

“PUI` JIET AWM HAOK PON` JHAWM SAUX NHAO KHRAOX PLAK JHI PRIEX NGIEN` YAM` OT DAUX NYIEX` ”

Pa tix pa mawh` jhawm saux nhao khraox (COVID-19)?

Jhawm saux nhao khraox (COVID-19) mawh` nex` saux kaoh khaing jhawm saux nhao khraox ti ceu`. pui` ku` kaux tee uik koe ngha pon` jhawm saux nhao khraox . si voe` in , jhawm saux nhao khraox daing phai rhuat , jao` nin teei` shao` grawng yuh` tieb tie` daing ting` ceu`.

Peung ceu` saux yie` mawh` lih` ot khaix pon` jhawm saux nhao daux 5-6 ngaix` . koe pui` ti blah tee chix lih` koe kah daux 14 ngaix` , plak nie` pui` pon` jhawm saux nhao khraox tee yie` chix lih` koe peung jhawm saux diag chaong dauh` mawh` diag greung` , pui` in kix ang shao` ot pai nyiex` pai saux.

Kuad koe ju` (60 num` haok plak piang`) ; pui` koe num jauh` nex` saux tang dauh (saux yaoh rhawm, saux nhao, saux tie neem`/saux lhaong nham, pui` kluing, saux rhaung (ai ceung) phan pon` jhawm saux nhao khraox , lih` koe peung jhawm saux diang kin pa ting`.

(1) Peung jhawm saux

Peung jhawm saux yaox` si jheeng

- Saux koek(diag si u kaux ot mee 99.5F dauh` mawh` 37.5C haok plak piang` .
- Maok si oh
- Taug uik riang`

Peung jhawm saux yawm` yaox`

- Mhong grai bhawm ngheet meeh` dauh` mawh` bhawng cim` dak
- Dux daux meeh` , lih` rawm meeh`
- saux krin ngai/ raoh ngai paing`
- Saux ghok
- Saux kaing
- Saux kraing` nex` huik (dauh` mawh`) jhong si ang
- Raoh hak
- greeing` rhawm
- Long` veg
- Kuat si yaung dauh` mawh` kling kaing

Peung jhawm saux riex` kin

- Nu` toek bhawm, toek bhawm mhong tawng` ang` bhawm kub
- Saux daux naok dauh` mawh` mee naok koe jhawm mhong nhiek thux
- Krai` lox ang koe riang` dauh` mawh` ang koe riang` su shah
- Eet mee rhawm



(2) Phan si vawx` kah pui` ot tau` mai cao tix pon` jhawm saux nhao khraox dauh` mawh` pui` in lih` koe peung jhawm saux diag chaong / peung jhawm saux diag greung`;



- Si ngai` khaing pui` an . phan krax ot grawng koe chix cu`, tang ot cao daux lawg nyiex` ti lawg, dauh` mawh` kieh` cao tix khan tang ot dee` mhawm doh bhaung daux nyiex`.
- Phan maix naix ot mai pui` ti lawg, nab buan ceep man tawb jheeh mhawm.
- Kham kieh` bawg laux lee naog kub, caw` kieh` mee ngai it mhawm kub.

- Jauh` ngaix` lih` koe peung jhawm saux nhao khraox (covid-19) sang caw` tix khan tang ot 14 ngaix`.
- Mai pui` nyiex` pon` koe peung jhawm saux dauh` mawh` pui` hoik dex` dawd mai pui` pon` peung jhawm saux , viang` ang lih` koe peung jhawm saux , kah caw` tix khan tang ot 10 ngaix` . phan daux ngaix` in kix lih` koe peung jhawm saux , sang caw` hu yuh` guah` tang khan ot awm pa ah plak piang`.
- Phan koe dee` yuh` son` cied jhak jhawm saux nhao khraox , tom chix tix hu cied jhak . phan shao` khliep cied jhak (RDT) phai cied tat , khaix lih` tu ngoik mawh` “ ceu` ying` sing ” , khawm mawh` nan phan cao tix koe peung jhawm saux ti blah , mawh` nan tom baux` hu yuh` krax tang khan ot cao tix.
- Glang khan tang ot lih` koe peung jhawm saux kin , nab buan niied phai jhak pai.

(3) Awm teei` pui` pa koe pon` jhawm saux nhao khraox hu ah , riang` eei priex` ih daing ting` ceu`.

- Ku` ngaix` 3 brie` nu niien ih priex` ting` 3 cub.
- Priex` ting` 3 cub pa jhi mawh`:



(1) Gaox, gaox nghox cax , si vawng`, hon kla ia, bee` khan kix ceu` priex` ih lhaong pon` riang`.

(2) Taux lhax、 plix khaox khan kix priex` ih tieb tie` nex` saux.



(3) Ceu` nex`、 ceu` kax、 ceu` iien 、 rawm teeh moi`、 ceu` tom , ceu` plix kiien mai ceu` si mie` khan kix joh laig haok huan huan ting` kah priex` ih.

- Caw` ih priex` awn si jheeng (ku` ngaix` 6 bawg) kieh` min son` kie priex`.
- Nie` nyaux` rawm , rawm plix khaox mhawm khraox , nex` /rawm rheap si ang、 rawm rheap baik khawm rawm gaox kuh.
- Phan nie` lih` lauh dauh` mawh` long` veg , chix tix nyaux` rawm kih` thie.
- Riien` ih priex` bee`、 priex` tie、 priex` lux mai priex` chix kieh`long` veg.

(4) Pui` koe peung jhawm saux nhao khraox glang khan tang ot sang hu cied tiag ceu` pa tix kix.

- Cied tiag aoh kaux : aoh kaux pui` mhawm kaux hak mawh` 98.6 (huax seex tux) (37.5 seux seex tux) plak greem . phan aoh kaux ot si nax mee 99.5 (huax seex tux)(37.5 seux seex tux) hoek 100.3F (38.3C) tom sawn mawh` tiem` koek , paw` dak chaox nie` khi rhawm.
- Cied tiag si niag : kaux pui` mhawm kaux hak si niag chuh mawh` baoh mee ku` cu` 60-100 bawg, yam` koek kaux ding hoek diag chuh chix phai khaing pui` mhawm kaux hak.



- Chix tix shao` cag tiag si niag nham bhawm toek , cied tiag ding` koe daux nham . diag naog khaw nham bhawm toek pui` brax kua mawh` 95%-100% . phan diag naog khaw nham bhawm toek maix tiem` , nab buan chawk nghiet cao pai saux.
- Phan koe saux lhaong nham、 saux tie neem` num jauh` nex` saux khan kix , sang caw` cied tiag riang` nham mai rawm nham ku` ngaix`.

(5) phan koe peung jhawm saux nhao khraox diag chaong /diag greung` , sang ot daux nyiex` tang priex ngien` cao tix yuh` kah mawx?



- Pui` koe saux phan lih` koe peung jhawm saux koek aoh` saux kraing` taix caong` mai saux kaing khan kix . chix tix ih (si dah toex yi shien ang ci feung) ,(pui` kub num` ih 1-2 mu (500mg/mu) (si dah toex yi shien ang ci feung), ku` ngaix` diag ih ang pon` luan` khaing 4 bawg.)
- Pui` koe saux phan aoh koek ang dieh , nab buan shao` man lhong caux` klawb ot piang` kaing re. phan lhaong koek kaux , chix tix shao` rawm lhong kawt tu kaux dauh` mawh` khoek heem tix.
- Ot greem grawh` grawng ang cao pai saux nyang` thung jhi , paw` tang teei` rhawm cao tix ih (si dah khang seung sux)、 (si dah lex kux choeng) khawm can` pa ah si dah koe ceu` son` grawng jhawm saux nhao khraox.
- Pui` pa koe nex` saux num jauh` tang dauh (saux lhaong nham、 saux tie neem` khan kix) chix tix hawt ih ceu` si dah ih tix si jheeng.

(6) glang peux` kawn miex` viang` koe peung jhawm saux nhao khraox , kah kawn` chix baux` tawx kawn ngie peux` teeh miex` .

- Si voe` peux` , khaix peux` , si voe` dex` dawd kawn ngie , khaix dex` dawd kawn ngie caw` tix shao` si dah khoek koek taix mai rawm khoek taix dee` yawm` 20 cut dauh` mawh` shao` rawm khien plai 60% khoek taix.
- Phan si nax maix mai kawn ngie mawh` 6 khaox tiag ka la` (paw mee 1.82 gang) dauh` mawh` ot yam` tawx maix kawn ngie peux` nab buan ceep man tawb jheeh.
- Paw` lai tawx kawn ngie ceep man tawb jheeh.
- Yam` tawx peux` , yam` dex` dawd mai kawn ngie paw` lai miah maok plak kawn ngie.
- Daux lang peux` kawn ngie daing ting` uik ding` si aoh, caw` tix thie kub riang` eei mai rawm kaux.

(7) Grawng yuh` priex ngien` pui` koe jhawm saux nhao khraox

- Pui` priex ngien` naix ot mai pui` koe saux ti lawg caw` ceep man tawb jheeh mhawm.
- Yam` dex` dawd mai pui` koe saux ceep dhawng taix ti bawg shao`. Si voe` ceep dhawng taix , khaix peeik dhawng taix caw` khoek taix si ngax khawm ra khawn.
- Khaix dex` dawd mai pui` saux ; si voe` yuh` khaix yuh` priex` ih caw` khoek taix si ngax khawm ra khawn.
- Ang khaw tix greem` shao` kraung` shao` krax ot krax koe mai pui` koe jhawm saux (awm : si bex`、 phang、 kaw k rawm、 man khoek、 man bi khan kix).
- Ku` ngaix` shao` rawm preet cai (0.1% cheex lux suang yiien` rong` yiex /0.1% Hypochlorite solution) phak kawt si ngax piang` pak ceu` kraung` dex` dawd mai pui` hoik koe saux (awm : taix si viex`、 paoh preet ngu` riang`).
- Nab buan shao` grawng priex khrawm khaw caw` priex khrawm kraung` tik khaix shao` pui` koe saux mai pui` priex ngien` (awm: nyhee nyawk、 man tawb jheeh、 ceu` kraung` tik khaix grawng pai saux).
- Phan pui` koe saux lih` koe peung jhawm saux kin , nab niied phai si toe mai cao pai saux.

(8) jhawm saux nhao khraox mai diag naog khaw nham bhawm toek

Diag naog khaw nham bhawm toek pui` koe jhawm saux nhao khraox grheuh lih` chix lih` koe peung jhawm saux taug uik riang`、 nu` toek bhawm、 toek bhawm mhong tawng` ang bhawm kub shao` khan kix . ti ngaix` dee` yawm` 3 bawg shao` cag tiag si niag nham bhawm toek tawx pui` koe saux cied diag ding` koe nham bhawm toek. (cied tiag yuh` kah mawx si dawng krax grawng , nab buan jhak hawt plah riang`.)

Pui` brax kua mhawm kaux hak diag naog khaw nham bhawm toek mawh` 95% plak piang`.

1. Phan diag naog khaw nham bhawm toek pui` koe saux mawh` 94% plak piang` , nab buan baox` hawt grawng plak piang` cied tiag.
2. Phan pui` koe saux bhawm toek koe daux nham mawh` 90%plak piang` hoek 94% lih` plak greem.

- Tawx pui` koe saux hu yuh` gup kaux dee` doh bhawm dauh` mawh` teem coi` pui` koe saux vid loh peung kaux kieh` cox mhawm cud bhawm toek. (hu yuh` kah mawx grawng in , nab buan hawt jhak plah riang`.)
- Phan cao pai saux nghaox tawx pui` koe saux toek bhawm toek (viang` ang mawh` ceu` pa shao`), nab nghiet teei` rhawm keud nawh.
- Phan sang ih (si dah lex kux choeng). ot greem khaw caw` thung nhie cao pai saux hu ih. ang chix tang teei` rhawm cao tix ih si dah ceu` khrawm (lex kux choeng).

3. Phan ding` koe bhawm toek daux nham tiem` khaing 90% ,an mawh` jhawm saux nhao khraox kin.

- Khaix chawk nghiet cao pai saux niied phai hu pai.
- Hawt awm nghaox tawx cao pai saux toek bhawm toek.
- Hawt awm thung jhi cao pai saux ih (si dah lex kux choeng) mai si dah tang dauh.
- Ot piang` ku , nyat plak dawm, nyat plak goix , gup , it tie` riex` , phan pon` ngawm` tom ngawm` rauh` , ku` 2 taix bawg yam` lai loh ti bawg.

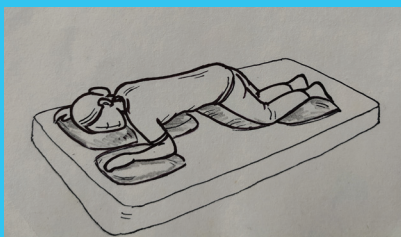
Phan pui` koe saux koe peung jhawm saux nu` toek bhawm , ang pon` kaoh it dauh` mawh` ang pon` yuh` lawg kaux si ngax , saux naok dauh` mawh` eet naok / mie` it / kling kaing khan kix , viang` bhawm toek daux nham koe miex` ding` ang ah , nab buan niied phai sawg cao pai saux teem coi`.

Peung mee gup kaux

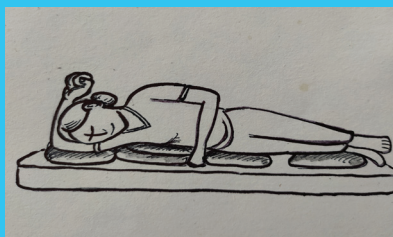
Deuh` mhawn gaong` 5 mu

- Mee greem kaing deuh` 1 mu
- Mee greem naok deuh` 2 mu
- Mee greem deem` deuh` 1 mu
- Greem ngawng` deuh` 1 mu

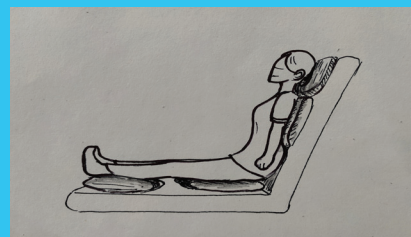
Son` sang pon` kub toek bhawm, mee plak greem veg caw` een daux sang pon` sau taix laig daux. Ran kiek` pui` koe saux ot peung nyat tix plak, baux` gup ot piang` mhawn gaong`. Khaix sawm daux tix` taix ang chix gup kaux .



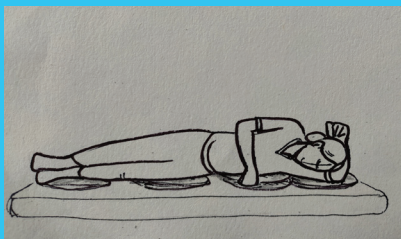
1: hu yuh` mee gup
(30 cu` - 2 taix)



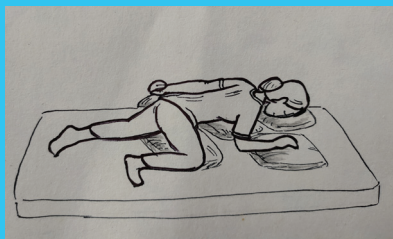
2: loh peung dawm nyat
plak
(30 cu` -2 taix)



3: nyat gaing` 30-60°
(30 cu` -2 taix)



4: loh peung goix nyat plak
(30 cu` - 2 taix)



5: loh peung gup mee ti
plak
(30 cu` -2 taix)



6: kah ngoik tix` diang` :
gup kaux
(30 cu` - 2 taix)
Jauh` na bad diang` tix`
baux` jauh` .

Grawng khaw shao` cag tiag si niag nham bhawm toek

- Cag in lih` jhi ding` koe bhawm toek daux nham (SPO2) mai diag chuh si niag (PR).
- Laux lee 5-10 cu` , khaix an tom ngawm` tix cied tiag.
- Paw` lai ot greem grawng yam` lhong taix dauh` mawh` yam` caux` taix cied tiag . kieh` taix sang cied tiag tu` taig yuh` si u.
- Kieh` cag tiag nham bhawm toek kiiep ot piang` giien taix ting` dauh` mawh` giien taix greung` , dauh` mawh` ot piang` giien taix tang dauh cied tiag.
- Nyheen mu nyheen piang` cag mai gu kieh` giien taix kaux cong . sang caw` kieh` kiiep ot piang` giien taix 30 cut hoek 1 cu`.
- Pau` khaix kaog cung` rhoi klia piang` cag tiag nham bhawm toek tom phat peung lih`.
- Yam` cied tiag kawn iak phan giien taix ang kaux cong , tom chix tix cied tiag giien taix ting` dauh` mawh` giien caong`.
- “Ceu` glip cud bhawm toek” mawh` peung jhawm saux yaox` si jheeng kah piang` kaux pui` koe jhawm saux nhao khraox , mawh` nan sang caw` tat bawg yam` cied tiag nham bhawm toek.

Ceu` Pa kieh` tu pon` grawng jao` cied jhak diag naog khaw nham bhawm toek ang khaw caw`

- Pui` kraix rhan koe rhan piang` nghim taix (kraix si dah nghim、 klieb nghim yuh` pui`、 piang` giien taix koe riang` meug kaux、 koe rhoi mat、 piang` taix koe riang` pawd bre` ku` ceu`、 yawt sup kieh` giien taix lih` tix lung`.
- Yam` cied tiag pui` cied tiag caw` ot lai ling`.
- Sawng riang` jhan rauh` ot piang` cag cied.
- Pon` cai (yi yang` huax thang)
- Yawm` nham mai nham nex` saux tang dauh.

(Lai tiag) (References)

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