

COVID-19 JHO: DA” BYUNOO YI RI: YHOEM: MOO: BY- ANG” WA DA” KHYOO” SHED.

Covid-19 ga: zi cenoem nghoid la”?

Covid-19 gi: coronavirus ga: da” nooboug: yoomo bue” da” noo daja: nghoid. Byu yug khang” moo” moo: covid noo dab se’ da. Akhid” bue” nyid da” coronavirus gi: gye” myab khyoo” yo” dab goo” yoomo zid” lhid wa akhyoo” joem ri ato” myhed loosho’ cang’ wa gi: gye” yhaugyen: da.

Myoo: phi: gi: coronavirus dab thang: (5-6) nyid” akhoug: moo: noo vang lo wigi dayham” gi: (14) nyid” ju” lang” she’ noo vang lo da. Noo vang bang myoo: phi: gi: yoo yoo zi date: nghoid yoomo macid” yung” do, aca” nghoid da.

Apyaid gyi: bang: (apyaid 60 yo’ atho’), gootu: noo boo bang: (nheig loem:- seing”- suid” cau- suid” do, bang:- xu: bang:- mung dab bang:) moo: covid-19 dab lang” noo zeing bui” wa akhyoo” je: myo: da.

(1) Noo phyoo” avoid alhoo: joem

Myoo: myoo: bue” da” avoid alhoo: joem Noo thain: da” avoid alhoo: joem.

- No ri: 99.5 Fahrenheit (37.5 Centigrade) ju” sho’ gung lung da.
- Khyung” zhoug” zhoug” da.
- Myung: da.
- So’ ayo” shi:- so’ agyi:
- Yanggang no/Yanggang moo: nhe’ to” ti” ga: kham zoo.
- Dang: ayo” tid/ ayo” dei.
- Myid myo:

Ade: bue” da” avoid alhoo: joem

- Ci: shoem: anam/ ngham” thui: agyoo:
- Nhoo: jid”- jhid:
- Myo, jid” no- myo, jid” ne.
- Khyung” no.
- Vhuloem no.
- Gung no- Shooyau: being: xo’ no.
- Shoo” yid atuang’ tuang’ ne.
- Dug.
- Voem: shoin:.
- Ngam”/ Vhu” coid coid.



(2) Yhoem: seing:/ Yhoem: seing: yo' nyid bang: covid-19 noo shau" ein: jho: (anghoid lang") covid-19 noo avoid alhoo: dajhi dathang: kham: zo nyid nghoid rigi:-



- Goo" bang: yo' vi: vi: moo: nyid we'. Ge bue" nghoid rigi: gootu: dayab moo: nyid we'. Anghoid lang" lid nyeing" za: vang da" yab moo: nyid we'.
- Goo" bang: yo' dage" nyid nghoid rigi: nhoid nghoeb (Mask) ri nyeing" tab we'.
- Nyeing" theing: yu we'. Gyi: gyi: yhoeb we'.
- Covid-19 bue" da" bidnyid mo zi (14) nyid" ju" sho' gootu: moo: nyid ca" da.

- Covid-19 noo su: da" yhoem: byu yi (anghoid lang") hau: su: yo' shau" goo" bang: dangain" covid anoo shi" nghoid loug we' (10) nyid" gootu: nyid ca" da. Hau: (10) nyid" agyoo: moo: no loo lang"- atho' moo: tid too" bye: ziyo' dayhang: ti" nyid ca" da.
- Covid-19 bau: boo/ aboo joeb byid: bang: nyid nghoid ri: joeb yu" ca" da. Joeb yu" ri bau: amyang nghoid loug we' noo dab nyid nghoid rigi gootu: dayug boug" nyid ca" da.
- Dayug boug" nyid uri: gye" no lo nghoid rigi macid" sara: yi jhang' khyoo: daleing: dam kyo" wigi pang" thug mho' ca" da.

(3) Covid-19 noo dab bang yoem: bo zoo: shug nyeing" zoo: ca" da.

- Zooshug soem" ja: moo: bo da" zoo: noem shug phoo" ri: toin: khang" moo" zoo: ca".
- Zooshug soem" ja:



1. Cen:- sung: soo:- lamei- yang" yi"- shoo" xu: yhang: te" da" yoem: boo nhang: zoo: noem.

2. Nghan" pho yo' shi" aja: ja: yhang: te" da" noo phyoo" ri goem loem byid: zoo: noem.



3. Shoo"- wimdo,- nug aja: ja:- nu noug"- gyo, u- shi" jid" joem yhang" te" da" gung doem: gyi: loo nhang: zoo: noem.

- Nu" nu" nham' nham' da" zooshug ri (danyid" 6 lheing:) zoo: we'.
- Gyid- shi" lheig yeing- shi" yau: poo" yeing- gyid joem- cen: noug" yeing joem ri shug we'.
- Bakyu" gye thu- voem: shoin: nghoid ri Daid xoo" yeing shug ca" da.
- Xu: ja:- cau: ja:- ngam ja: yo' voem: shoin: lei da" zoo: shug ri yu" tu lho: zoo: we'.

(4) Covid-19 noo bang: ke yu" nyid ca" da khyoo: joem.

- Gung nge" khyoo: ke nyid we'. Gung khanham we' 98.6 Fahrenheit (37.5 Centigrade) vho: moo: nghoid ca". Gung nge" khyoo: 99.5 Fahrenheit (37.5 Centigrade) mo zi 100.3 Fahrenheit (38.3 Centigrade) ju" sho' bui" se' nghoid loug aci' noo".
- Seing" gug thung" khyoo: ri ke nyid we'. Da minid ri 60-100 lheing seing" gug thung" zigi: ge khyoo: nghoid. Noo boo lang" hau: tho' je myab da.
- Suid" mo Oxygen ri ke yu" we'. Yang" zain: su: dayug da" suid" moo Oxygen 95% atho' bo da. Noo su: Oxygen 95% mo vho: khyoo: gyoo" loo" lang" macid" sara yi ri tid kyoo" ca" da.
- Noo su: moo suid" do, - suid" cau: noo bo nghoid rigi suid" ke- suid" moo: xoocoug: daid ke khyoo: nyid" khang" nyid" koid ca" da.



(5) Covid-19 noo athei" gyi: bang: ri yhoem: moo: khasu" cung: wa la"?



- Gung nge"- gung khe"- vhuloem no nghoid ri gi paracetamol ge zo:. (Ludaid dalheing: zoo: 500 mg dacab (anghoid lang") eig cab-danyid" ri myid: lheing: mo jain" age zoo.)
- Gung daxo' nge" nyid nghoid rigi: ngalang: moo gyid jham" teig to" da" phajoid ki" byid we'. Gung gye" nge" lo ri: gyid jham" teig to" da" phajoid yo gung soid byid: khyoo:- gung cid" byid: khyoo: ge koid byid: da.
- Noo bau: said da" macid" (Antibiotics) yo' gung moo: daid aja: ja: thu loo nhang: da" macid" (Steroids) joem ri macid" sara yi da" akhang" ayo" zi agoin: age zoo:.
- Gootu: noo phyoo" (shui" do,- shui" cau:) bui" yoomo zo: nyid da" macid" joem ri xo, zoo: we'.

(6) Zooshang: noug” hug nyid myhi’ zeing yi Covid-19 noo nghoid loug we’ yhoem: seing: zooshang: ri: noug” yo” xo, hug da.

- Noug” ahug shi” ri:- bain hug thang: ri:- zooshang: ri: avu shi” ri:- bain vu: thang: ri: sabya yo” 20 second koo: myang” sho’ lo ci” we’. (Anghoid lang”) yhid: daid 60% bo da” lo, cid” yeing yo’ lo, cid” we’.
- Zooshang: yo’ 6 pe: tho’ jhang’ loo lang”- noug” hug wa lang”- nya: yhid’ gi: nhoid ngoeb nyeing” za: ngoeb ca” da.
- Zooshang: ri: nhoid ngoeb age’ ngoeb byid:.
- Zooshang: yo’ dage” nyid uri khyung” zhoug” zhau” khyoo:- jhid: khyoo: dajhi’ we’ age koid.
- Zooshang: ri: noug” hug yoomo bain lo” da” yoem: ri: doem yo” pyeing wa shid re” gyid yo’ yoem: bo ja: zoo: shug nyeing” za: zoo: ca” da.

(7) Covid-19 byu noo ri cung: bang: cang ca” da” khyoo: joem.

- Byu noo yo’ dage” nyid uri: nhoid nghoeb nyeing” nghoeb ca” da.
- Byu noo ri ze: wa lang” lo, chung” chung” we’. Lo, chung” azhung” shi” ri: yo’ lo, chung” khyoid thang: ri: lo, cid” ca” da.
- Byu noo ri bain cung: khang” moo”- zoo: shug bain jhoug khang” moo”lo, cid” ca” da.
- Zi yoo jo, nu” (byimi- oug” khu- yhoeb yoo) ri: byu noo yo’ age shoin” ci:.
- Byu noo zang” da” jo, nu” (dang: tu’ – khoem” lo, ze:- zoem” lhang: lo, shab) joem ri: boug: said macid” (0.1% Hypochlorite solution) nyid” khang” nyid” sain” ca” da.
- Byu noo yo’ byu noo zung” su: ci: bye: da” jo, nu” (nhoid nghoeb- macid” jo, nu”- amaid) joem ri: nyeing” za: she: pyam we’.
- Noo su: gye” no loo lang” macid” sara: yi ri: daleing: dam tid kyoo” ca”.

(8) Covid-19 yo’ suid” khoug: mo Oxygen

Covid-19 byu noo yi moo: suid” khoug: mo Oxygen gyoo” lang” myung:- so’ shi: yau:- so’ atham: yhang: ti” bui” yoomo Oxygen ke khyoo: ri: danyid” 3 lheing: koid ca”

Yang” zain: su: dayug da” suid” khoug: moo: Oxygen 95% yo’ atho’ bo da

1. Suid” moo: Oxygen 94% yo’ atho’ bo nyid lang” atho’ moo: tid to” ziyo’ dayhang: ti” koid we’.

2. Suid" moo: Oxygen 90% yo' 94% agyoo: nghoid lang"-

- Amug khyo" jhang" (anghoid lang") Oxygen nyeing" za: yoo" wa shid re" aja: ja: thid koid we' (khasu" koid wa ziri: soolhoo: yo' toin" shed to".)
- Macid" sara: yi Oxygen so' shi: wa tid lang" (aca" loug) Oxygen so' ri shi: we'.
- Gung moo: daid aja: ja: thu loo nhang: da" macid" (Steroids) ri zoo wa shid re" macid" sara: yi tid lang" nyeing" zoo: we'. Macid" sara: yi atid zi yhoem: seing: vho: khyo" hau: macid" ri age zoo:.

3. Suid" khoug: moo: Oxygen 90% tho' nyhoem gyo" loo" lang" gi: gye" thain: da" covid-19 noo nghoid da.

- Macid" sara: yi yo' sham: go" wigi macid" yung" dalheing: dam do, nhang: ca" da.
- Macid" sara: yi tid ziyo' dayhang: ti" Oxygen so' shi: ca" da.
- Macid" sara: yi tid ziyo' dayhang: ti"- gung moo: daid aja: ja: thu loo nhang: da" macid" (Steroids) yo' gootu: macid" ri zoo: we'.
- Yhoeb yoo moo: amug khyo"- asi: khyo"- azoin" khyo" jhang" khyoo:- yo" zhung: ri: zhung: khyoo: ri: 2 na: yi: yi: koid we'.

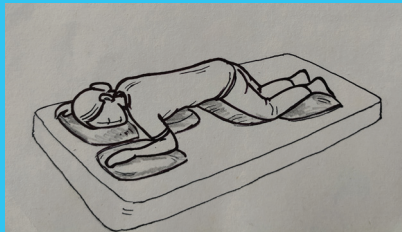
Suid" moo: Oxygen khamyhoo' boo nghoid loug we'
so' shi: yau:- yhoeb yoo mo ayo" too'(anghoid lang") yhoem: seing: nyang: gung
cid" shang: zoo: khoo: ayo" koid- yang gang no (anghoid lang") aboin agyeing:
bue"/ yhoeb nghui" nghue" khyoo: boo lang" gi: macid" sara: yi jhang'
myab tid kyo" wigi pang" thug mho' ca" da.

Amug khyo” jhang” khyoo:

Vhu” khug thung: (5) loem: ri yu lho:

- Vhu” loem moo (1) loem:
- Yang gang moo (2) loem:
- Voem: thi” moo (1) loem:
- Poid lug vho: moo (1) loem: too” we’

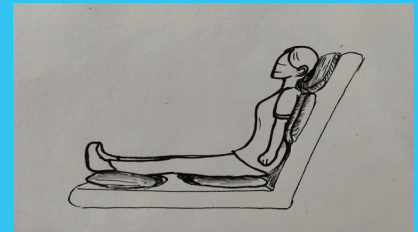
So’ nyeing” yo” shi: wa shid re” voem: dau: vho: moo: lo, yo” kaid sho’ soin’ too” ca”. Byu noo ri: azoin” khyo” shi” jhang” nhang: wigi vhu” khug thung: tho’ moo do, nhang: we’. Voem: bain zo: thang: (1) na: yi: akhoug: moo age mug jhang” nghoid da.



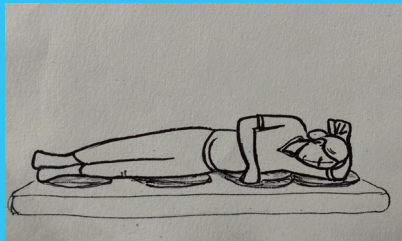
**1. Xang: shi”- amug khyo”
jhang” we’
(Minit 30 – 2 na: yi:)**



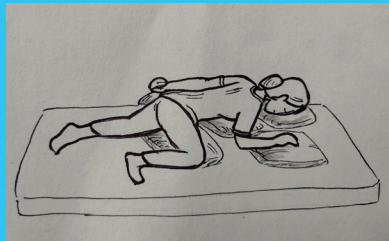
**2. Lo, yo sho’ azoin” khyo”
jhang” we’
(Minit 30 – 2 na: yi:)**



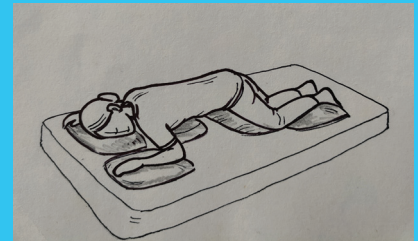
**3. 30-60 digari nghe: lho:
zhung: we’
(Minit 30 – 2 na: yi:)**



**4. Lo, kung” sho’ azoin”
khyo” jhang” we’
(Minit 30 – 2 na: yi:)**



**5. Gung dakhyam” amug
khyo” jhang” we’
(Minit 30 – 2 na: yi:)**



**6. Lo” thang’ moo:- amug
khyo” jhang” we’
(Minit 30 – 2 na: yi:)
Bain lang” xang: shi” mo doem
koid we’**

Pulse Oximeter yo' suid" khoug: mo Oxygen ri ke khyoo:

- Jag gi: suid" khoug: mo Oxygen (SPO2) yo' seing" gug thung" (suid" byam nyid) khyoo: (PR) ri toin" she da.
- 5-10 minit koo: theing: wigi zhung: lho: ke yu" we'.
- Lo, jham" nyid uri (anghoid lang") lo, jhu' nyid uri age ki nghoid da. Ki wa lo, nyhoug" ri ajhu' sho' soid pyam ca" da.
- Jag ri: lo, moo" cam" (anghoid lang") agung nyhoug" aphyoo" moo nyham" we'. Gootu: lo, nyhoug" joem moo: we' ge nyham" tab da.
- Jag mo phang/myhid" lasoo" ri doin: phang wigi lo, ri: sam: zoo: to" too" we'. Second 30 mo zi 60 ju" sho' tab to" ca" da.
- Being: lung" yhangti" dei nyid zi theing: loo" lang" kxanhoo' nghoid zi toin" shed wa ng-hoid.
- Zooshang: yi lo, sam: zoo: ayo" too" lang" gi: khyid: nyhoug" moo: yo" ke yu" da.
- Covid-19 no da" alhoo: atoin" shed- myung: we' amyung: looza: Oxygen gyo" khyoo: (Silent hypoxia) gye" lung' bui" yoomo atheing: ki ca" da.

Suid" khoug: mo Oxygen ri shoid khyo" toin" shed khyoo: joem

- Lo, nyhoug" phyoo" moo: daja: ja: xoug" to" (Lo, seing" ni xoug"- lo, nyhoug" moo soolhoo: xoug" to"- dam khoo: dab- yhen" khyid" dab).
- Ke nyid uri: lo, dei nyid.
- Jag tho' moo: bid lo, beig.
- Kaboin daid (Carbon monoxide) zang".
- Suid" yoem: neing: ziyo' gootu: suid" yo' sen: da" noo joem.

References (Nghe: mougsoug")

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