

ሕማም ኮሮናቫይሩስ

አቀዲመ ኩልኹም ጽቡቅ ክትህልዉ ተፋይን ጸሎተይን ኢዩ። ከምቲ ሓቡረኩም ዝነበርኩ፤ ምሽቃል አየድልን፤ ምጥንቃቅ፤ ግን አድላዪ ኢዩ። ብቀጻሊ፤ አእዳውኩም፤ ምሕጻብ፤ አይትረስዑ። ለሚን፤ ሽጉርቲ፤ ጸዕዳ፤ በርበረ፤ ወዘተ፤ ተጠቀሙ፤ ኢሎም፤ ቁምነገር፤ ዘይብሉ፤ ሓበረታ፤ ካብ፤ ዝህቡ፤ ርሓቁ። ኩሉ፤ ሓበረታኹም፤ ካብ ሳይንቲስትን፤ ሓካይምን፤ ዝመጽእ፤ ጥራይ፤ ይኹን።

ሕማም ኮሮናቫይሩስ ብኸመይ ይሳገር?

1. ኮሮናቫይሩስ፤ ዘለዎ፤ ሰብ ክሳረብን፤ ክስዕልን፤ ሓጥሺ ክብልን፤ ብዝዝርጋሑ፤ ነኣሽቱ ነጠብጠብ ናይ ጥፍጣፍ ኮሮናቫይሩስ፤ ካብ ሓደ ሰብ፤ ናብ ካልእ ይሳገር።
2. ኮሮናቫይሩስ፤ ዝለገቦ፤ ሰብ ናይ ሕማም፤ ምልክታት፤ የሃልዎ፤ አይሃልዎ፤ ኮሮናቫይሩስ፤ ናብ ካልእ ሰብ፤ ክሳገር፤ ይኽእል፤ ኢዩ።
3. ጥፍጣፍ፤ ንፋጥ፤ ዓኽታ፤ ካብ፤ ኮሮናቫይሩስ፤ ዘለዎ፤ ሰብ ዝወጸ፤ ካብ ሓደ ሰብ፤ ናብ ካልእ፤ ሰብ፤ ኮሮናቫይሩስ፤ ክሳገር ይኽእል።
4. ኮሮናቫይሩስ፤ ብብከሪ፤ ይኹን፤ ወይ ካልእ፤ መስተይ ማይ፤ ማንካ፤ ፍርክታ፤ ዝአመሰሉ፤ ኣብ ብኣፍና፤ ኣቢሉ፤ ክሳገር ይኽእል።
4. ጣውላ፤ ይኹን፤ እስካላ ክትወርድ እትሕዞ ሓጺን፤ ዝኾነ፤ አቅሓ ኮሮናቫይሩስ፤ ዘለዎ ብዝሓዞ ክሳገር ይኽእል።

ኮሮናቫይሩስ፤ ዝሓዞም፤ ሰባት፤ ካብ ዘርእይዎም፤ ምልክታት፤ እዞም፤ ዝስዕቡ፤ ክንጠቅስ፤ ንኽእል፤

1. ረስኒ
2. ድኻም
3. ቅርጥማት
4. ዓኽታ ዘይብሉ፤ ሰዓል፤ ምስዓል
5. ምስትንፋስ ምስኣን
6. ውጽኣት

ኮሮናቫይሩስ፤ ከይለግበካ፤ ክትገብሮም፤ ካብ ዘሎካ፤ ነዞም፤ ዝስዕቡ፤ ክንጠቅስ፤ ንኽእል፤

1. ኢድካ ብሳቡናን፤ ማይን፤ ምሕጻብ (እዚ፤ ብቀሊሉ፤ ክርኤ፤ ዘይብሉ፤ ዓቢ፤ ዓቢ፤ ጠቅሚ ኣለዎ)።
2. 60-70% ኣልኮል፤ ዘለዎ፤ ኢድ፤ መጽረዪ፤ እንተሎኩም፤ ምጥቃም።
3. ኮሮናቫይሩስ፤ ካብ ዘለዎም፤ ሰባት፤ ምርሓቅ።
4. ኮሮናቫይሩስ፤ ንዝሓመሙ፤ ክትበጽሕ፤ ዘይምኻድ።
5. ብኢድካ፤ አፍ፤ አፍንጫ፤ ዓይኒ፤ ዘይምትንካፍ።
6. ጣውላ፤ መትሓዝ ማዓጺ፤ ሽቃቅ፤ ሞባይል፤ ኮምፕተር፤ ዝአመሰሉ፤ አቅሑ፤ አጽሪኻ፤ ምሓዝ።
7. ዘይናትካ፤ ማንካ፤ መስተይ፤ ቡን፤ መስተይ ማይ፤ አንሶላ፤ ሽጋማኖ፤ ዝአመሰሉ፤ ነገራት፤ ዘይምጥቃም።
8. ደገ፤ ኣብ፤ ዝወጸእካሉ፤ ጊዜ፤ ካብ፤ ሰብ፤ 2 መትሮ ምርሓቅ።
9. ኣኸባ፤ ይኹን፤ ብዙሕ፤ ሰብ፤ ኣብ፤ ዘለዎ፤ ቦታ፤ ዘይምኻድ።

10. ኩሉ ጊዜ፤ ሐጥሺ፤ ክትብል፤ ኾነ እሑእ፤ ክትብል፤ አፍካን፤ አፍንጫኻን፤ ምዕዳው።
11. እንተ፤ ሐመምካ፤ እንተ፤ ተጸልላካ፤ ካብ፤ ገዛ ዘይምውጻእ።
12. እዚ፤ ሕግም፤ ግዜኡ፤ ሓልዩ፤ ክሳብ፤ ዝጠፍእ፤ ሳይንቲስትን፤ ሓካይምን፤ ዝህብዎ፤ ምኽሪ፤ ምስግዕ።

COVID-19 (Coronavirus infections). I hope and pray you all are well. Please, stay calm, and again, I repeat, wash your hands often. Here is a useful summary for COVID-19 Coronavirus.

Transmission of Coronavirus.

1. Person-to-person contact by respiratory droplets while talking, sneezing and coughing.
2. Infected people transmit COVID-19 during the incubation period, and when symptoms occur.
4. By mucous and saliva from infected people left on door knobs, drinking glasses, spoons, and forks etc...
5. By touching surfaces or objects contaminated with COVID-19 and then touching your nose, mouth or eyes.

Symptoms exhibited in people who are infected with COVID-19 include:

1. Fever
2. Tiredness
3. Body aches
4. Dry cough and
5. Shortness of breath.
6. Diarrhea

To prevent getting Coronavirus

1. Wash your hands several times a day with soap and water.
2. Regularly use 60-70% alcohol based hand sanitizer to disinfect your hands.
3. Avoid close contact with people who are infected with COVID-19.
4. Don't visit people ill with COVID-19.
5. Don't touch your eyes, nose, and mouth with your hands.
6. Clean counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables with household cleaning spray or wipes that contain bleach.
7. Don't share dishes, drinking glasses, cups, eating utensils, towels, or beddings.
8. Stay 2 meters away from people (Keep the distance!).
9. Avoid social gatherings, meetings, and crowds.
10. When you sneeze and cough always cover your mouth, and nose with a napkin and dispose the napkin safely.
11. If you are ill, stay at home, quarantine yourself.