

Mawu oyamba

Boma la Malawi kudzera ku unduna wa Za Umoyo ndi Chiwerengero cha Anthu, likudziwitsa anthu onse kuti kwagwa muliri wa matenda a Coronavirus omwe mwachidule akutchulidwa kuti COVID-19 m'maiko ena. Matendawa adayamba kupezeka m'dera la Wuhan m'chigawo cha Hubei, m'dziko la China.

Matenda a Coronavirus ndi chiyani?

Awa ndi matenda omwe amayambika ndi tizirombo totchedwa Corona omwe amatha kufala pakati pa nyama ndi anthu komanso pakati pa anthu okha okha.

Zizindikiro za matenda a Coronavirus Odwala matendawa amaonetsa zizindikiro izi:

- Kutentha kwa thupi
- Kumphwanya kwa thupi
- Kuyetsemula (chifine)
- Kukhosomola (chifuwa)
- Kubanika

Matendawa amafala bwanji?

- Pokhudzana ndi malovu, makhololo ndi mamina a munthu yemwe akudwala matendawa komanso zinthu zamadzimadzi za mthupi la odwala matendawa monga magazi, thukuta ndi masanzi.
- Pogwiritsa ntchito zofunda, zovala kapena zipangizo zakuthwa zomwe odwala matendawa wagwiritsa ntchito.

Pamapita nthawi yaitali bwanji kuti munthu ayambe kudwala kuchokera pamene tizirombo toyambitsa matendawa talowa m'thupi lake?

Munthu akatenga tizirombo toyambitsa matendawa, pamapita masiku 14 kuti ayambe kuonetsa zizindikiro za matendawa. Komabe munthu amatha kufalitsa matendawa ngakhale asanayambe kuonetsa zizindikiro.



Koma chiopsezo chotenga matendawa kuchokera kwa munthu amene sanayambe kuonetsa zizindikiro ndi chochepa.

Kuopsa kwa matenda a Coronavirus

Ngati odwala matendawa salandira thandizo loyenera msanga, akhoza kudwalanso zibayo m'mapapo onse ndipo atha kumwalira. Anthu okalamba, amene ali ndi matenda ena, komanso amene ali ndi chitetezo chotsika m'thupi mwawo ndi amene ali pa chiopsezo chochuluka chodwala ndi kumwalira ndi matendawa.

Zoyenera kuchita pamene tiri ndi matenda okhudza ziwalo zopumira

- Kukhala panyumba ngati tadwala.
- Ngati mukumva kutentha thupi, kapena mukudwala chifuwa, chimfine, kapena kupuma mobanika imbani foni pa 54747 mwa ulere.
- Pokhosomola ndi poyetsemula tsekani pakamwa komanso mphuno ndi kansalu. Muthanso kupinda mkono wanu ndi

kukhosomolera kapena kuyetsemulira mkati mwamkonowo pamene mwaupindapo.

- Sambani m'manja ndi sopo mukatha kukhosomola kapena kuyetsemula.
- Tsukani komanso thirani mankhwala opha tizirombo toyambitsa matenda malo onse amene odwala anagwiritsa ntchito kuphatikizapo ziwiya zonse.
- Pewani kukhudzana ndi anthu ena.
- Pewani kupereka kapena kulandira moni wa padzanja.

Tingadziteteze bwanji ku Coronavirus?

Pakadali pano, matendawa sanafike m'dziko lathu lino la Malawi. Komabe tiyenera kutsata izi tsiku ndi tsiku:

- Tisakhudzane ndi anthu amene akuoneka
- kuti ali ndi chimfine, chifuwa kapena
- akutentha thupi.



- Tipewe kugwira m'maso, mphuno ndi pakamwa tisanasambe m'manja ndi sopo.

- Tisambe m'manja ndi sopo pafupipafupi
- Tipewe kupita kumalo kumene kwabuka matendawa.
- Tipewe kukhudzana ndi munthu amene akusonyeza zizindikiro za chimfine popanda zodzitetzera.

Khalani patali ndi odwala chifuwa kapena chimfine.

Ndi ndani ali pachiopsezo chotenga matendawa ?

- Anthu amene apita kumayiko omwe kuli matenda a Coronavirus mu masiku 14 apitawo komanso munthu amene wakhudzana ndi odwala matendawa kapena zinthu zomwe odwala anakhudzana nazo kapena kuzigwiritsa ntchito.
- Anthu okalamba komanso anthu amene akudwala matenda ena monga a mtima, kuthamanga kwa magazi kapena shuga, ndiamene ali pachiopsezo chochuluka chodwala matendawa.

Kodi pali katamera wa matenda a Coronavirus?

Pakanali pano palibe katamera oteteza ku matendawa.

Kodi pali mankhwala ochiza matendawa?

Palibe mankhwala eni eni ochiza matendawa. Anthu omwe ali ndi matendawa amalandira chithandizo chokhudza zizindikiro zomwe akuonetsa komanso kuchepetsa ululu. Pali ndondomeko zimene achipatala angathe kugwiritsa ntchito pothandiza anthu odwala matendawa.

Ogwira ntchito zachipatala angadziteteze bwanji?

- Kutsatira njira zonse zoyenera za zaukhondo monga kusamba m'manja ndi sopo, komanso kugwiritsa ntchito zipangizo zodzitetzera pothandiza odwala aliyense monga ma golovesi, majombo ndi zotchingira kumaso amalandira chithandizo chokhudza zizindikiro zomwe akuonetsa komanso kuchepetsa ululu. Pali ndondomeko zimene achipatala angathe kugwiritsa ntchito pothandiza anthu odwala matendawa.
- Kugwiritsa ntchito ndondomeko zapadera za WHO pamene mukuthandiza munthu amene akuganiziridwa kuti akudwala Coronavirus.



Ministry of Health

Dziwani za matenda a **CORONAVIRUS**



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