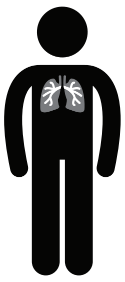
Mura ce ko kuwa COVID-19 “Kwayar Cutar Corona”?

Mura

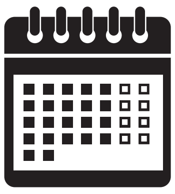
Mura wata rashin lafiyar numfashi ce da aka saba gani, wadda ke iya yaduwa daga wani mutum zuwa wani, kuma kwayoyin cutar mura ne ke haddasa ta

Mura na iya haddasa rashin lafiya mai sauki zuwa mai tsanani, kuma rikicewar wannan rashin lafiya na iya haddasa mutuwa. Miliyoyin Amurkawa na kamuwa da cutar mura a kowace shekara cikin Amurka.

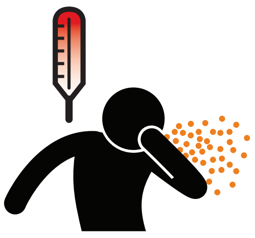


ALAMOMIN MURA

Akasari alamomin mura na bayyana cikin kwanaki biyu bayan kamuwa da kwayar cutar. Alamomin na bayyana da sauri kuma a lokaci daya.



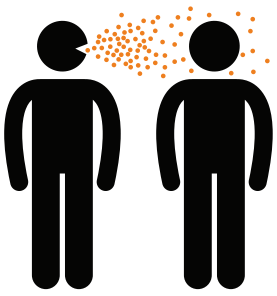
- azzabi ko jin zazzabi
- Ciwon kai
- Ciwon jijiyoyi ko jiki
- Tari
- Jin matukar gajiya (Kasala)
- Ciwon makoshi
- Tsiyayar majina daga hanci



YADDA KWAYOYIN CUTAR MURA KE YADUWA

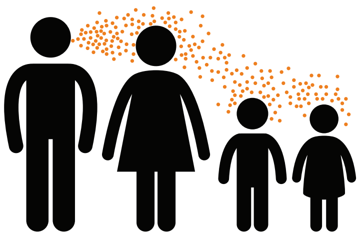
A galibi, mura na yaduwa ta hanyar fitar ruwa a lokacin da mutanen dake dauke da cutar murar suka yi tari, ko atishawa, ko magana. Kuma kwayoyin cutar na iya yaduwa a sarari, amma hakan bai cika faruwa ba.

Mutanen dake mura na iya yada cutar kafin su fara rashin lafiya, ko a lokacin da suke rashin lafiya, ko kuma bayan sun yi rashin lafiyar.



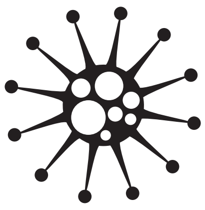
WA KE IYA KAMUWA DA MURA?

Kowa na iya kamuwa da mura.
Wasu mutane—kamar ‘yan kananan yara, tsoffin mutane, da mutanen dake fama da wasu matsalolin lafiya— sun fi kasadar samun rikicewar rashin lafiyar mai tsanani.



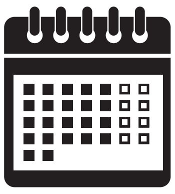
“CUTAR CORONA”

“Cutar Corona” w ata sabuwar cuta ce dake iya haddasa rashin lafiyar numfashi mai sauki zuwa mai tsanani. Akwai bazuwar al’umma a cikin Amurka amma kasadar kamuwa da “Cutar Corona” ana ganin ba ta da yawa.



ALAMOMIN “CUTAR CORONA”

Alamomin cutar na iya bayyana a cikin kwanaki biyu zuwa 14 bayan kamuwa da kwayar cutar.



- **Zazzabi**
- **Tari**
- **Wahalar yin numfashi**
- **Takaicewar numfashi**

YADDA KWAYOYIN CUTAR CORONA KE YADUWA

Ana ganin tana yaduwa ne ta wadannan hanyoyin:

- Tari/atishawa ko mu’amalar kusa da kusa da wanda ya kamu da “Cutar Corona.”
  - Mu’amalar kusa da kusa na nufin kasancewa a wuri mai nisan tsawon kafa 6 tare da wanda ke dauke da cutar, na tsawon wani lokaci.
- Kuma tana iya yaduwa ta hanyar taba abubuwan da wanda ke dauke da cutar yayi amfani da su, kamar takarda ko kyallen tsaftace jiki

WA KE IYA KAMUWA DA CUTAR CORONA?

A Amurka, mutanen dake da kasadar kamuwa su ne:

- Matafiya daga wajen kasar Amurka.
- Wanda yayi mu’amala ta kusa da kusa da wanda ya kamu da “Cutar Corona.”

Don neman karin bayani game da cutar mura da cutar COVID-19,
A ziyarci shafin **www.cdc.gov/flu and www.cdc.gov/coronavirus/2019-nCoV.**
Maris 3, 2020
A LURA: Bayanai kan COVID-19 suna canzawa nan take kuma za a sabunta takardun bayanan kamar yadda ya kamata.

Dignity Health