

COVID-19
Coronavirus infections

Coronaviruses are viruses that cause diseases like common colds and other mild respiratory viral illness. In December of 2019 a new type coronavirus that originated from animals was discovered in China. This *Coronavirus* was first called **Novel Coronavirus-2019** and later the name was changed to **COVID-19**. COVID-19 is very easily transmitted from one person to another. That is why **COVID-19** spread from China to **139** countries in a very short period of time.

Despite quarantines, walking wearing masks, closing of schools, meetings, conferences, and businesses around the world, the number of people infected with **COVID-19** increased from a few infected people in Wuhan China to **147,746** and those who died to reach **5,539** in a few weeks. These numbers change daily.

In mid March of 2020, the majority of people diagnosed with **COVID-19** were in: China, South Korea, Italy, and Iran. In Africa **COVID-19** is in: Egypt, Algeria, Senegal, South Africa, Nigeria, Tunisia, Guinea, Togo, Ethiopia, Kenya, Sudan and Cameroon. However, thus far the total number of those that have been diagnosed with **COVID-19** in Africa is still low, totaling **96** people. But the number of diagnosed people with **COVID-19** changes daily.

Unlike the *Coronaviruses* that cause common colds, about 20% of those infected with **COVID-19** can become seriously ill and some die. Those who die generally are the: elderly, diabetics, those with heart problems, immune-compromised, and those with other serious underlying illness. 80% of those infected with **COVID-19**, show mild to no symptoms and recover from their illness. Data available to date shows that infants and children don't get ill, and if they do, only very mildly.

ኮቪድ-19
ኮሮናቫይሩስ ደር እንተራ ዕድር

ኮሮናቫይሩስስ ጎጠት ደር ሰንፍፋ ዓዳር ደር ናዕሰው ቫይሩስስ ግን። አርባ ልደትሪ (ታሕሳስ) 2019 ትል፤ እማና አርእስትጋ ቫይሩስ እንሱሰልድ እከል ካርኹ። እና ቫይሩስ ኒን ሰልፍ ኖቮ ኮሮናቫይሩስ-19 ይስቶ ሽሽሱቱኹ፤ ተለዮኻ፤ ኮቪድ-19 ይስቱኹ። ኮቪድ-19 ቻይኒያ ተርዮ ከለላ ወክትሊ ንኪ አክራሲክ **139 ቅረናትሊ ላዕከኩኹ። ቻይኒያ ቋልስታ ወክትሊድ ንኪ አክራሲክ ከላላ ወክትሊ **147,746** እክሲ ሽኹሽዶ ህንበኩ። ኒሰናኸር እና ከለላ ወክትሊ እን ኮቪድ-19 ክረውድ ሺብ፤ **5,539** ገእዮ ህንበኩ። ሺብ ኮቪድ-19 ህንባ ቅረናዲ፤ ሽኹሱቶ ህንባ እክዲ ግርጊ ሺባ ኮዱ ፈረኩ እንኩኹ። እና ክቱብ ኒን ከተብሳ ወክትሊ እን ናትከልድ በጀኻ ኮቪድ-19 ሻው ቅረናት፤ ቻይና፤ ጉላ ኮርያ፤ ጥልያን ብራ፤ ኢራን ድግን። አፍሪቂያ ንኪ አክራሲክ፤ ኮቪድ-19፤ ቋልስተውሎም፤ ህንባ፤ ቅረናት ግብጺ፤ አልጀርያ፤ ሰነጋል፤ ቶጎ፤ ጊኒ፤ ጉላ አፍሪቂያ፤ ናይጀርያ፤ ቱኒስያ፤ ካሙሩን፤ ከንያ፤ ኢትዮጵያዲ፤ ሱዳንዲ፤ ግን።**

እን ኮቪድ-19 ሻው ቅረናታ ሺብዲ፤ ሽኹሱተውዲ ክረውዲር እካ ሺብ ግርጊ ሺባ እዲናይልክ ኤሽሻኹድ፤ በጃኹ ፈረኩ እንኩኹ ።

ደኳ ወክትሊ ፈሀሚሶኮም እርገሰና፤ ኮቪድ-19 እን ጎጠት፤ ናዕሰው ቫይሩሳ ዓለትልድ አክት ሀደጎኩም እርጉኹን።

መላኪን ኮቪድ-19ድ ሽኹሱተው 20% ናበልሻልኻ ስዳዋኹ፤ ናበልሻልኻ ደምዕዳኹ፤ ናበልሻልኻ ክሪሳኹ፤ ዕድር፤ ናዕሰው፤ ገርግሳኹ፤ ቫይሩስ ግን።

ኮቪድ-19ድ ክረው እክ፤ ብጅኻክ፤ ድክንዲ፤ ለበኪ ሽኹደዲ፤ ሽኮር ብጅኻ ሽኹዳ ሻውዲ፤ ናገሮብ ዓዳር ገብብሮ ገረሰገውዲ፤ ኤሪው ደምዕደው፤ ዓዳር ምኹሮ ፈረው ድግን።

80% ኮቪድ-19ድ ዓድሮ ህንበው እክ፤ ወሪ ስዳዋኹ ወሪ ይኹ፤ ላሪ ሽኹዲ እሻራት ቋሊሰግኒ ደኮኩሉ።

ንኪ አክራሲ ቋልኖ ህንብናኹድ፤ ኮቪድ-19 ዓለትዲ ቆልዕዲት፤ ገሪኹዲክ ሻከለሎም፤ ሻከንሎምር ስዳዋ እሻራት ካያ ግን ናው ቋሊሰናኹ።

Transmission of **COVID-19** is from person-to-person through respiratory droplet infections and close contact, similar to cold and flu virus transmissions. People infected with **COVID-19** may transmit the virus during the incubation period, but they become more contagious after symptoms appear. However, **COVID-19** is not airborne. In a summary transmission may be by:

- Prolonged close proximity with people who are infected with **COVID-19**.
- Through respiratory droplets from infected person while coughing or sneezing.
- Through mucous and saliva from infected people left on surfaces, door knobs, and utensils like spoons and forks.
- Touching a surface or object contaminated with **COVID-19** and then touching your nose, mouth or eyes.

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

- Fever
- Tiredness
- Body aches
- Dry cough and
- Shortness of breath.

Prevention from being infected by **COVID-19** can be achieved by practicing routine hygiene practices like;

- Wash your hands several times a day with soap and water.
- Regularly use **60-70% alcohol** based hand sanitizer to disinfect your hands.
- Avoid close contact with people who are infected with **COVID-19**.
- Do't visit people ill with **COVID-19**.
- Avoid touching your eyes, nose, and mouth with your hands. *Note: On average people touch their face 20 times an hour.*

ኮቪድ-19 እከልድ እከል፤ ጎንፊትዲ፤ ፍሉ ዲርሰና፤ እከልድ፤ እከል፤ ስዳዋኹ፤ ጋብሩ አክን ፊኹትሩ ካራኹ ዕድር ግን። ድርጃ ያኹድ **ኮቪድ-19** እከልድ እከል ንካርዶ ገረሳ ደርፍ።

- **ኮቪድ-19** ሻው እካ ገባ ህንቡ ላ ምትር ኣካ ሺርጃ ኣካንሊ ዋንትነድ፤ ካረኹ።
- ጋብሩ፤ ሕጥሺ ይሩ፡ ወሪ ይኸ እሑእ ይሩ፤ ጥርጥረክ ፋው ብጭቃ ጥርቃኒዲ፤ ጀረር የክ ፋው እንፊጥዲሲ፤ ካረኹ።
- **ኮቪድ-19** ሻው ኣላት ኣክን፤ ኣካናትሲ ተመድሩ ግጅሮ ወሪ፤ ኤብሲ ወሪ ቁንበስ፤ ውሪ ዕልልሲ፤ ተመድነድ ካረኹ። ህንቡ፤ ላእካ ላሰዓትል **20** ወክት ኣክራሲክ፤ ገሺ ተመደኹ። ንድ መታን ግን፤ ይና ናንሲ፤ ገሪ ወክት ኣቀዲ ሳቡነዲሲ እንቃርኖ ሻኸናኹ።
- **ኮቪድ-19** ድ ሽኹስቶ ህንበውድ ኣካንሊ ፈርነዲ፤ ናንትትድ ሰላም ይነዲ፤ ሰለምነዲሲ፤ ካረኹ።

እሻራት ኮቪድ-19 ሻው እከል ቋልስተውልድ እና ተለየውሲ ሀደግኖ ገረስነኩን፤

- ሓድ
- ቁልስጃ
- ኮራተምና ገሮብኹ
- ዓልገት ፍደጋኹ እሑእ ይናዲ
- ፊኹትና ቁልስጃዲ ግን።

ኮቪድ-19 ሻኸጊንና እና ተለየውሲ እሲኖ ሻኸንኹን

- ገሪ ወክት ናንትሲ ሳቡነዲ ዓቀዲሲ እንቃርኖ።
- **60-70% ኣልኮል** ሻው ናንትታ ሻመቲሰና ነፍዕስትና።
- **ኮቪድ-19** ሻኹሎም ህንባ እከልድ ሺርናዲ፤ ሰላም ይኒልድ ደጎግስነዲ፤ ሰለምነዲድ፤ ደጎስነዲ።
- ዕልልዲ፤ ቁንበዲ፤ ኤብዲት ሻክኒልድ ደጎግስና። ክሱሰን፤ ክሱሰን፤ ናንትትሲ እንቃርግሪ፤ ኒኸርስክ ገሺ ሻክኒልድ ደጎግስና፤
- ጣውለትዲ፤ ከሺነትዲ ኒእራኩዲት ጨርትድ ሻክና።

- Clean counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables with regular household cleaning spray or wipes that contain bleach.
- Don't share dishes, drinking glasses, cups, eating utensils, towels, or beddings.
- Keep a distance of about a meter from people with **COVID-19** when they are coughing or sneezing.
- If **COVID-19** infection is in your area, avoid social gatherings and crowds.
- When you sneeze and cough always cover your mouth and nose with a napkin and dispose the napkin safely.
- If you are ill stay at home, quarantine yourself.

Treatment. There is no treatment for **COVID-19** infection. General supportive care with oxygen, IV fluids, and pain medication like acetaminophen or ibuprofen help but are not cures.

- **Remdesivir**, originally developed for **EBOLA** (which didn't work for Ebola) is on trial.
- There is **no vaccine**, however, there are many people working to develop one.

- ሽቃቃዲ፣ እድህ ሻኪሰነዲ፣ ተለፎናትዲ፣ ሞባይልዲ፣ ኮምፑተራዲት፣ ጨርትድ ሻክነዲ፣
- **ኮቪድ-19** ሻኮሎም ህንባ እክ ነፍዕስትነው እራኩ ነፍዕስትኋልድ ደጎግስነዲ፣

- **ኮቪድ-19** ኤርሶ ህንባ አካናትሊ መንደትናኽር አክነን እክ እክብስኖ ህንባና አካንትሊ ፈርና ብነዲ፣ ግን።

- **ኮቪድ-19** ሽኩሽትረን ልማልድ ፍና ጀረብደላ።
- ሕክምና ጀረብዳ ወክትሊ ገእይረን መላኪን ሕክምኋል ፈርግሪር ጃብ ተለፎን እስረ ወንቀርና።
- እሑእ ይሩ ዲማ አብዲ ቁንባዲት መንዲልድ፣ ወሪ መንዲል ወረቀትኹድ፣ አበድሮ እሑእ ይና።
- እሑእ ይሩ ግጅሮ ናንሲ እንቃርግሪ እክሲ ሰላም ይኋልድ ደጎግስና፣ ጀረብደኩ።

ኮቪድ-19ድ አካኹ ትላ እላ። እስብዳለትል አከማር፣ ፊኹትና ካብነዲ፣ ብር ደርብድ እሲነ ዓቁዲ ሽኮርዲ ሽወዲ ኡነዲ፣ ኒሶናኽር ፓናዶል ወሪ ታይላኖል ወሪ አድቪልዲ ናሰና የው ምጫት ሀዳእሰው፣ ትልል አከገን፣ ኤሪኹ እሲድኖ ገረሰኒ።

ራምደቪር ይስታኹ ትላ **ኮቪድ-19**ት ትልልዶ ገረሳኹ አክራ ይስታ ሳደድ፣ ሓካይም ኒተብድኋል፣ ህንባነኩ።

ኮቪድ-19ድ አካኹ **ክትባት** ንኪ አክራሲ ኤርሶ እላ።