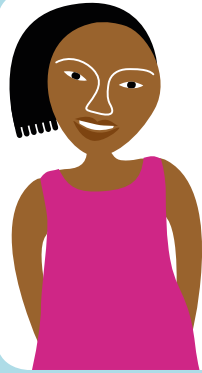
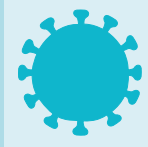


COVID-19 Mazano kune vechidiki



Unogona kunge uri kunetseka nezveramangwana, asi wana mazano uye nhungamiro inoita kuti uzvidzivirire uye urambe uine utano, zvoita kuti ukwanise kuzvimiririra uye kubatsira hama neshamwari dzako.

Chii chinonzi Coronavirus?



Coronavirus, inonzi **COVID-19**, chirwere chinokonzerwa neutachiona hunonzi coronavirus. Chirwere che

COVID-19 chinogona kubata mhuka kana vanhu.

Kuti uwane mamwe mashoko, enda pa: www.who.int/emergencies/diseases/novel-coronavirus-2019



Munhu anenge abatwa nechirwere ichi anogona kungonzwa seane furuu kana kuti anogona kurwara zvekusvika pakunzwa mabayo, kutadza kufema zvakanaka uye anogona kufa.



Vamwe pavanobatwa nechirwere ichi vanogona kusatomborwara kana kuratidzika seviri kurwara. Vazhinji vanenge vabatwa

nechirwere ichi (**inenge 80%**) vanopora pasina zvakanaka zvekupapira zvavaitwa. Kana uri kurarama neutachiona hweHIV asi usiri kunwa mushonga, unogona kuva pangosi yakakura yekubatwa neCOVID-19 uye zvinozonetsa kuti apore kana wabatwa nayo.

Zvinowanzoita munhu abatwa neCOVID-19



Chikosoro chisina makararwa

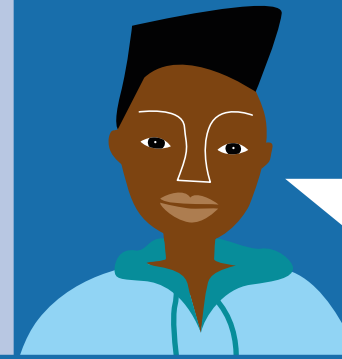


Kupisa muviri zvakananyanya



Nezvimwewo zviratidzo zveFuruu

1 Kana uri kunwa mushonga, inwa sezvawakaudzwa nachiremba. Edza kugara uine mushonga unopedza mwedzi uye tsvaga umwe kana wava kupera.



Zvaungaita kuti ugare uine utano

2 Taura nemumwe munhu kana uri kunetsekana nezveCOVID-19 - semuenzaniso kufona kana paWhatsApp.



3 Kurudzira shamwari dziri kure dziri kunetsekana kana kuti dzisiri kufambirwa nezvinhu kumba.



4 Idya zvine utano uye ita maekisesaizi kuti uchengetedze utano hwemuviri nepfungwa.



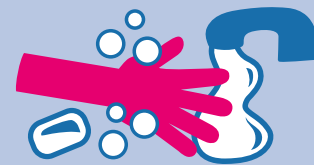
5 Kana ukanzwa chikosoro furuu kana kupisa muviri, gara pamba uye fonera vanachiremba kana uri kutadza kufema zvakanaka.



6 Usaungana neshamwari dzako-gara kumba uye ingofamba uchiita zvinhu zvinokosha sekutenga zvekudya kana mushonga.



7 Gara uchigeza maoko nesipo kwemasekonzi 20, kunyanya paunobuda mumba uye paunodzoka.



8 Dzivisa kubata maziso, mhino uye muromo.



9 Ngwarira kuti usatevedzera mashoko asina kutsvakurudzwa uye usaaparadzira.



10 Gara wakatarumkana nevamwe kwemita imwe kana mbiri uye edza kusaenda pane vanhu vakaungana.

