

CORONAVIRUS – COVID-19

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Chii chinonzi coronavirus itsva kana kuti Covid-19?

Zita rekuti Novel Coronavirus ndiro rakapihwa chirwere nevirus yakatanga muna Zvita 2019 kunyika yeChina kuWuhan. Zvisinei, zita rekuti Coronavirus izita rinoshandiswa kutsanangura mavirus akwanda anokwanisa kukonzeresa kurwara neflu. Nokudaro, WHO yakapa zita rokuti COVID-19 kuchirwere chitsva chafamba kunyika dzose.

Zvisinei iriko mishonga inokwanisa kurapa masymptoms chete echirwere ichi asi kurapa icho chirwere chacho hakusati kwaonekwa mushonga wokudzivirira kana kurapa COVID-19

Chirwere cheCovid chinotaputiranwa sei?

Chirwere che Covid-19 chinonyanya kutapuriranwa uye nekuzadzanwa kubudikidza nezvinotevera:

- ❖ Kuasangana nemunhu anechirwere ichi kunyanya ukange wasangana nemate ake kana madziwa pakuhetsura, kukosora kana kufema.
- ❖ Unokwanisa kubatira chirwere ichi kana ukabata kana kuve pedyo munhu anacho zvakafana nekubatana kana kukwazisana,
- ❖ nzvimbo dzaanenge abata
- ❖ kana ukazozvibate maziso, mhinho kana muromo unobva wabatira



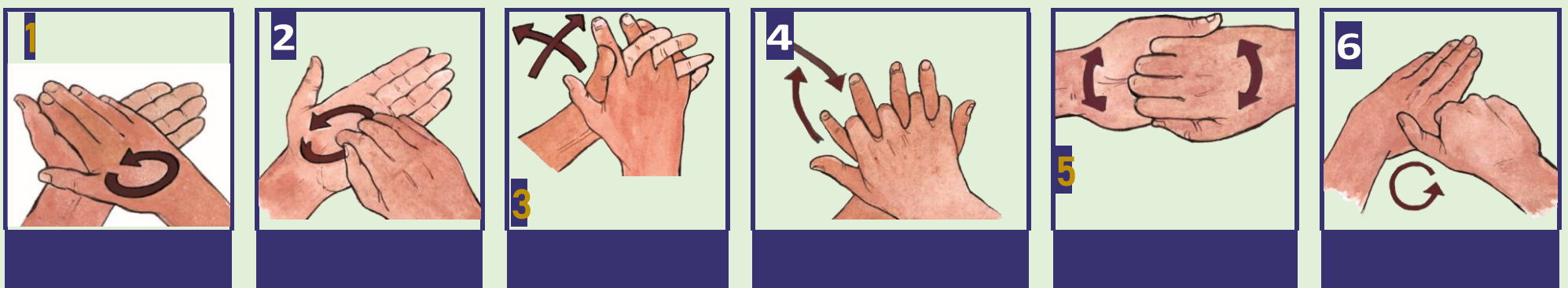
Ungaitei kudzivirira chirwere ichi?

Unokwanisa kuzvidzivirira kubatira kana kubatidza vamwe COVID-19 kana ukatedzera zvinotevera:

- ❖ Ramba uchigeza maoko nguva dzose uchishandisa sipo nemvura kwenguva yakareba. Kune iyo inonzi hand sanitiser yaunokwanisa kushandisa zvekare. Zvisinei kana usina, simbirira nekugeza maoko nesipo zvinova zvinobatsira kuraya virus ye
- ❖ Rangarira kumira kure neumwe munhu kwete pedyo, kunyayya munhu anoratidza kunge akurwara, anokosora kosora kana anohetsura. Asi unofanira kubatsira vamwe vanorwara wakazvichengetedza
- ❖ Dzivirira kubatira chirwere ichi nekusabata kumeso kwako, ukabata maziso, mhino kana muromo, chirwere chinopinda mumuviri mako wobva watanga kurwara.
- ❖ Kubatsira vamwe kana kuzvibatsira, ukafungidzira kuti unacho chirwere, zvigarire wega, usasangane nevamwe nokuti unopomera vamwe COVID-19
- ❖ Utano hwakakosha panguvaino, kugara wakachenesa nzvimbo yako nemuviri wako.
- ❖ Ukahotsira vhara muromo nemhino dzako neruoko kana tissue obva watorirasa wongeza maoko ako ne sipo. Kana unisa tissue hotsira mugokora wakatarisa kuridivi.
- ❖ Gara urikure nevamwe uye usabate bate vanhu, usambundire neruoko, usambundire kana kutsvoda vanhu.
- ❖ Pfeka chinovanza mhino nemuromo paunofamba munzvimbo dzakazara vanhu, asi yeuka kuti chinovanza mhino ne muromo chinoshanda kamwe. Unokwanisa kugadzira chekuvahara mhino nemuromo kubva kunhumbi dzedonje panekugara usina zvachose. Uchinge wapfeka chonovanza mhino nemuromo usachibate bate kunze kwekuti wageza maoko ako



Geza maoko sezviri mumufanidzo



KUTI UWANE RUMWE RUZIVO BATAI VASHANDI VEGAPWUZ KUNZVIMBO DZAMUNOSHANDIRA

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AN INJURY TO ONE IS AN INJURY TO ALL

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Chii chinoratidza kuti ungave ne COVID-19?

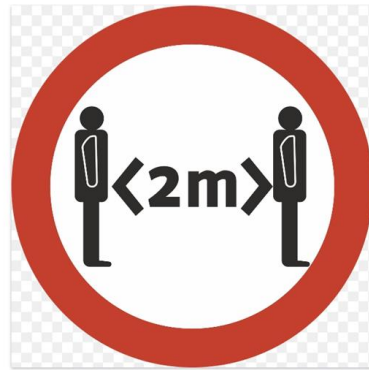
Zvinoratidzika kuti ungave nechirwere cheCOVID-19 zvinosanganisira;

- ❖ kudziya moviri,
- ❖ kunzwa kuneta nechikosoro.
- ❖ Kunetsekana nekufema
- ❖ kuyerera dziwa,
- ❖ Kurwadziwa/ maronda pahuro ne;
- ❖ manyoka.

Pakutanga unokwanisa kunzwa chero chezvinhu izvi zvisingapore asi zvichiwedzera.

UNOTA SE KANA UCHFUNGIDZIRA KUTI UNAYO COVID-19?

- ❖ Kana usinganzwe zvakanaka gara kumba, usaende kubasa, kunzvimbo dzakazara kana kwakaungana vanhu.
- ❖ Zvakakosha kuti ukangoita zviratidzo zvekurwara neCOVID-19 self-isolate (zvibvise kubasa kana pane vanhu vazhini) uye ramba uchiongorora utano hwako. Asi usamhanye kuchipatara, vanhu vakamhanyira kuchipatira zvinokwanisa kukanganisa varimuzvipatira nokuti vanowandirwa nevanhu uye munenge maungana vanhu vakawanda mobatidzana zvirwere.
- ❖ Ukaona kurwara kwako kwawedzera zvapakfurikidza, usaende kuchipatara, hurumende ine nzvimbo dzekuenda kunocherechedzwa chirwere cheCOVID-19. Tanga wafonera hurumende panumber dzinoti 2019 ava ndivo vachakuraira kuti unoenda kupi uye unodini.



KUDZIVIRIRA KUBATIRA COVID-19 KUBASA

- ❖ Wonai COVID-19 se occupational health issue, garai pasi muone njodzi dzinokwanisa kuoneka pamunoshandira nekubatira chirwere ichi nemumiriri weunion yenyu
- ❖ Vashandi mune kodzero yekugara muchitaurirwa mamiriro aita zvinhu ne COVID-19 uye kudzidziswa maererano nekuzvichengeteda kudzivirira chirwere ichi
- ❖ Munofanira kuva mune nhumbi dzinokuchengetedzai iyo inonzi personal protective equipment (PPE) yakakodzerana nebasa ramunoita uye dzakatarwa kuti dzinodzivirira kuCOVID-19
- ❖ Munofanira kugariswa kana kushandira kure nekure
- ❖ Munekodzero yekukumbira michovha unokuendesai kubasa nekukudzoserai kumba
- ❖ Chengetedzai utsanana pamunoshandira, zvamunoshandisa nekwamunogara
- ❖ Vashandi vanorwara ngavasaenda kubasa vanofanira kuita self-isolate vopihwa mazuva okuzorora vachirapwa.