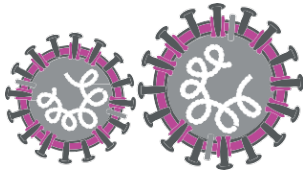


Bokono ya coronavirus (COVID-19)

Mituna: coronavirus eza nini?

Biyano: Coronavirus ya moto emonanaki na mbala liboso na kati kati ya 1060s. Ezali bokono bwa kopema

Ebengamaki bongo pona lolenge na yango yakozala lokola mw aba nzete mpe elongi na yango. Tozali na ngonga oyo musika na nsambo



Lolenge ya bokono ya coronavirus ya bato, ezali na mineyi oyo ezali na kati ya oyo eza na bokono ya kopema mabe, lokola malili. Mosusu lolenge ya bokono ezali na bilembo yakopema likolo koleka (SARS), bilembo ya kopema na katikati (MERS) mpe coronavirus yakoboma (COVID-19), oyo ezali kotambola mingi mikol'oyo.

Na yango COVID-19 ezali ndenge moko na misusu bokono ya coronavirus kasi tozali komona bilembo na yango ezali kobongwana mikolo nioso.

Ndenge nini okoki kozwa bokono ya COVID-19?

Biyano: COVID-19 ezali kopesama nakati ya moto na moto na nzela ya matanga mike mike oyo eutaka na kosukosu to likise pe ekota na monoko, zolo to mimpululu. Kozala penepene oyo ezali kozala na metelo 1 moto na moto.

Mituna: nakoki koyeba ndenge nini soki nazwami na COVID-19

Biyano: Soki ozalaki kofanda esika moto abeli COVID-19 to esika moto oyo azali na bilembo nakobela sima ya mposo mibale

Ekoki koloba ozwami na COVID-19

- Nzoto moto

- Kokosola; to

- Kopema moko.

Soki bilembo nayo ezali makasi, esengeli nayo kobenga molengeli nayo bwa bokono bwa nzoto.

Liboso yako kota na ndako ya lopitali. Tokoloba na molengeli nayo wa bokono bw nzoto ye meyi na nzela ya tshombo, Yeba kolimbola esika nioso olekaki pe bisika okendaki mobembo, to soki efandaki esika moto azwamaki na bokono.

Mituna: lolenge nini eza kosala billembu na yango?

Biyano: Mosala oyo etali bokono bwa nzoto (OMS) elobi ete 80% ya bato oyo bazwami na COVID-19 na bilembo ya malili na nzoto- to kotoka. Batu baza na likama yakobela makasi eza bankulutu oyo baleka mbula 60 mpe batu baza na kolongono malamu te Balobaka ete na batu 100 bazwi maladi ya COVID-19, mibale to minei nakati nabango bakoki kokufa Oyo ekeseneni na malady ya coronavirus lokola SARS, esika bato zomi na kati ya 100 oyo babeli bakufaka

Nazomona batu bazolata bamaske, esengeli pe ngai nalata yango?

Biyano: Ya solo, CDC apesi toli ya kolata ba maske esika bato mingi mingi bakutanaka esika moto na moto bakoki kozala mosika te (ndakisa, magazini ya biloko ya kolia mpe farmasi), mingi mingi bisika kopanzama ya bokono ezali mingi. Kitambala oyo okoki kolata na elongi ezali mobeko te kozala maske ya minganga to N-95 masini ya kopema.

Mituna: Nakoki kosala nini mpona kopekisa maladi ya COVID-19 ?

Biyano: Likanisi oyo ekoki kopekisa yo na maladi ya COVID-19 mpe bamaladi mosusu ya mpema

- Kosukola maboko ntango nyonso na sabuni mpe mayi na mwa basegonde 20.
- Soki sabuni mpe mayi
- Ezali te, salela nkisi ya kosukola maboko oyo eza na alcohol ya 60% na kati
- Kosimba te miso nayo, zolo, to monoko mingimingi soki osukoli te maboko
- Epakisami kosimba moto oyo abeli to azwami na bokono
- Pangusa bisika bato bazali kosimba na maboko tango nioso.
- Kozipa likise mpe kosukosu na elamba to lipeka. Kobwaka matambala na fulu mpe kosukola maboko nsima nango
- Kofanda na ndako soki obeli



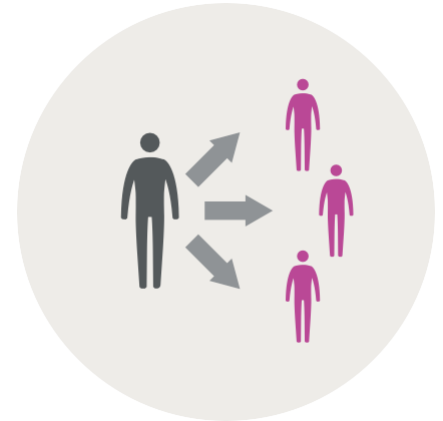
Bokono ya coronavirus (COVID-19)

kopalanganisa

**Na nzela yakozala
pembeni ya moto oyo
abeli**



BILEMBO EKOKI
KOMONISAMA NA
MIKOLO 2 TO 14

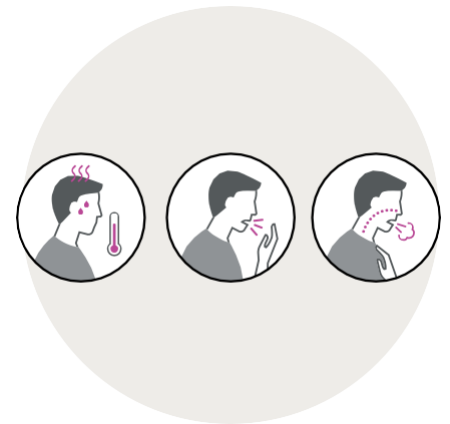


bilembo

- fefele
- kosukosu
- Koyoka mpema mokuse

Benga molengeli nayo wa bokono bwa nzoto soki:

- Soki ozali na ba bilembo ya bokono to okendaki na mboka bisika bokono ezvamaki na mposo mibale ya mobembo nayo.
- Oza na bilembo mpe osimbanaki na moto oyo azvamaki na bokono bwa COVID-19.



Komibatela

- Sokola maboko tango nioso.
- Zipa monoko tango ya kokosola/ likise na elamba.
- Kosimba miso, zolo, to monoko te.
- Epekisami kosimba moto oyo abeli to azwami na bokono.
- Pangusa bisika bato bazali kosimba na maboko tango nioso.
- Kofanda na ndako soki obeli

