

# Covid-19 Myid; Jho Byuno qere Yham mae guncaung byid; nae" ra" khyoshid'

## Covid-19 ga" re pe" re ta"?

Covid-19 ga" ru wa Khoruna: bug; (Coronavirus) yang boe" ra" nobug; ngad: ra". Yaug khao: ngo" mae Khoruna: bug; gai" ba: de; yu: ra". Ana" boe" na: ra" Khoruna: bug; wa gau" de; phyad, ra" mathao gug;gam khyo jham re vintang: cao" nae" wa yhau:gyin: ngad: ra".

Myo: phyao: wa Khoruna: bug; zai" de; yu thao (5-6) ba agyo: mae nobug; ave, jham re gai: the' myao: mung: daqhae: wa (14) ba myao" thao she nobug; ave, jham re qo" the' myao: lo: ra". Nobug; de; yu qhug' va" ra" mo, myo: phyao wa po" po: mangad: lhao" ga" qe: za: nobug; ave, re khamzo: mung: Cid' Yung" mado, qo ngad: ra".

Kao qi: va" ra" mo, ( 60 zin atho' ) - getau no anhae: bo mo, (Sang: no - Zhad' no - Kheim no - Ig' Cug no - Lam" xau mo, - Maung boe" na mo,) mae Covid-19 gau" de, qhug' lhao" nobug; ave, xo sho' kham zo" ba: ra"

## 1. Nobug; Ave, Jham

### Myo: phyao: boe" ra" nobug; ave, jham      Xo: ra" nobug; ave, jham

- Gaung Laung: ru (99.5 Degree Fahrenheit mangad: lhao" 37.5 Degree Centigrade athao' jo, ru)
- Khyaung: zhug' zhug' ru
- Myaung" ru
- So' she qug' ru - so' she magyi" ru
- Qaogao no: ru mangad: lao" qaogao dao mae daja: ja: nhai" zag; to: nohab ga" ru
- Dao: maqo" jhau mangad: lhao" dau lab maqo" kad' ru
- Nhag' cad' cad' ru

### Boe" ru nang" ra" nobug; ave, jham

- Sheim manae mangad: lhao" Ta:to' manghan" ru (Nhag' mamyo')
- Nho jid' ru - Nhe' byug' byug' ru
- Myo, jid' no ru/ myo, jid' nae: lo: ru
- Khyaung: no: ru
- Au: khai" no: ru
- Shogyi mangad: lao" shoqug; khai" ru
- Shoqhid mae anae pyaug' pyaug' boe" ru
- Daug; ru
- Ve: Sheim: ru
- Gyo, ning" ru mangad: lao" au: cad' cad' ru



**2. Nyhao mangad: lhao" nyhao we' daga" na yaug mae Covid-19 boe" na va" ein: jho lao" mangad: lao" po" ra" azhao"/ga" qe: azhao" jo; ra" nobug; ave, kham zo: lao"**



- Su gaje we' va" va" na wa,. Gai: boe" re qe, gatau kho' na wa,. Aimangad: lao" la vao thug' gai: ra" jo,qo mae gatau kho' na wa,.
- Qe, daqe, mae za: su gaje we' daga" na lao" nhag' nho nghoe' (Mask) re gam gam za: ve; ci wa,.
- Nyang" nyang" no" yu wa, . Yab gyi: gyi: yab wa,.
- Covid-19 nobug; ave, boe" qhid; ra" ba mae" qhid mung: (14) ba lam: lam: gatau kho' na qo: ra".

- Nobug; ave, bo: ra" yham byu qe mangad: lao" nobug; ave, bo yaug we' te'dai" qug' to: yaug wa nobug; ave, maqhu" yang: re: (10) ba gatau kho' na ca". Ai: ba gyo: mae nobug; ave, qhu" lo lao" tho' mae tung" qhu" to: va" ru we' dakhyo: gatau kho' na qo: ra".
- Covid-19 nobug; bo mabo jo dang byid: qo" ca byid: nae" ra" mo,/zai jo, lao" gai: ca: qu" ra". Phyard Qu" Ca: Ra" Zai (Rapid Diagnostic Test/RDG) we' qu" ca lao" wa nobug; mabo (negative) ga: aphyid qhu" yang: re: nobug; ave, jham qhu" na lao" wa gatau kho' na shi: wa,.
- Gatau kho' na: na: ra" au: thing: ra" nobug; ave, jham kham zo" lo lao" wa qao" zin" khyo gun caung byid; yaug jhao" phyard phyard xo' tau: mung: abo" athaug' mo' mung: pho: gai byid' ra" khyo khae: yu wa,.

**3. Covid-19 nobug; bo mo, wa zo: shaug' gyi: gyi: zo: shaug' nae" yhau; gyin: ngad: ra".**

- Zo: Shaug' Nam (3) ja: mae bo: ra" zo: shaug' jham re da (myo:) khao: ngo" mae gai: boe" qe" jab; bo sho' zo: wa,.
- Zo: Shaug Nam (3) ja: wa



1) Cin - Jung: - Khaung: - Yang-yi: - Xau ru" ra" jham wa qam: boe" nho: ra" zo: shaug' jham

2) O: pho' jham - shi: jham wa nobug; re gug byid' ra" (m) tam" pye' byid' ra" zo: shaug' jham





3) Sho: - ngo:- naug aja: ja: - nug: nug' – qo, au'' – ajid' ace' ru'' ra'' jham wa gaung khyao re qi'' qhang nhao: ra'' zo: shaug jham ngad; ra''.

- Zo: shaug' jham re au'' sho' nhae'' sho' kad' mung: dazab makyo (daba re 6 lhang) zo: qo: ra''.
- Qid- gai: ra'' shiqang: - sho:/shoqug; kyug' qang: - xeim: qang – zoqang: rura'' jham re shaug' wa,.
- Bakyo: thug' - vae: sheim: ru jham boe'' lao'' wa DadSa'' (၁၀၀၀၀) shaug' wa,.
- Xau - acug – angae rura'' zo: shaug' jham re wa tau'' yang: zo: shaug' wa,.

#### 4. Covid-19 nobug; bo mo, gatau kho' na: ra'' ayo, au: khoru'' ra'' ca: qu'' khyo kad' ca'' i''?

- Gaung laung ka'' wa,. Byu dayaug; gaung wa 98.6 Degree Fahrenheit (m) 37.5 Degree Centigrade za: agai: laung:. Gaung nhae'' nhae'' za: laung: ru (Low grade fever) wa 99.5 Degree Fahrenheit (37.5 Degree Centigrade) mae'' 100.3 Degree Fahrenheit (38.3 Degree Centigrade) ngad mung: gaung yug maca''.
- Sa: do, mado, ka'' wa,. Byu dayaug sa: byae: ru wa (1) minute re (60-100) lhang ngad:. Gaung laung lao'' wa sa: byae: ru phyad: ba: ra''.
- Sa: khug mae'' so' (Oxygen) re Oxygen ka'' ra'' zai (Pulse Oximeter) we' ka'' wa,. Qao'' zin'' ra'' byu dayaug mae Sa: khug mae'' so' (Oxygen) 95% atho' mae bo: ra''. 95% o gyo'' lao'' wa qao'' zin'' khyo gun caung byid: yang we' jhao'' qham wa,.
- Sa; do, no - sa: cug' no anhae: bo lao'' wa ai re ne, qug; ka'' qu'' na wa,.



#### 5. Po: po:/Ga'' qae: azhao'' jo; ra'' Covid-19 nobug; ave, kham zo: lao'' yham mae khoru: nopho nae''.



- Gaung laung ru - khyig lo, khai'' no: ru - au: khai'' no: ru jham kham zo: lao'' Parasidamo'' (Paracetamol) 500 Mg (milligram) (1) ce' mangad: lao'' (2) ce' – daba (4) lhang tho' lai yang magari: shaug'.
- Gaung laung ru magyo'' lao'' wa mai cug' re qhid' ngin'' mae jam mung: jab' pye' yang: nga: lao: dao mae kai: byid: wa,. Gaung gyai laung lao'' wa gaung geim'' gai: sad' byid' ra'' mangad: lao'' gaung re: gai: cid' byid' ra''.

- Antibiotics jham - Steroids jham ru ra” Covid-19 re gai: pho: ya: ga” ra” mocid’ jham re qao” zin” khyo gun caung byid; mo, mata” lo: magari: shaug’.
- Gatau: no (sa; do, - sa: cug ru” ra” no) anhae: bo mo, shaug’ na: ra” mocid’ jham re ga-au: we’ dakhyo: gai: xo’ shaug’ ra”

## **6. Nug’ jhaug’ myhi”zang wa Covid-19 nobug; ave, jo, yang: re: zoshao re xo’ yang nug’ gai: jhaug’ ra”.**

- Nug’ majhaug’ shi” au: - bin: jhaug’ lao” - zoshao re matin: (majhui:) shi” re – bin: jhui: khao: ngo” lo, re Sabpya: (ဆပ်ပြာ) we’ second (20) myao” sho’ vintang: cid’ wa,. Ai mangad: lao” yhid (Alcohol) 60% bo: ra” lo, cid’ qang: we’ cid’ sad’ pye’ wa,.
- Zoshao we’ (6) pe: (၆၀) akyo khug qae” jho’ te’ na lao” - nug’ jhaug’ nae” ngad lao” yomyhi” wa nhag’ no nghoe’ (mask) te’ wa,.
- Zoshao jho” nhag’ no nghoe’ (mask) magari: te’ byid:.
- Nug’ jhaug’ na: au: zoshao jhui” na: au: zoshao shad’ khyo khyaung: zug’ zug’ - ag’ co” co” magari: kad’.
- Nug’ jhaug’ mung: gan: lao” ra” qam: o: jham dam: qo” nae” tau: qid (aqang:) myo: myo: shaug’ - qam: bo nae” zo: shaug’ gyi: gyi: zo: ca”.

## **7. Covid-19 byuno re caung byid; nae” yang cao” ye: ca” ra” khyo**

- Byuno we’ daga” na khao: ngo” nhag’ no nghoe’ (mask) re gug gug za: te’ ci wa,.
- Byuno re zai: naeva” ein: lao” gai: boe” re wa dalhang ci lo, zhaung: zhaung: wa,. Lo, zhaung: mazhaung: shi” au: we’ khyad’ pye’ khao ngo” lo, cid’ wa,.
- Byuno re bin: caung khao ngo” - zo: shaug’ bin: jho’ nyho’ nyhang” byid: bin khao: ngo” lo, cid’ wa,.
- Zai yao jham (mai bau: - ban khug’ - yab qo ru” ra” jham) re byuno we’ daqhan” ci.
- Byuno ci yhung: - zao” ci: to” ra” zai jham (kham: lo, ci - myi: phung” se’ kad’ jao:) re bug; shid cid’ (0.1 Hypochlorite qang:/ 0.1 Hypochlorite solution) we’ ne, qug; cid’ san wa,.
- Byuno we’ byuno caung yang ci yhung” to” ra” bosag jham (nhag’ no nghoe’ - mocid’ kaug’ – nhag’ sag’ mugsug’) re vintang: shapye’ wa,.
- Byuno mae xo: ra” nobug; ave, qhu” lo lao” qao” zin” khyo gun caung byid; yang’ re xo’ tau: ta” kyo: wa,.

## 8. Covid-19 we' sa: khug so' (Oxygen)

Covid-19 byuno mae wa sa: khug so' (Oxygen) nang" lao" wa myaung" ru - so' she qug' ru - so' she magyi" ru jham boe" ba: ra" mathao sa: khug so' (Oxygen) ka" qu" jag (Pulse Oximeter) we' dane, mae nang" thao" (3) lhang ka" qu" wa,.

Byu dayaug mae sa: khug so' (Oxygen) 95% atho' jo; ra".

1) **Sa: khug so' (Oxygen) 94% atho' jo, lao" wa atho' mae tung" to: va" ru we' dakhyo: ka" qu" wa,.**

2) **Sa: khug so' (Oxygen) 90% we' 94% agyo: mae ngad lao" wa**

- La-mhaung: lagoe, yab wa (m) Oxygen nyang" nyang" gai: qo" nae" khyo" yo" yo" za: gaung re aja: ja: khyo" gai: to" ra". (khoru: na nae" ga" ru re sulho mae qu" wa,.)
- Qao" zin" khyo gun caung byid; yaug wa Oxygen we' so' she nae" khyo: ta" lao" (nao khyo" maca" qo ein: jo ngad yang: re:) Oxygen we' so' she wa,.
- Qao" zin" khyo gun caung byid; yaug; ta" shid' ra" khyo: nobug; gai cid' (Steroid) we' gatau: mocid' jham re shaug' wa,.

3) **Sa: khug so' (Oxygen) 90% o mae ngad lao" wa xo: ra" Covid-19 nobug; ngad va".**

- Qao: zin" khyo gun caung byid; yaug we' jho" qham mung: ajao" Cid' Yung" yedo, wa,.
- Qao: zin" khyo gun caung byid; yaug ta" ra" khyo: Oxygen we' so' she wa,.
- Qao: zin" khyo gun caung byid; yaug ta" ra" khyo: Steroid we' gatau: mocid' jham re shaug' wa,.
- Yab qo mae moshad' ceshad' (lo,kaung: lo,yo) lhang yang: - la-mhaung: lagoe, yab - mug; kholo:kyi yab - qo" zaung lao" wa gaung re zaung" zaung" za: kad' mung: zaung: ra" ru jham re na:yi: (2) gaung dalhang tha" kad' byid; wa,.

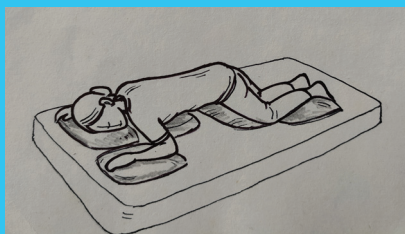
\* Sa: khug so' (Oxygen) khonho" ngad yang: re so' she qug' ru - yab qo mae" maqo" to" ru (m) gaung khyao cid' san khyo re nyho: yao: maqo" kad' ru - qaogao jhe' ru (m) nhag' cad' cad' ru/yab nghoe" nghoe" ru jham boe" lao" wa qao" zin" khyo gun caung byid: yaug re abao" athaug' mho' wa,.

## La-mhaung: lagoe, lang” ru

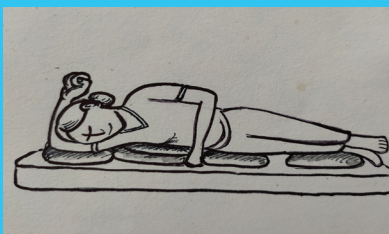
### Au: khau” (5) lam: re

- Au: o mae (1) lam:
- Qaogao o mae (2) lam:
- Caug’baung o mae (1) lam:
- Pag’ laug o mae (1) lam:

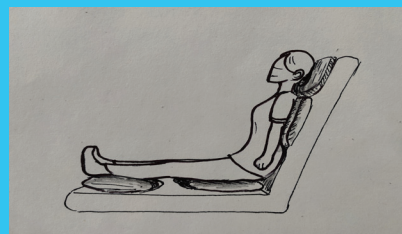
So’ she yo nae” tau: ve;dug; o mae lo, gai: jhoe” zai naeqae” kung” to: qo: ra”. Byuno re azeim” shi” yab nho mung: au: khau” dao mae la-mhaung: lagoe, lang: nho wa,. Zo bin: zo: thao na:yi: (1) gaung agyo: mae la-mhaung: lagoe, magari: lang:.



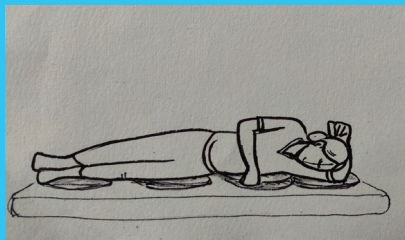
**1) Azhao” Da**  
La-mhaung: lagoe, yab wa,.  
(minute 30 mae” na:yi: 2  
gaung)



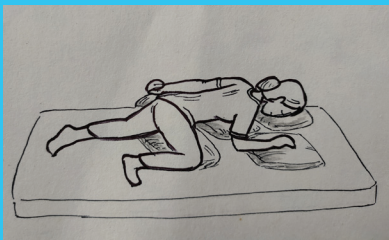
**2) Lo, yo shad’ khyo**  
azeim” khyo” yab wa,.  
(minute 30 mae” na:yi: 2  
gaung)



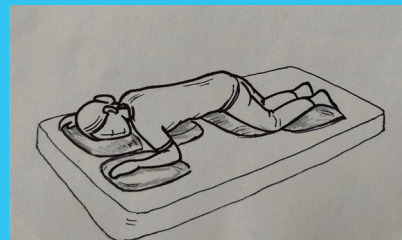
**3)30–60-degree ke” yang:**  
zaung wa,.  
(minute 30 mae” na:yi: 2  
gaung)



**4) Lo, kaung: shad’ khyo**  
azeim” khyo” yab wa,.  
(minute 30 mae” na:yi: 2  
gaung)



**5)Dakhyae: la-mhaung: lag-**  
oe, yab wa,.  
(minute 30 mae” na:yi: 2  
gaung)



**6) Lo”thao” azhao” la-mhaung:**  
lagoe, yab wa,.  
(minute 30 mae” na:yi: 2 gaung)  
**Bin: lao” azhao” (1) mae” dam:**  
kad’ qhid wa,.

## **Pulse Oxemeter jag re yhung: mung: Sa: khug so' (Oxygen) re ka'' ra'' khyo**

- Jag wa Sa: khug so' (Oxygen) khonho'' bo: ru (SPO2) we' sa: byae: ra'' khyo (PR) re qhu'' ra''.
- 5–10-minute kho no: yang: zaung mung: ka'' wa,.
- Lo, ngin'' na: au: (m) lo, mae qid jhug' na: au: magari: ka''. Ka'' nae'' ra'' lo, nyhug' re lam sho' shan: byid; wa,.
- Jag re lo,mo''ce: (m) lo, nyhug' agaung: lam: mae te' wa, . Lo, nyhug' gatau mae re: wa gai: te' ra''.
- Jag dao mae'' deim: ja: (ခလုတ်) re deim: mung: lo, re sae za: to: wa, . Lo, mae second (30) mae'' (1) minute joe'' sho' te' to: qo: ra''.
- Qid bug ru'' ra'' ru yo: byaug lao'' she apyid re qu'' wa,.
- Zoshao qe lo, sae za: maqo'' to: lao'' khyidmo''ce: (m) khyid nyhug' dalam: lam: mae ka'' wa,.
- Covid-19 nobug; ave, maqhu'' lo: - mamyaung: lo: Oxygen gyo'' ra'' khyo (silent hypoxia) boe'' ba: ra'' mathao khyao za: ka'' qu'' na qo: ra''.

## **Sa: khug so' (Oxygen) aphyid shad' ba: ra'' akhyo jham**

- Lo, nyhug' au: mae anyug daja: ja: de; na: ru (lo,sang: cid' (လက်သည်းနီ) xug' to'' ru - lo,sang: apyag' (လက်သည်းတု) te' to'' ru - magsang'' (ဆေးမင်ကြောင်) thug' to'' ru – dae khu dung: ru – cid'myi: gyid; yang lo, nyhug' no; jo; ru)
- Ka'' na: ra'' au: lab; na: ru
- Jag dao mae bo'' bao daja: ja: zin'' zin'' thaung: to'' ru.
- Carbon monoxide daug boe'' ru (Carbon monoxide poisoning)
- Sa: qam: nang'' ra'' no we' gatau: sa: no jham

## **References (Ngha: Ra'' Mug,sug' jham)**

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