

“Ko_vî-19 na_gaw pyeu nga leh nuui noe_dze-eu tsaw ha_deu-ah yaw ha-eu nym-ah bo sa^ la^ sa^ -eu ga^ khah”

Ko_vî-19(COVID-19) leh_a_je-ah_khuhta.

Ko_vî-19 (COVID-19)-a, ko_ro_na_vai^ra^ (coronavirus) leh_khu-eu a^boe_a^ maw-ah neh pyeu_meh. Na_gaw heu hm_a tsaw ha_yaw gha na lu-ah nyaw-i nya meh. Nym pyeu lu-eu ko_ro_na_vai^ra^ a^boe_a^maw heu-a hti_gha hti_gha nyaw-i-eu a^dzeh-eh khaw-eu mi neh, lo_qhm lo_lah(ka_kaw-eh)-eu ga^ khah deu-ah ma_byeh ni chaw hteh-eu heu a ye^ hui_dui dui-eu meh.

Na_gaw heu nyaw le^ gha na mya mya ni (5-6) nah la_qhoe na_gaw-eu a^ gheh pyeu do^ la^-aw, hti_pa^ na deu-a, (14) nah byah la^ ngeh haw-eu na_gaw a^ gheh do^ la^-eu meh. Na_gaw nyaw le^-eu tsaw ha_deu mya ni, na_gaw a^ dzeh-eh ma_qa^ -eu mi neh se^yo-ah yu-eu ma_lo-a.

Tsaw maw tsaw qa^ deu (60 qo-ah neh la ta^) nui je na_gaw (nui ma na_gaw, sha_paw na_gaw, oi^shoi haw-eu shi_yaw choe, shi da^ -eu, a^dzeh tsu^ dzeu-eu, haw-eu , ma^deh(ken_sa) na_gaw) heu deu ah^-eu tsaw ha_deu-ah ko_vî na_gaw nyaw le^ na, na_gaw yaw dm meh.

(1) Na_gaw a^ gheh deu

Pyeu mya-eu na_gaw a^ gheh deu

- Phya_la^-eu. (yaw lah^ dza-eu je neh dza haw na^, yaw lah^ 99.5 di_gi_ri_fa_re_hai^, ma_ngeu na^, 37.5 di_gi_ri_sen_ti_ga_re^ ah^neh la^ta^ ja^ meh.)
- U_tsoe_tsoe-eu.(gui cho^ ni tsoe-eu)
- Gha_doe^ doe^-eu.

Na_gaw a^ gheh yaw qa^ deu.

- Sa_ghaw^khah su_la^-aw sa_ma_ghaw deh^ nya-eu.
- Qhah na^-eu, qhah-ah yaw khah hti_je pha_ba^da^ hta-eu lo-eh gheh-eu.
- Daw_ma_ngeh do^ nya-eu, ma_lu^ maw-eu.
- Nui ma su sa-eu.

Yaw qa^ -eh ma_pyeu mya-eu na_gaw a^ gheh

- Yaw sa_ma_beh la la^ ni pyeu-i-eu.
- Na^ meh^ tsoe-eu, na^ ui^ yoe^-eu.
- Mya^ nui^ na^-eu, mya^ nui^ mya^ si ne^ la^-eu.
- Khu_byah na^-eu.
- U_du_kaw-eu.
- Sha_gu sha_la na^-eu.
- Ghaw^ maw^ hti hta na doe ni yaw ne^ ne^ leh do^ la^-eu.
- U_peh_peh-eu.
- U_ma^ i^-eu.
- Yaw ga^ nyeh nyeh-eh ga^-aw u_du mo-eu.



(2) Yaw_u ha_u neh-eh^h hti_u kaw^h lo_u-eh^h jaw^h-eu tsaw^h ha_u la_u qhoe^h ko_uvi^h-19 na^h gaw^h nyaw_u la-aw^h, na^h gaw^h a^h gheh^h a^h dzeh_u-eh^h ma_u qa^h nga leh^h ngeu^h na^h,



- Daw_u pheh ma_u ya bi jaw^h-a. Gheh nya na^h a_u yaw^h yaw_u hti_u law^h-ah^h bi jaw^h yaw_u.
Ja_u leh^h za mui_u-eu jaw^h du_u-ah^h ya bi jaw^h meh.
- Nui deu_u neh_u-eh^h hti_u kaw^h lo_u-eh^h jaw^h dzoe^h pha_u-eh^h tsa_u la^h ngeh, na^h meh^h meh_u tsa_u(mask) yaw ghoe_u ghoe_u leh^h tsa_u yaw_u.
- U_uci_u yaw mui_u-eh^h yu_u deh^h-aw^h, gha_u na_u yaw mui_u-eh^h na_u deh^h yaw_u.

- Ko_uvi^h-19 na^h gaw^h a^h gheh^h pyeu_u do^h la^h ngeh nah-ah^h neh dah_u beh-aw^h(14) nah byah ni yaw_u ha teh_u-eh^h ya jaw^h ghaw_u meh.
- Na^h gaw^h ah^h-eu tsaw^h ha_u neh_u-eh^h jaw^hta jaw^h dzoe^h gha_u-eu_u yaw_u gha_u na lu_u na^h gaw^h ma_u do^h la^h-eu_u qaw_u, (10) nah byah ni yaw_u ga^h yaw_u jaw^h ghaw_u-aw^h ya lo_u haw meh. Eh^h hta_u-eu_u a^h yam_u la_u qhoe^h na^h gaw^h pyeu_u la^h na^h, la_u ta^h phaw eh^h dzeu^h hta_u-eu_u lo_u-eh^h yaw_u ha teh_u-eh^h ya jaw^h ghaw_u hta_u meh.
- Ko_uvi^h-19 a^hboe_u a^h maw^h u^h, ma_u u^h leh^h tse^h haw_u-eu lo_u meh. A^h boe_u a^h maw^h tse^h-eu khui kha (Rapid Diagnostic Test/RDT) neh tse^h ngeh, “a^hmaw^h ma_u u^hnga” (Negative) leh^h bya_u la^h-eu_u qaw_u na^h gaw^h a^h gheh^h deu_u na^h lu_u na^h a_u chaw_u neh_u-eh^h ma_u ya jaw^h-a.
- Qhoe^hlo_u-eh^h jaw^h lu_u ngeh, na^h gaw^h a^h gheh^h yaw qa^h deu_u pyeu_u do^h la^h na^h na^h gaw^h la^h sa^h-eu phaw haw_u-eu tsaw^h ha_u-ah^h tso_u tca_u-aw^h yaw khaw^h-eh^h ya la^h sa^h meh.

(3) Ko_uvi^h-19 na^h gaw^h na^h la^h-eu_u tsaw^h ha_u yaw_u gha_u na lu_u gha_u pyeu_u-eu dza^h mui_u dza^h khui^h dza_u-eu a ye^h hui_u meh.

- Tsaw^h gah^h ah^h-eu deu_u neh eh^h hta_u-eu dza^h (3) je_upyeu_u-eu, shi_usha_u pyeu_u-eu dza^h, gha_u pyeu_u-eu dza^h haw^h-eu, na^h gaw^h lo_u qhm_u-eu dza^h heu deu_u haw_u yaw byaw^h na lu_u dza_u ku_u-eu lo_u meh.
- Dza^h heu (3) je_u leh^h eh^h-eu-a_u,



- (1) Haw_u, kha_ujm_u, a^hdu, a_ulu^h maw_u choe^hhaw^h-eu tsi^h heu deu_u-a_u gha_u pyeu_u-eu dza^h deu_u meh.

(2) Ghaw_u nyoe_h dza_h nyoe_h haw_u eu a_h si_u a_h lu ghaw_u mya je_u heu deu-a_u na_h gaw_u-ah_h law_u qhm_u-eu dza_h deu_u meh.



(3) sha_u ji_u, nga_u sha_u, a_h beh^h ghaw_u mya je_u, maw_u ne_u a_u choe_h, ya u^h haw_u-eu nui^h phah_u nui^h pya^h heu deu-a_u shi_u sha_u gha_h du_u dza_h pyeu_u-eu meh.

- Dza_h yaw byeh^h byeh^h leh_h jah_u-aw_h hti_u nah (6) po^h ya dza_u meh.
- I_u cu_u, a_h si_u dza_h ui_h, sha_u ji_u sha_u yoe_u pu_u-eu dza_h ui_h haw_u-eu haw_u dza_h ui_h daw_u yaw_u.
- Khu_u phyu_u yoe_h mya_u-eu haw_u-eu, u_u ma^h i_h na_h da^h sa_h pa_u toe^h ya daw_u meh.
- Tsi_u, yaw choe_h, sa_u deu_u yaw ta^h haw_u-eu, u_u ma^h byeh^h la_h pha_u-eh_h gheh_u-eu dza_h deu_u sa^h na_u dza dza-eh_h dza_u yaw_u.

(4) Ko_u vi^h-19 na_h gaw_u a_h gheh_u do^h la_h hta_u-eu tsaw_u ha_u deu_u a_u geu je_u dza haw_u-eu lo_u hta.

- Yawlah_u ya dza haw meh. Tsaw_u ha_u hti_u gha_u ya ja^h-eu yaw lah_u-a_u, 98.6 di_u ga_u ri_u fa_u re_u hai^h (37.5 di_u ga_u ri_u sen_u ti_u ga_u re^h) meh. Phya_u-eu ah_h na_h (low grade fever) 99.5 Di_u ga_u ri_u fa_u re_u hai^h (37.5 di_u ga_u ri_u sen_u ti_u ga_u re^h) ah_h neh 100.3 di_u ga_u ri_u fa_u re_u hai^h (38.3 di_u ga_u ri_u sen_u ti_u ga_u re^h) ja^h-aw_h, qhah_u lah_u-eu ma_u lo_u-a.
- Sha_u gu_u tsaw_u-eu ya htoe_u haw meh. Jaw_u sa_h do^h ngeh na_u li_u hti_u mi^h ni^h-ah_h 60 ah_h neh 100 po^h yaw kha_u-ah_h tsaw_u meh. Jaw_u sa_h ma_u do^h na_h sha_u gu_u tsaw_u-eu yaw khaw_u meh.
- Shi_u shi_u ca^h la_u qhoe_h Ao_u si_u jen_u a_h mya^h ni ah_h-i_h lu_u-eu ya si_u ni ,Ao_u si_u jen_u dza haw-eu khui kha (Pulse Oximeter) neh dza haw nya meh. Jaw_u sa_h do^h lu_u-eu tsaw_u ha_u hti_u gha_u-eu shi_u la_u qhoe_h Ao_u si_u jen_u 95% ah_h neh la_u ta^h ja^h meh. Ao_u si_u jen_u 95% la_u o^h ga^h-i_h na_h, jaw_u sa_h do^h -eu phaw haw lu_u-eu deu_u-ah_h ya eh_h neh_u meh.
- Yaw_u ha_u-eu maw_u do shi_u da^h-eu, oi^h shoi yaw choe_h na_h gaw_u ah_h na_h, (si^h cho_u) shi dza haw-aw_h, shi_u la_u qhoe_h yaw choe_h kheu_u ma_u kheu_u leh_h ya dza haw meh.



(5) Ko_vi^-19 na^ gaw^ nyaw_ le^-eu_ qaw_, jaw^ mui_-aw^ na^ gaw^ a^ gheh^ a^ dzeh_-eh^ ma_ qa^ na^ , yaw_ ha-eu_ i^ khah^ jaw-aw^ a_ jo^-eh^ la^ sa^ nya hta.



- Phya_la^-eu_ma_ eh^ , a_khui^ a_la_ teu_ dza_-eu ma_ eh^ , u_du_ na^- eu ma_ eh^ , Pa_la_sa_ta_maw^ dza_ nya meh. Tsaw^ qa^ (hui_la^-eu_) deu_ hti_ po^ dza_ ngeh Pa_la_sa_ta_maw^ a^ si_ 500 mi_li_ga_ra_ hti_si_ ma_ ngeu_ na^ nyi_ si_ keu^ ni dza_ nya-aw^ , hti_ nah oe_ po^ ta_-eh^ ma_ ya dza_ dzeh_-a.
- Phya_-eu (yaw lah^) ma_ ga_-i^ na^ sa_ pha^ yaw shaw^ i^ cu_-ah^ deh_ dui^-aw^ na^ qhaw^-ah^ gheu da^ neh_ yaw_. A^ dzeh_-eh^ phya_ na^ sa_ pha^ i^ cu_-ah^ deh_ dui^-aw^ ghaw^ maw^ je_ dzeh neh_ yaw_.

- Ko_vi^-19 na^ gaw^ hta_ le^ meh leh^ , a_chaw_ eh^-eu.. pa_tiz_i_ghaw-a^ (Antibiotics) haw^-eu, sa_tiraw-e^(Steroids) ja^ gha_heu deu_ sa_la_ghon_ deu_ ma_ eh^ ga^ ma_ ya dza_-a.
- Dzeu^ la^ ngeh neh ah^-eu_ nui je_ na^ gaw^ (shi_da^-eu, oi^shoi^-ah^ yaw choe^ ah^-eu,) heu_ lo_-eh^ gheh-eu na^ gaw^ deu_ gha^ du_ dza_ la_-eu_ ja^ gha_ deu_ qaw_ ma_ byeh^ ni dza_ tca_ nya meh.

(6) Za_-eu_ a_ma deu_ ko_vi^-19 na^ gaw^ a^ gheh^ do^ la^ gha_-eu_ qaw_, yaw_ ha-eu_ za_-ah^ a_ choe^ yaw mui_-eh^ bi daw^ tca_ nya meh.

- Za_-ah^ a_ choe^ qha^ bi daw^ ngeh yaw_ po^ na lu_, za_-ah^ ma_ chi_ tu^ mi na^-ah^ ma_ eh^ , a_ choe^ bi daw^ gha_ ngeh ma_ eh^ , sa^bya_ neh (20) seh^kan^ byah ni a_ la_ dzui_ shaw^ yaw_. Eh_ko_haw^ 60% ah^-eu a_ la_ dzui_-eu ja^ gha_ neh qaw_ dzui_ nya meh.
- Za_ gha_ a_ma jaw^ ga^ ma_ la^ keu^-eu_ 6 pe_ kha^ ngeh neh ma_ eh^ , za_-ah^ a_ choe^ bi daw^ lu_ ngeh ma_ eh^ , a_ma gha_ qha_ meh, na^meh^-ah^ meh_tsah_(mask) yaw ghoe_ ghoe_ leh^ tsah_ yaw_.
- Za_ gha_-ah^ meh_tsah_(mask) ma_ ya tsah_-a.
- Za_-ah^ a_ choe^ bi daw^ lu_ ngeh ma_ eh^ , za_ chi_ lu_ ngeh ma_ eh^ , ha^ cheu_ ma_ ya cheu_ , u_ tsoe_ qaw_ hti_ je_ ngeh neh ma_ ya tsoe_-a.
- Za_-ah^ a^ choe^ bi daw^-eu ba_ da neh ji^-eu_ gha_ deu_ pha^ qo_ la^ ni, gha_ pyeu_-eu dza^ mui_ dza^ khui^ dza_-eu gha^ du_ a ye^ hui_ dui dui meh.

(7) Ko_vi^-19 na^ lu_-eu gha_-ah^ bo sa^-eu gha_ chaw hteh-aw^ ya m^-eu ga^ khah^.

- Na^ lu_-eu gha-eu_ daw_ pheh qha^ jaw^ ngeh meh_ tsah_ yaw ghoe_ ghoe_ leh^ tsah_ yaw.
- Na^ lu_-eu gha_-ah^ qha^ bo sa^ ngeh hti_ po^ zm_-eu la^ bah_ bah_ yaw_. La_bah_ ma_ bah_ mi na^-eh^ haw^-eu la_bah_ leh^ gha_ ngeh a_ la_ dzui_ dzeh yaw_.

- Na^h-eu gha_h-ah^h htoe_h tu^h gha_h ngeh haw^h-eu, haw_h m^h dza^h sa_h gheh gha_h ngeh a_h la_h dzui_h yaw_h.
- Na^h-eu gha_h neh_h-eh^h dm gha_h dm lm^h, qhm_h ma_h khu_h tca_h, yu_h za^h bui bah_h, la_h si^h pha^h jeh heu deu_h ma_h ya zm_h ta_h-a.
- Na^h-eu gha_h neh qha^h htoe_h tu^h-eu (la^h gho^h la_h du^h, mi_h dza_h htoe_h do_h htoe_h mi^h du_h) heu lo_h-eh^h gheh-eu deu_h-ah^h, a^h boe_h a^h maw^h shi^h-eu ja^h gha_h Hai^h po_h ka_h lo_h ra^h-e^h (0.1% Hypochlorite solution) neh yaw_h nah na lu_h ya beu^h neh_h meh.
- Na^h-eu gha_h haw^h-eu na^h-eu gha_h-ah^h bo sa^h-eu gha_h neh zm-eu_h bi_h dzeh_h pha_h-eh^h gheh-eu myaw_h deu_h (meh_h tsah_h (mask) yaw oe^h ja^h gha_h khui kha deu_h qaw_h yaw ghoe_h ghoe_h leh^h toe^h ghoe_h-aw^h ya bi_h dzeh meh.
- Na^h-eu gha_h na^h gaw^h a^h gheh^h pyeu_h qa^h dzeh_h la^h na^h, na^h gaw^h la^h sa^h-eu deu_h-ah^h yaw khaw^h-eh^h tca_h ga_h yaw_h.

(8) Ko_h vi^h-19 haw^h-eu shi_h la_h qhoe^h-eu Ao_h si_h jen_h

Ko_h vi^h-19 na^h lu_h-eu tsaw^h ha_h deu_h shi_h la_h qhoe^h Ao_h si_h jen_h ga^h-i^h na^h, gha_h doe^h doe^h-eu, sa_h ghaw^h khah_h su_h la^h-eu, sa_h ma_h ghaw^h deh^h nya^h-eu heu deu_h pyeu_h la^h nya^h-eu mi^h neh, (Pulse Oximeter) leh^h khu^h-eu Ao_h si_h jen_h dza^h-eu khui kha neh qha^h hte_h-eu hti_h nah (3) po^h dza haw^h-eu lo_h meh.

Jaw^h sa^h do^h lu_h-eu tsaw^h ha_h hti_h gha_h, shi_h la_h qhoe^h Ao_h si_h jen_h 95% ah^h neh la_h ta^h ja^h-eu meh.

1. Shi_h la_h qhoe^h Ao_h si_h jen_h 94% neh la_h ta^h ja^h lu_h na^h la_h ta^h phaw eh^h dzeu^h hta_h-eu lo_h-eh^h dza haw^h-eu ma_h byeh^h ni^h dza haw yaw_h.

2. Shi_h la_h qhoe^h Ao_h si_h jen_h 90% la_h ta^h ja^h qaw_h, 94% la_h o^h ga^h-i^h na^h,

- Mo_h tsah_h-eh^h yu_h-eu, ma_h ngeu^h na^h qaw_h, Ao_h si_h jen_h yaw mui_h-eh^h za nya ni ghaw_h mya je_h ji^h po^h ji^h pha^h m^h m^h-eh^h jaw^h yaw_h. (A_h jo^h-eh^h ya jaw^h-eu ga^h kaw^h htoe_h meh_h hta_h-eu a^h ba^h-ah^h haw yaw_h.)
- Jaw^h sa^h do^h-eu phaw haw^h-eu a_h yui_h deu_h Ao_h si_h jen_h (sa_h ghaw^h-eu baw_h tsah_h) neh sa_h ghaw^h lah^h eh^h na^h (ma_h lo_h nya leh^h noe_h qaw_h) Ao_h si_h jen_h ghaw^h yaw_h.
- Jaw^h sa^h do^h-eu phaw haw^h-eu a_h yui_h deu_h sa_h ti_h ro^h-e^h (Steroid) ja^h gha_h daw^h-aw_h leh^h eh^h na^h yaw mui_h-eh^h yaw_h. (Steroid) ja^h gha_h heu je_h-ah^h yaw_h ha^h-eu_h nui noe_h neh qha^h daw^h maw_h-eu ma_h ya daw^h-a.

3. Shi_၂ la_၂ qhoe_၂ ah_၂-eu Ao_၂si_၂ jen_၂ 90% la_၂ o^၂ ga-i_၂ nga_၂ leh_၂ ngeu_၂ na_၂, Ko_၂vi^၂-19 na_၂ gaw_၂ a_၂ dzeh_၂ dzeu_၂-eu_၂ leh_၂ eh_၂ nya meh.

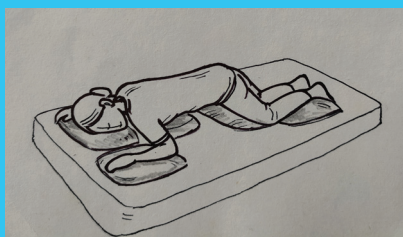
- Jaw_၂ sa_၂ do^၂-eu phaw haw-eu tsaw_၂ ha_၂ deu_၂-ah_၂ tca_၂ ga_၂-aw_၂ yaw khaaw_၂ ma-eh_၂ se_၂yo_၂-ah_၂ yu_၂-aw_၂ ja^၂ gha_၂ la^၂ sa^၂ yaw_၂.
- Jaw_၂ sa_၂ do^၂-eu phaw haw-eu a_၂ yui_၂ deu_၂ qha_၂ eh_၂-eu lo_၂-eh_၂ sa_၂ ghaw_၂-eu baw_၂ tsah_၂(Ao_၂si_၂ jen_၂) neh sa_၂ bi ghaw_၂ yaw_၂.
- Jaw_၂ sa_၂ do^၂-eu phaw haw-eu a_၂ yui_၂ deu_၂ qha_၂ eh_၂-eu lo_၂-eh_၂, Sa_၂ti^၂ro-e^၂(Steroid) ja^၂ gha_၂ haw_၂-eu ja^၂ gha_၂ nui je_၂ qaw_၂ bi daw_၂ yaw_၂.
- Yu_၂ za_၂-ah_၂ yu_၂ ngeh a_၂ cha_၂ phaw hti_၂ po^၂ a_၂ ma^၂ phaw hti_၂ po^၂ leh_၂ bi_၂ hi-eh_၂ yu_၂ haw-eu, mo_၂tsah_၂-eh_၂ ma_၂ eh_၂, seh_၂ pya^၂-eh_၂ yu_၂ haw-eu, htu_၂ nya na_၂ htu_၂-aw_၂ yaw daw_၂ daw_၂ leh_၂ nui_၂-eu, heu lo_၂-eh_၂ na_၂ lj_၂ nyi_၂ la_၂ kha_၂ hti_၂ po^၂ ya jah_၂ meh.

* Shi_၂ la_၂ qhoe_၂ Ao_၂si_၂ jen_၂ a_၂ mya^၂ ni ah_၂ lu_၂-eu qaw_၂, sa_၂ ghaw_၂-eu ma_၂ deh^၂-eu, ma_၂ htu_၂ maw_၂-eu, ma_၂ lu^၂ ma_၂ la_၂ maw_၂-eu' qhah_၂-ah_၂ na_၂-eu lo_၂-eh_၂ gheh la_၂-eu, nui ma_၂ lui_၂ lui_၂ la_၂ la_၂-eh_၂ gheh-aw_၂ ghaw_၂ maw_၂ dm_၂ sui_၂ ni gheh-eu heu lo_၂-eh_၂ pyeu_၂ la_၂ na_၂, jaw_၂ sa_၂ do^၂-eu phaw haw-eu a_၂ yui_၂ deu_၂-ah_၂ yaw khaw-eh_၂ bi si_၂ yaw_၂

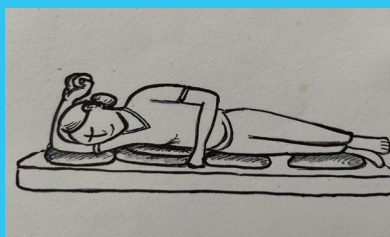
Mo tsah-eh bi yu-eu.

Ughm nga si ba ceh hta yaw.

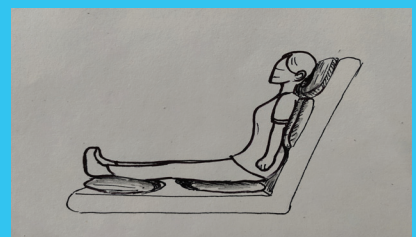
- U du tsa za'-ah hti si ba hta.
- Qhah tsa za'-ah nyi si ba hta.
- Sha phya mya^ tsm' za'-ah hti si ba hta.
- A khui^ maw ghaw tsa za'-ah hti si leh ba hta-aw', sa ghaw'-eu yaw aw pha-eh u ma^ -eu, u mo^ a la tsaw ah nya ni ya bi dah meh. Qhoe na', na'-eu gha-ah bi hi'-eh jeh hth bi yu-aw', ughm qhoe ta^ mo tsah-eh bi yu yaw. (haw dza gha-eu na li hti la la qhoe ma ya bi yu-a.)



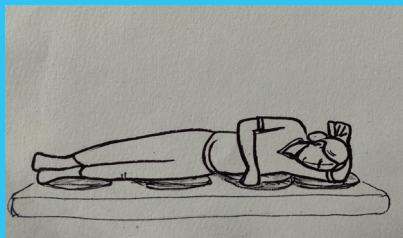
1. A ba yaw beh ba-a, mo tsah-eh ya yu-eu. (na li 30 mi ni^ -ah neh 2 la byah ni.)



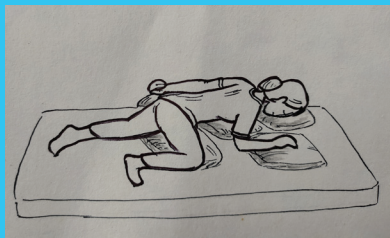
2. A ba nyi ba hti ba-a, a ma phaw bi hi'-eh yu-eu. (na li 30 mi ni^ -ah neh 2 la byah ni.)



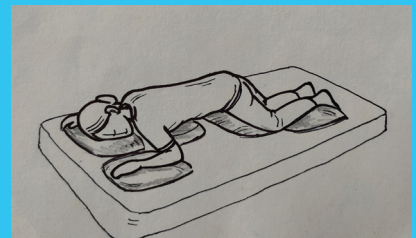
3. A ba sm ba hti ba-a, nui yu-eh yu-eu. (na li 30 mi ni^ -ah neh 2 la byah ni.)



4. A ba oe ba hti ba-a, a cha phaw-eh bi hi'-eh yu-eu. (na li 30 mi ni^ -ah neh 2 la byah ni.)



5. A ba nga ba hti ba-a, ghaw maw hti phyaw, hti pa^ teh-eh mo tsah-eh yu-eu. (na li 30 mi ni^ -ah neh 2 la byah ni.)



6. A sa sa-eu ba-a, mo tsah-eh pha yu-eu, (na li 30 mi np^ -ah neh 2 la) ji na a dah pha beh po^ yaw.

Oximeter neh shi_l la_q qhoe^h ah^{-eu} Ao_{si} jen_l dza haw^{-eu}.

- Khui kha heu je_{-a}, shi_l la_q qhoe^h ah^{-eu} Ao_{si} jen_l nah_l mya_l (SPO2) haw^{-eu} sha_l gu_l tsaw_{-eu} (PR) yaw khaw^h yaw mya_l bya_l neh_l la_{-eu} meh.
- 5-10 miⁿⁱ eh^h gha_l ni na_{-aw}, daw_{nui} nui^{-aw} dza haw yaw_l.
- A_l la_q yaw tceh_{ng} neh haw^{-eu} i^{cu} a_l ngeh ma_l ya dza haw^{-a}. Dza haw^{-eu} la_q noe^{yaw} lm^h ya bi lm^h meh.
- Dza haw^{-eu} khui kha qhoe^h la_q ma ma_{ng} eu^{na} la_q noe^h ghah^{ch} eh noe^{-ah} gho^h tco_l yaw_l. La_q noe^{yaw} noe^{yaw} -ah^h qaw_l dza haw nya teh_{-a}.
- Dza^{-eu} khui kha la_q noe^{-ah} gho^h tco_l gha_l ngeh a_l la_q hti_l paw_{-i} ma_l la^{lu} ni na_l li_l 30 seh^{kan} -ah^h neh hti_l miⁿⁱ byah ni ya bi ja^h meh.
- Khui kha la_q qhoe^h i^{lu} dze^{-eu} lo_{-eh} ceh^{-eu} qhoe^h na_l le^{-eu} mi^h tsa_l jo^{-eh} bya_l la^{-eu} nga leh^h haw yaw.
- Ma_{lu} -eh^h ma_l jaw^h nya^{-eu} za_l deu_{-ah} dza ngeh, a_l la_{-ah} ma_l dza nya na^h a_l khui^h khui^{-ma}, khui^h noe^{-ah} dza haw nya meh.
- Ko_{vi} -19 na^h gaw^h heu je_{-a}, na^h gaw^h a^g heh^h ma_l bya_l la^h ni, gha_l doe^{qaw} ma_l doe^g neh Ao_{si} jen_l ga⁻ⁱ -eu mya_{-eu} mi^h neh Ao_{si} jen_l a^{yam} tsa_l tsa_l ni ya dza haw meh.

Shi_l la_q qhoe^h Ao_{si} jen_l dza haw ngeh ma_l dza du_l nya^{-eu} ga^h kaw^h deu_l.

- La_q noe^u du_{-ah} hti_l je_l je_l leh_{-eu}. (la_{sah} ne^{ne} hta_{-eu}, sah_{tcaw} hta_{-eu}, ma^{byaw} b_{yaw} -eu heu deu_l)
- Dza haw lu_l ngeh lu^{-eu} la^{-eu}, la^{nyeh} -eu.
- Dza^{-eu} khui kha -ah^h yaw sheh_l htah_{-eu}.
- Ka_{bon} mo_{naw} sai^h leh^h khu^{-eu} do_{ah} -eu. (Carbon monoxide poisoning)
- Shi_l gha_l ba_{-eu} na^h gaw^h haw^{-eu}, shi_l la_q qhoe^h nui je_l na^h gaw^h ah^{-eu} heu lo_{-eh} gheh tsaw^h ha_l deu_{-ah} ma_l tse^h du_l nya^{-a}.

References (Ga^h kaw^h heu deu_{po} do^{-eu} daw_l pheh_l pyeu_{-eu} sah_{bo} deu_l.)

- WHO
- CDC
- Brief Covid-19 Guidelines from MAM
- FAO – nutrition guidelines