Cutar Corona (COVID-19)

T. Menene cututtukan corona?

A: Kwayoyin cutar corona na bil-adama an fara gano su ne a tsakiyar shekarun 1960. Kwayoyin cutar numfashi ne da suka samo suna daga siffarsu mai kama da kambi. A yanzu haka muna sane da

ire-iren cutar corona ta bil-adama har kashi bakwai, hudu daga cikin su masu alaka da rashin lafiyar numfashin saman huhu mai sauki ko matsakaiciya, kamar rashin lafiyar sanyi da aka saba gani.

. Sauran ire-iren cutar sun hada da rashin lafiyar numfashi mai tsanani (SARS), Rashin Lafiyar Numfashi ta Gabas ta Tsakiya, (MERS) da Cutar Corona (COVID-19), wadda ke da alhakin barkewar annobar wannan lokacin.
Kodayake COVID-19 ta yi kama da sauran cututtukan corona, tana da bambanci a wurare daban-daban, kuma a kullum muna kara samun ilimi a kanta.

Tambaya. Ya za ka kamu da cutar COVID-19?

Ansa: COVID-19 na yaduwa ta hanyar kasancewar mutane kusa da kusa da ruwan da ke fitowa daga tari ko atishawa, wadanda ke iya shiga cikin baki, ko hanci ko kuma huhunka. Kasancewa kusa da kusa na nufin kasancewa cikin wuri mai nisan akalla tsawon kafa 6 tare da wani.

T. Ya zan gane idan ina dauke da cutar COVID-19?

A: Idan ka yi mu'amala da wani wanda

aka tabbatar yana dauke da cutar COVID-19 ko ka yi tafiya zuwa wurin da aka samu barkewar annobar cikin makonni biyu da suka gabata, wadannan alamomin dake biye suna iya nuna cewa ka kamu da cutar COVID-19:

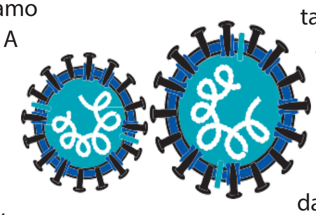
- zazzabi;

-tari; ko

-takaicewar numfashi.

Sai dai idan alamomin da ke tare da kai sun yi tsanani, aka shawarce ka da ka kira jami'in kula da lafiyarka kafin ka shiga wata cibiyar kula da lafiya.

A lokacin da kake magana da jami'in lafiya gaba da gaba, ko ta hanyar wayar tarho, ka tabbatar da ka kula da alamomin da kake dauke da su, ko tarihin tafiye-tafiyenka, ko kuma ka yi mu'amala da wani mutum da aka tabbatar da yana dauke da cutar.



T. Ya tsananin wannan rashin lafiyar yake?

A: Hukumar Lafiya ta Duniya ta ce kashi 80 bisa dari na mutanen dake dauke da cutar COVID-19 suna da rashin lafiyar mai sauki dake tattare da alamomin rashin lafiya mai kama da sanyi – ko mura. Mutanen dake da kasadar samun matsananciyar rashin lafiya daga wannan cutar mutane ne masu shekaru fiye da 60 da/ko kuma wadanda ke fama da matsalolin rashin lafiya. An kiyasta cewa a cikin kowace afkuwar cutar COVID-19 da aka samu sau 100, tsakanin mutane biyu zuwa hudu ne za su mutu. Wannan yana da matukar bambanci da cutar corona kamar ta SARS, wadda kusan mutane goma daga cikin 100 suka mutu daga cutar,

Tambaya. Na ga mutane na sa takunkumin rufe fuska, shin ko ya kamata ni ma in rika yin hakan?

Ansa: E, Hukumar Takaita Yaduwar Cututtuka (CDC) ta ba da shawarar a yi amfani da takunkumin rufe fuska a wurin taruwar al'amma inda zai yi wahala a tabbatar da nisantar juna (misali, kantunan cefane da na sayar da magani), musamman a cikin al'ummar da ke da yaduwar cutar. Takunkumin rufe fuskar da aka ba da shawarar a yi amfani da shi ba irin wanda likitoci ke amfani da shi ba ne a dakin tiyata ko na numfashi mai lamba N-95.

T.Me zan iya yi don kare kai na daga kamuwa rashin lafiyar COVID-19?

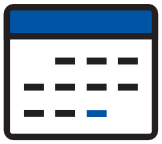
A: Matakan dake biye za sui ya taimakawa wurin ba da kariya daga kamuwa da COVID-19 da kuma sauran cututtukan numfashi:

- Ka wanke hannuwanka da sabulu da ruwan a akalla dakikoki 20. Idan babu ruwa da sabulu sai a yi amfani da sinadarin tsafta (sanitizer) dake dauke da akalla kashi 60 bisa dari na alcohol.
- Kar ka taba idanunka, ko hancinka ko kuma bakinka da hannuwanka da ba ka wanke ba.
- Ka guji mu'amalar kusa da kusa damutanen da ke dauke da alamomin rashin lafiya.
- Ka rika wankewa da kashe kwayoyin cuta a kan abubuwa da wuraren da aka taba.
- Ka rufe bakinka in kana tari ko hancinka in kana atishawa da takardar tsaftacewa ko ka yi atishawa cikin kusurwar gwiwar hannunka. Ka jefa takardar tsaftacewa a cikin wurin zuba shara, kuma ka tabbatar da ka wanke hannuwanka bayan ka kammala.
- Ka tsaya a gida idan ba ka da lafiya.

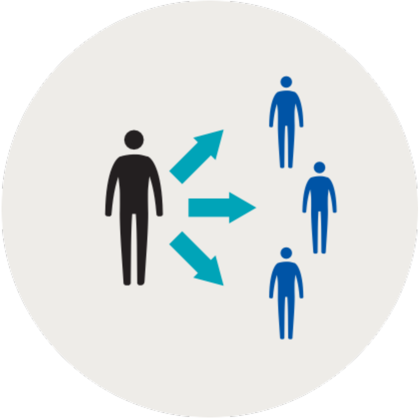
Cutar Corona (COVID-19)

Tana yaduwa

Ta hanyar mu'amalar kusa da kusa da maras lafiya.



ALAMOMI ZA SU BAYYANA A CIKIN KWANAKI 2-14 BAYAN KAMUWA.

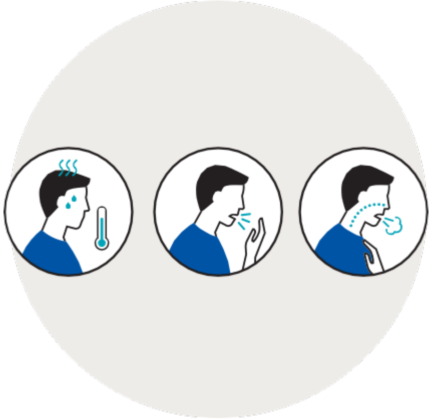


Alamomi

- Zazzabi
- Tari
- Takaicewar numfashi

Ka kira jami'in kula da lafiyarka idan:

- Kana dauke da alamomi kuma ka yi tafiya zuwa wata kasar da ke da barkewar annoba cikin makonni 2 da suka wuce na tafiyarka.
- Kana dauke da alamomi kuma ka yi mu'amalar kusa da kusa da wanda aka tabbatar da yana dauke da cutar COVID-19.



Rigakafi

- Ka rika wanke hannuwanka akai-akai.
- Ka rufe bakinka ko hancinka a lokacin da kake tari ko atishawa da takardar tsaftacewa.
- Kar ka taba idanunka, ko hancinka, ko bakinka.
- Ka guji mu'amalar kusa da kusa da mutanen da ba su da lafiya.
- Ka rika Wankewa da kashe kwayoyin cuta kan wuraren da ake yawan tabawa.
- Ka tsaya a gida idan ba ka da lafiya.