

“Covid-19 ntsen nhten ai masha ni hpe nta kaw gawn lajang ai lam hte seng ai lam matsun”

COVID-19 ngu ai hpa rai?

COVID-19 ngu ai gaw Coronavirus ngu ai ana kanu na majaw byin ai ana ahkya hpan mi re. Masha shagu ndai ana ahkya kap bra wa chye ai. Daini na aten hta byin taw nga ai Coronavirus ana kanu hpan gaw kap bra lawan ai majaw, tau hkrau makawp maga lam ni hpe hkan nang hkan sa na matu grai ahkyak ai.

Law malawng gaw, Coronavirus ana kanu shang ngut ai hpang 5-6 ya laman ana kumla ni hpe hkam sha wa na rai nna, nkau mi gaw n’htoi 14 ya na yang she ana kumla ni dan dawng wa ai.

Asak kung sai ni (asak 60 ning hte lahta), kaga ana ahkya (salum ana, sinwawp ana, sai dwi/rawt ana, grai hpum ai ni, mawng ana) nga ai ni gaw Covid-19 ana shang yang grai sawng ai ana kumla ni byin pru na tsa lam shadang grau law ai.

(1) Ana kumla ni

Law law byin ai ana kumla ni

- Machyi ai (kahtet shadawn jitna hte shadawn yang kahtet shadang 99.5 Fahrenheit shing nrai 37.5 Centigrade nga ai).
- Jahkru ai
- Aba shala nga ai

Sawng ai ana kumla ni

- Nsa sa yak ai, nsa sa n hkru ai
- Sinda chyat ai (shing n rai) sinda kaw dip da ai zawn hkam sha ai
- ga n lu shaga ai (shing n ra) shamu shamawt lam n nga ai
- Myit shut shanut ai

Byin ai lam yawm ai ana kumla ni

- Sama (shing n rai) namchyim mat ai
- Ladi pat ai,
- Myi machyi ai/myi hkyeng wa ai
- Yuhkraw machyi ai
- Baw makret ai
- N’gun shat (shing n rai) lasaw lasa ni makret ai
- Shanhpyi kaw ahkyeng nsam byin pru ai
- Ka’awn ai,
- Kan mase ai
- Kashung ai (shin n rai) baw sin ai



(2) Lama na tinang/tinang hte rau nga ai ni kaw Covid-19 ana byin ai ngu nhten ai (shing n rai) ana kumla ni hpe loi mi/ram daw hkam sha ai rai yang



- Kaga masha ni hte tsan tsan nga u. Byin mai yang laksan gawk kaw nga u. Shing n rai nta kaw nbung pru shang ai lam law ai shara kaw laksan nga u.
- Kaga ni hte gawk langai kata rau rai yang, n'gup magap (mask) hpe atsawm sha shakap u.
- Atsawm hkring sa la u. Yup hkru hkru yup u.
- Covid-19 ana kumla byin ai nhtoi kaw na (14) ya tup laksan nga ra na re.

- Ana kumla dan dawng ai nta masha ni (shing n rai) ana kumla nga ai ni hte hkum da ai ni gaw ana kumla madun ai lam n nga shi tim, nhtoi (10) ya laksan nga ra na re. Dai nhtoi (10) ya laman ana kumla dan dawng wa yang, lahta kaw tsun da ai hte maren laksan nga ra na re.
- Covid-19 ana kanu nga, n nga jep joi ai ladat nga yang, mai jep joi ai. Lama na lawan jep yu ai hkinghku (Rapid Diagnostic Test/RDT) hte jep joi yu nna, ana n nga ai ngu madun ai raitim, ana kumla ni byin pru taw ai rai yang, laksan nga ra na re.
- Lak san nga ai laman grai sawng ai ana kumla ni hpe hkam sha wa yang, tsi tsi lajang ya ai ni kaw kalang ta karum hpyi sa wa u.

(3) Covid-19 ana kumla nga taw ai ni hkru nna malu masha grung grung sha na matu ahkyak ai.

- Shani shagu tinang sha ai lusha kaw lusha hpan 3 kaw lawm ai malu masha ni hpe dang di ai daram shalawm nna sha u.
- Lusha hpan 3 kaw lawm ai ni gaw,



(1) N-gu, hkaulan n-gu, n-gawng, yangyi, sau zawn re ai n-gun byin shangun ai malu masha ni,

(2) namlap namlaw, nsi naisi zawn re ai ana hpe koi gam shangun ai malu masha ni,



(3) shan, nga, shapre, udi, tum zawn re ai hkum hkrang hpe bawngring shangun ai malu masha ni rai ma ai.

- Kan shakrai na matu loi ai lusha nya ai hpe chyahkring hkring (lani mi hta 6 lang) sha ging ai.
- Hka, namsi ntsin katsing hprap hprap, shan/nra si mai ntsin, shat ntsin ni hpe lu ya u.
- Salat law law pru nna, kan mase ai rai yang dat ntsin (electrolyte solution) hpe lu ya u.
- Sau, dwi ai, shum ai hte kan kya shangun ai lusha ni hpe shadawn sharam nna sha u.

(4) Covid-19 ana kumla nga ai ni hku nna laksan nga ai aten hta kaning zawn re ai shadawn ai lam ni hpe galaw ging ai kun?

- Hkum kahtet ai lam hpe shadawn yu u. Ayan na kum kahtet shadang gaw 98.6 Fahrenheit shing nrai 37.5 Centigrade re. Mak hkalawng byin yang 99.6 Fahrenheit (37.5 Centigrade) kaw na 100.3 Fahrenheit (38.3 Centigrade) re.
- Sai rawt shadang hpe shadawn yu u. Ayan na sai rawt shadang gaw minut mi hta 60-100 lapran re. Machyi yang shing n rai mak hkalawng byin yang sai rawt shadang lawan ai.
- Sai kata nsoi dat (oxygen) lawm ai shadang hpe nsoi dat shadawn hkinghku (pulse oximeter) hte jep joi mai ai. Hkam kaja ai masha langai hta sai kata na nsoi dat gaw 95% hte de a lahta nga ai. Lama na nsoi dat 95% hta yawm ai rai yang, tsi tsi ya ai ni hte bawngban ging ai.
- Tinang kaw sai rawt, sai dwi ana ni nga ai rai yang, sai rawt shadang hte sai kata jumdwi dat hpe shani shagu shadawn ya u.



(5) Ayan/ram daw byin ai Covid-19 kumla ni hpe hkam sha ai rai yang, nta kaw gara hku hparan na kun?



- Mak hkalawng byin ai, hkum makret machyi ai, baw machyi ai hpe hkam sha yang, paracetamol mai lu ai. (Masha kaba langai gaw kalang lu yang, paracetamol 500 mg hkyep mi shing nrai hkyep lahkawng, lani mi hta mali lang hta jan nna n mai lu ai)
- Mak hkalawng n yawm yang, kahtan ntsa kaw katsi nna madi ai nba mara ya u. Mak hkalawng sawng wa yang, hka katsi hte lagaw ta kashin ai lam, hka shin ai lam ni mai galaw ai.
- Ana kanu kasat tsi (antibiotics), hkum kata dat sumhpa shapraw ya ai tsi hpan (steroids) ni hpe tsi hpaji kung kyang ai ni na hpaji jaw ai lam n lawm ai sha n mai lu ai.
- Kaga ana ahkya (sai rawt, sai dwi zawn re ai) ni na matu lu ra ai tsi ni hpe man man mai lu ai.

(6) Ma chyu jaw ai kanu ni hku nna Covid-19 ana kumla nga tim, ma chyu matut manoi mai jaw ai.

- Ma chyu n jaw shi ai ten hte jaw ngut ai shaloi, ma hpe n pawn shi ai ten, pawn ngut ai ten shagu hta ta hpe hka, bawp tawng ni shing n rai tsa 60% lawm ai ta kashin ntsin ni hte sekkan 20 na hkra kashin ya u.
- Ma hte pe 6 lapran laman du wa ai ten rai rai, ma chyu jaw ai ten rai rai, Kanu n-gup magap (mask) shakap ra ai.
- Ma hpe n-gup magap n shakap ya ging ai.
- Ma chyu jaw ai shaloi, ma hpe jum ai, pawn ai ten kahti ai lam, jahkru ai lam n mai galaw ai.
- Ma chyu jaw ai shaloi sum mat wa ai n-gun ni hpe bai jahpring na matu hka hte malu masha law law lu, law law sha na matu grai ahkyak ai.

(7) Covid-19 machyi masha hpe gawn lajang na ladat ni.

- Machyi masha hte gawk langai kaw rau nga ai ten n-gup magap hpe aten tup magap da na.
- Machyi masha hpe hkra na nga yang, kalang lang lata larawp lang u. Lata larawp n chyawp shi ai ten hte chyawp ngut ai ten hta ta kashin u.
- Machyi masha hpe gawn lajang shagu, malu masha shadu kachyawng hkyen lajang ngut shagu, ta kashin u.
- Arung arai ni (hpun palawng, di hka wan, hpajet, yupra panep zawn re ai) ni hpe machyi masha hte rau jawm lang ai baw n mai galaw ai.
- Machyi masha lang ai, hkra ai shara (ga shadawn – chying hka hpawt/pat shara, wan hkalap) ni hpe ana sat ntsin (0.1% Hypochlorite solution) hte shani shagu gat ya u.
- Machyi masha hte shi lang ai arung arai ni hpe (maza, n-gup magap, tsi mawan) ni hpe atsawm sha kabai kau u.
- Machyi masha kaw sawng ai ana kumla ni byin pru wa ai rai yang, tsi tsi lajang ya ai ni hpe kalang ta matut mahkai u.

(8) Covid-19 hte sai kata nsoi dat

Covid-19 machyi masha ni kaw sai kata nsoi dat hkrat ai rai yang, ba ai lam, nsa sa yak ai lam, nsa sa n hkru ai lam ni byin chye nna, sai kata nsoi dat shadawn hkinghku (pulse oximeter) hte lani mi yawm dik 3 lang shadawn ging ai (Shadawn ladat hpe sumla kaw yu u)

Hkam kaja ai masha langai hta sai kata na nsoi dat gaw 95% hte de a lahta nga ai.

1. Sai kata nsoi dat 94% hte lahta kaw nga ai rai yang, lahta kaw tsun da ai hte maren matut manoi shadawn u.

2. Sai kata nsoi dat 90% hte lahta kaw nga ai raitim, 94% na lawu kaw rai taw yang,

- Shinggum nna yup ai (shing n rai) nsoi dat grau lu wa na matu amy myu galai nna galaw rit (Gara hku galaw na hpe sumla kaw yu ga)
- Hkamja lam gawn lajang ya ai wa gaw nsoi dat marawp na matu hpaji jaw ai rai yang (n ra ai rai di pyi) nsoi dat marawp u.
- Hkam ja lam gawn lajang ya ai wa gaw, hkum kata dat sumhpa shapraw ya ai tsi hpan (steroids) lu na matu matsun da ai rai yang, tup hkrak hkan sa u. Hkum kata dat sumhpa shapraw ya ai tsi hpan (steroids) tsi ni hpe tinang myit ra ai hku lu ai lam hpe n mai galaw ai.

3. Sai kata nsoi dat 90% lawu de du mat ai rai yang, sawng ai Covid-19 ana kumla re

- Hkam ja lam gawn lajang ai wa hte bawngban nna kalang ta tsirung lung tsi tsi hkam la u.
- Hkam ja lam gawn lajang ai wa na hpaji jaw ai hte maren nsoi dat marawp u.
- Hkam ja lam gawn lajang ya ai wa matsun da ai hte maren, hkum kata dat sumhpa shapraw ya ai tsi hpan (steroids) lu u.
- Yupra ntsa ora maga, ndai maga (pai hkra gayin), shinggum yup, galeng yup, lu dung yang dung ai lam hpe hkying hkum 2 hta kalang galaw ya u.

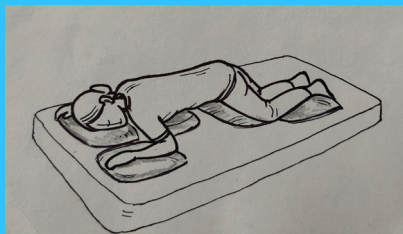
***Sai kata nsoi dat kade mi nga ai raitim, nsa sa yak ai, yupra kaw na n lu rawt ai (shing n rai) tinang hkrai lagaw ta n lu kashin ai, sinda machyi ai (shing n rai) myit num shap ai, yup nga ai ni byin ai rai yang, hkam ja lam gawn lajang ai ni hpe kalang ta karum hpyi u.**

Shinggum yup ai lam

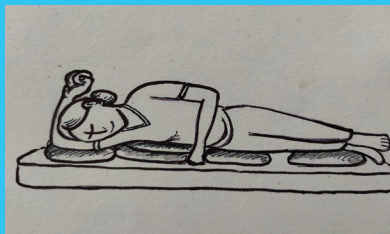
Bunghkum 5 hpe jahkrat da u.

- Baw npu kaw 1,
- Sinda npu kaw 2,
- dangbau npu kaw 1,
- lahput npu kaw 1.

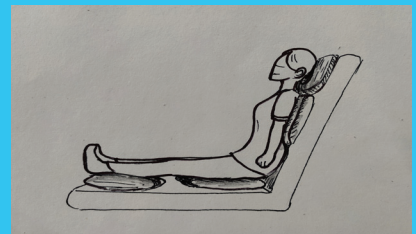
Nsa sa mai na matu kan lawu de lata shawn mai na daram man taw ra na re. Machyi masha hpe makau de man yawng let shawng galeng shangun nna, bunghkum ntsa kaw galeng shangun u. Lusha sha ngut ai hte hkying hkum mi laman n mai galeng ai.



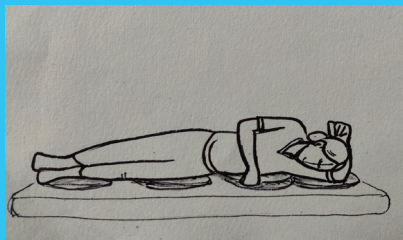
1. Shawng ningnan shinggum nna yup u
(Minit 30 kaw n hkying hkum 2)



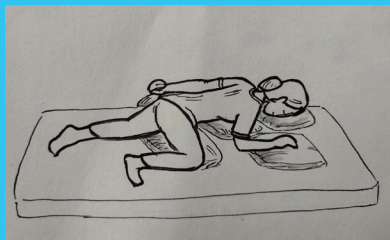
2. Hkra maga de man yawng nna galeng u
(Minit 30 kaw n hkying hkum 2)



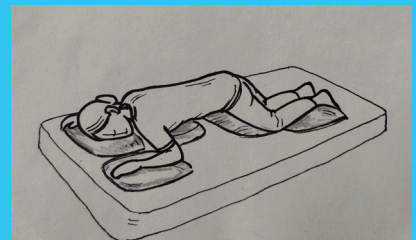
3. Jut shadawn shadang 30-60 lapran dung u
(Minit 30 kaw n hkying hkum 2)



4. Pai maga de man yawng nna galeng u
(Minit 30 kaw n hkying hkum 2)



5. Hkum hpe daw chyen shinggum nna galeng u
(Minit 30 kaw n hkying hkum 2)



6. Hpanyang jahtum ninggam hku nna shinggum nna yup u
(Minit 30 kaw n hkying hkum 2)
Ngut yang ningnan kaw na bai hpanyang u.

Nsoi dat shadawn ai hkinghku (Pulse oximeter) hte sai kata na nsoi dat hpe shadawn ai lam

- Jak gaw sai kata na nsoi dat (SPO2) hte sai rawt shadang (PR) hpe madun ya ai.
- Minit 5-10 ram hkring nna dung let shadawn u.
- Ta katsi taw ai ten (shing n rai) hka madi taw ai ten n mai shadawn ai. Shadawn na lata hpe lum hkra masawp ya u.
- Jak hpe lata yungnu (shing n rai) yungsam na matu kaw shachyawp u. Kaga lata ni kaw mung mai shakap ai.
- Jak ntsa na hkalap hpe byin nna, ta hpe azim sha tawn da u. Ta hpe sekkan 30 kaw na minit mi na hkra zim di da ra na re.
- Hka leng zawn re ai ni zim mat yang she mahtai hpe hti yu u.
- Ma ni kaw ta n zim yang, lagaw yungnu shing n rai lagaw ni kaw mai shadawn ai.
- Covid-19 kaw ana kumla n madun ai sha, n ba ai sha nsoi dat hkrat ai lam (silent hypoxia) byin ai lam law ai majaw, man man shadawn na matu ahkyak ai.

Sai kata nsoi dat shut ai mabyin ni

- Lata matu kaw lama ma nga taw ai, byin taw ai (lamyin nsam chya da ai, lamyin masu shakap da ai, lata matu kaw maksam htu da ai, nma kap ai, hka yawm hkyi na majaw lata chyang taw ai).
- Shadawn ai shaloi shamu taw ai.
- Jak ntsa htoi ai nsam kaba hkrat taw ai.
- Ka bun dat gung hkrup ai.
- Sai n-gun yawm ai hte kaga sai ana ni.

References (Lakap Laika ni:)

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