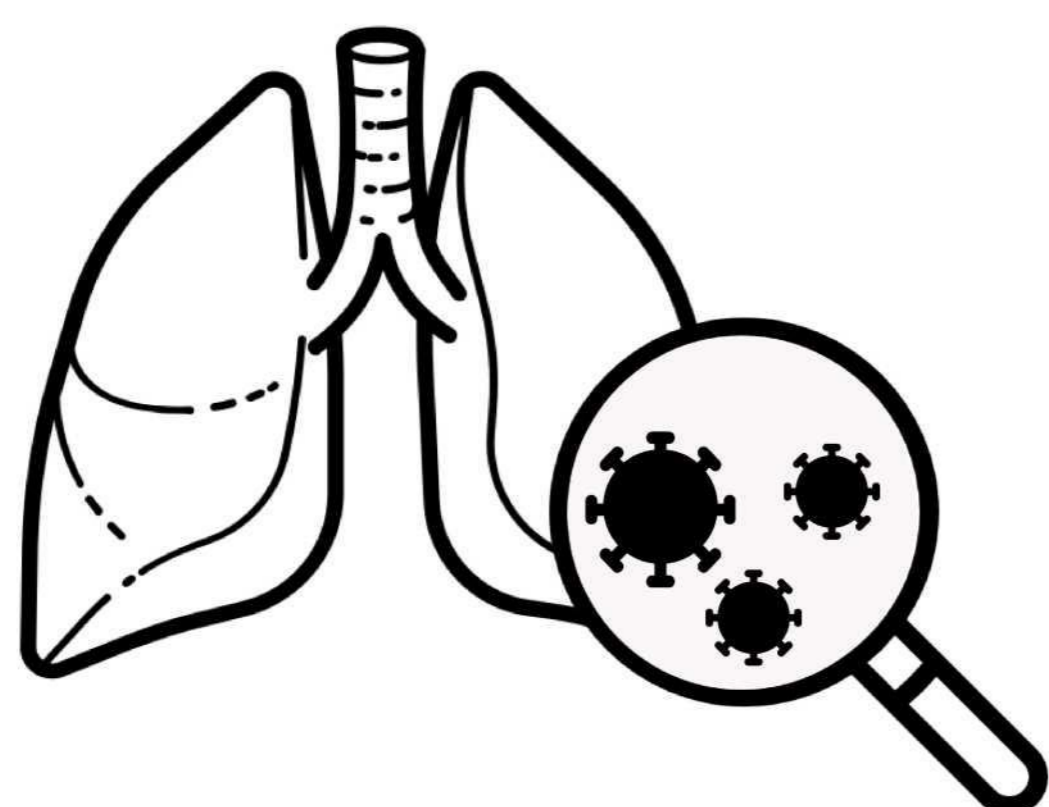


Centre ya Maine ya Kudhibiti na Kuzibiya Magonjwa

Novel Coronavirus ya 2019 (COVID-19)



Karatasi ya Ukweli



Novel Coronavirus ya 2019 (COVID-19) ni bugonjwa ya kupumua. Inaletewa na coronavirus. Mulipuko ya COVID-19 ilianziya kule Ville ya Wuhan, Chine na tangu kueneya mu inchi zengine.

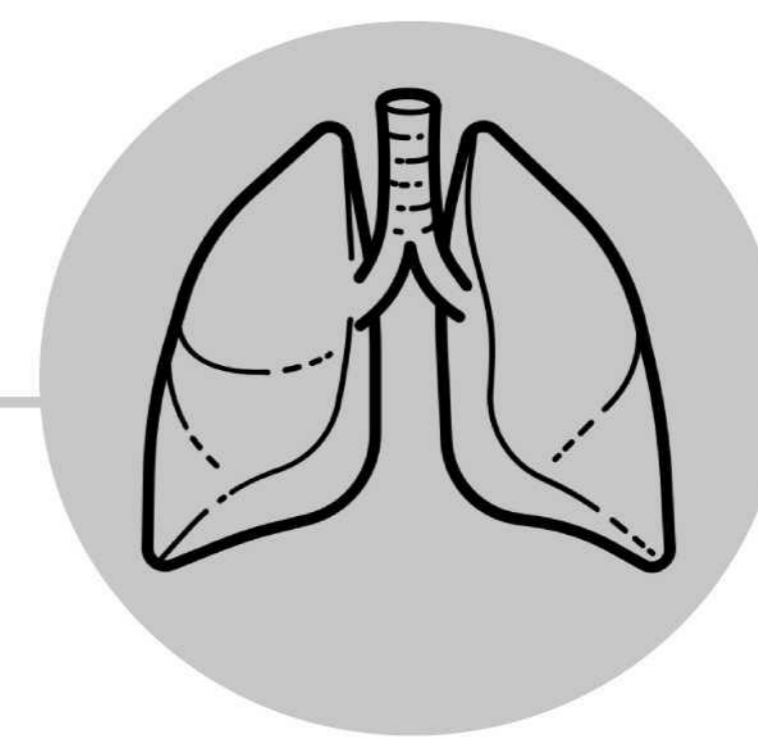
Signes za kawaida na symptomes



Homa

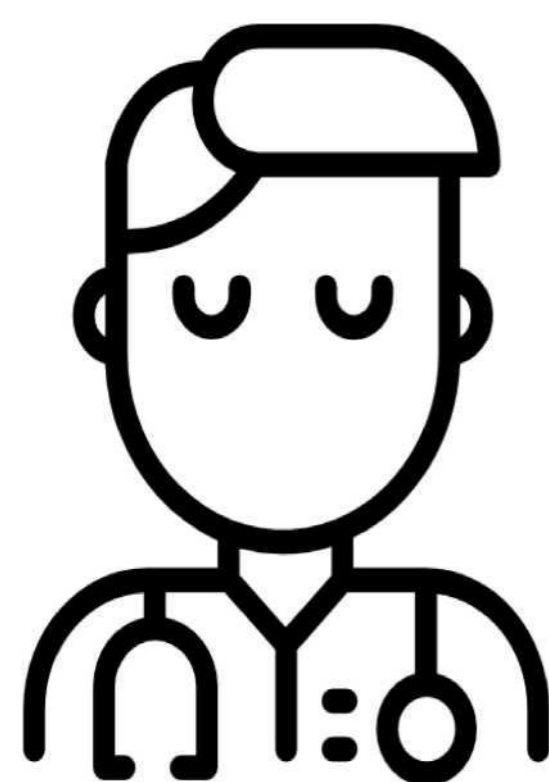


Kukohola



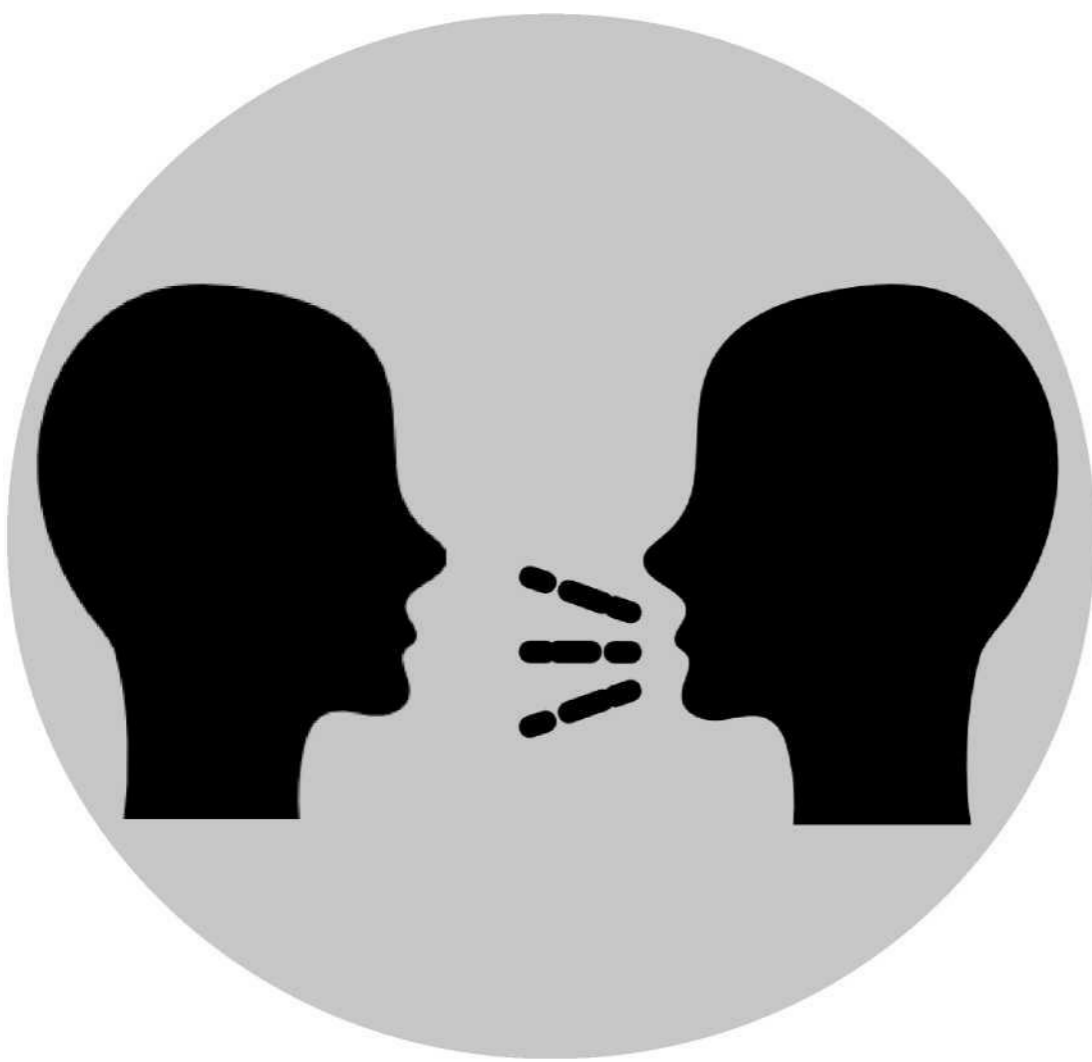
Kupomuwa Kidogo na Shida ya Kupumuwa

Symptomes zina anza siku 2 mupaka masiku 14 baada ya exposition ku virus. Magonjwa yenye iliripotiwa zinaanziya kidogo mupaka ya makali. Bugonjwa ya makali inaweza fanya pneumonie, kushindwa kwa figo, na kifo.



Ita muhudumu wako wa soins ya afya kama uko na symptomes. Baambiye juu ya voyage yoyote yenye umefanya ivi karibuni na kama umekuwa na contact na cas yoyote yenye inajulikana. Kama uko na besoin ya matibabu, tunalomba uite etablissement ya uduma ya afya MBELE ufike.

Kusambaza COVID-19



- Virus inasambazwa haswa kutoka ku mutu-kwa-mutu. Iyi inafanyika wakati mutu mawenye ameambukizwa iko na kohola ao anateriza na anaweza kuambukiza bengine benye biko migulu 6 naye.
- Inaweza kuwa inawezekana kwamba mutu anaweza pata COVID 19 kwa kugusa fasi ao kitu yenye iko na virus na tena anakamata mudomo, puwa, ao macho yake ye peke. Iyi HAIKO njia mukubwa yenye virusi inasambazwa.

Kuzibiya COVID-19 ku Basafiri



Epuka contact na batu bagonjwa..



Epuka manyama(huwai ao kukufa) na produits za manyama. Hii ni pamoya na nyama yenye haiya pigiwa.



Sukula mikono na sabuni na mayi.

Na unapashwa kusukula mikono zako au moins 20 secondes. Tumikisha désinfectant ya mukono yenye iko na alcool ya au moins 60% ya alcool kama sabuni na mayi hazipatikane. Kama uko na symptomes zenye ziko pale yulu, unapashwa kuita muhutummu wako wa soins ya afya.

Akuna matibabu spécifique ya COVID-19. Batu mingi banaponeya kunyumba.

Ku Information ya Mingi, Angaliya:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (Page ya Afya ya Basafiri wa CDC ya ETATS-UNIS)

Unaweza piya kuita CDC ya Maine ku 1-800-821-5821.