

# Jagorar kwayar cutan Korona (Kovid19)

## Hausa

Wannan shawara ta dogara ne da shawarar lafiya da bayanai na NHS kuma shawara ce ga kowa a cikin UK, ba tare da la'akari da kasar asalin su ba.

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## Abinda ke ciki

Mece ce korona (KCOVID-19) da kuma yadda za a zauna cikin lafiya?

Me za ka yi idan ka sami alamomin cutar?

Jagoran killacewa domin gidaje dake da yiwuwar samun cutar korona (KCOVID-19)

Har yaushe ne za a bi jagorar warewa nan?

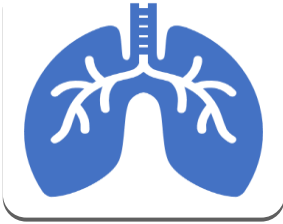
Wani lokaci ne ya kamata a tuntubi NHS 111?

Yaya za a yi a tuntubi NHS 111?

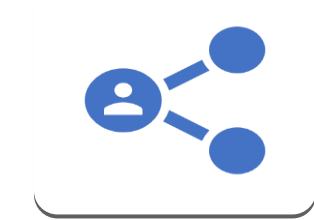
Me za a yi idan ana damuwa da matsayin kaura?

Me za a yi domin taimakawa wurin dakatar da yada kwayar cutar korona (KCOVID-19)?

## Mece ce korona (KOVID-19) da kuma yadda za a zauna cikin lafiya?



KOVID-19 sabuwar cuta ce da ke iya shafi huhu da hanyoyin iska da sauran sassan jiki. Kwayar cuta da ake kira “kwayar cutar korona” shi ne sanadin wanna cutar.



Za ka iya zama cikin lafiya ta hanyar rage cudanya ta zahiri da jama'a waƙanda ba tare kake zaune da su ba, da kuma bin mataƙai na tsafta matuƙar iyawa domin taimakawa wurin tsayar da yadawar korona. Wannan ya haɗa da mutane masu shekaru daban daban – koda kuwa ba ka da almomin cutar ko wasu matsayi na rashin lafiya.



**Amfani da sufuri na jama'a:** Ka kaucewa amfani da sufuri na jama'a iyakar iyawarka kuma ka jarraba hawa keke, tafiya a kasa ko tuki a maimakon haka. Idan lallai ka bukaci sufuri na jama'a, jarraba kaucewa lokacin cunkoso na jama'a sannan ka tabbatar da tazara tsakanin jama'a. Dole ka saka murfin fuska a cikin sufuri na jama'a. Yana da muhimmanci ka bi wannan jagora, za a iya cin tararka idan baka bi ba.



**Ci gaba da aiki:** Za ka ci gaba da yin aiki daga gida idan za ka iya. Idan ya zama lallai ka je wurin aiki, lallai ka fara dubawa cewa kai da kuma mambobi na iyalinka ba su da alamomin cutar. Idan babu wanda ke da alamomin cutar, za ka iya zuwa wurin aiki muddin ka tabbatar da tazara na mita 2 tsanin juna da kuma wanke hannu akai akai ko yin amfani da sabulun wanke hannu. Za ka iya tuntubar wanda ya ba ka aiki domin mataƙai na tsaro da kuma samuwar kayayyakin kariya a wurin aikin ka.



Ƴan sanda da sojoji na iya taka rawa wurin tabbatar da mataƙai na lafiyar jama'a, da kuma tabbatar da cewa an isar da abinci da sauran muhamman kayayyaki ga jama'ar da ba su da kariya.



Zaku iya sauke manahaja zuwa wayarku ta domin samun tsaron lafiya. manahajan zai fadakar da ku idan kun kasance kuna cikin kusanci da wani mai amfani da manahajan da aka gwada da tabbataccin sun kamu da coronavirus. Kuma idan kuma an gwada ku da tabbataccin kamuwa da cutar, zai iya taimakawa wajen tantance mutanen da watakila kuka manta kunyi kusanci da su yayin kiyaye bayananku cikin sirri da boye.



Idan kuna zaune a Ingila da Wales, sauke manahajan **NHS COVID-19 App**. Wanan manahajar na samuwa ga duk wanda shekarunsu ya wuce 16. Don neman karin bayani a cikin harsuna 11: <https://covid19.nhs.uk/information-and-resources-translated.html>



Idan kuna zaune a Scotland, zaku iya sauke manahajan **Protect Scotland App**. Wanan manahajar na samuwa ga duk wanda shekarunsu ya wuce 16. Don karin bayani: <https://www.protect.scot/>



Idan kuna Arewacin Ireland, zaku iya sauke manahajan **StopCOVID NI Proximity App**. Wanan manahajar na samuwa ga duk wanda shekarunsu ya wuce 11. Don karin bayani: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-stopcovid-ni-proximity-app>

Tuntuɓi hukumomin ku na gida domin duk wata dokar kulle da ta shafe ku.

A Ingila,	<a href="https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing">https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing</a>
A Scotland,	<a href="https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/">https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/</a>
A Wales,	<a href="https://sanctuary.gov.wales/covid-19">https://sanctuary.gov.wales/covid-19</a>
A Arewacin Ireland,	<a href="https://www.health-ni.gov.uk/publications/guidance-accompany-health-protection-coronavirus-restrictions-no-2-regulations-northern-ireland-2020">https://www.health-ni.gov.uk/publications/guidance-accompany-health-protection-coronavirus-restrictions-no-2-regulations-northern-ireland-2020</a>

## Me za ka yi idan ka sami alamomin cutar?



Idan kana da:

- zafin jiki mai yawa – kana jin zafin jiki idan ka taba kirjinka ko baya, ko
- sabo, kuma tari wanda ke ci gaba – wannan na nufin cewa ka fara tari mai maimaituwa, ko
- rashin, ko canjin, a, dandano ko jin kamshi yadda ka saba (anosmia) – idan ba ka jin kamshi ko dandanon komai, ko kuma abubuwa su na kamshi ko dandano daban da yadda aka saba



Ya zama dole ka bi waɗannan mata kai cikin gaggawa:



**Ka killace kan ka:** zauna a gida na kwanaki 10 sannan ka bi [jagoran killacewa domin gidaje dake da yiwuwar samun cutar korona](#). Duk wani wanda ke gidanku ko wanda yayi hulɗa da kai dole ya killace kan san a kwanaki 10.

**Ka samu a yi maka gwajin korona** a cikin kwanaki biyar na farko da samun alamun cutar: Duk wanda yake za a iya yi masa gwaji kyauta idan suna da alamun cutar domin ganowa ko suna da kwayar cutar. Akwai hanyoyi 2 da za a gwada ka. Ko dai a yi maka gwajin a inda kake zaune, ko kuma kaje wurin da ake gwajin. Za ka sami sakamakon gwajin na ka ta hanyar rubutaccen sakon waya, imel ko kiran waya.

## Ka samu a yi maka gwajin korona



Domin ajiyar gurbi na gwajin ko kuma ka yi ta yanar gizo ziyarci <https://www.nhs.uk/ask-for-a-coronavirus-test> Idan ba ka da dammar samun yanar gizo, kira 119 a **Ingila, Wales** da **Arewacin Ireland** ko 0800 028 2816 a **Scotland**.



**Idan sakamakon bai nuna cewa akwai cutar ba:** za ka iya dakatar da killace kai idan ka na jin cewa lafiya kake kuma ba ka da alamar cutar ko kafan. Sauran mutanen gidanku ko waƙanda suka yi hulƙa ta kusa-da-kusa da kai za su iyua tsayar da killace kai.

**Idan sakamakon ya nuna cewa akwai cutar:** ya zama dole ka cika ragowar kwanaki goma na killacewar ka, sannan duk wanda yayi hulƙa ta kusa-da-ksa da kai a gidanku dole ne ya cika ragowara kwanaki 10 na killace kai. Masu bayar da aikace-aikace na bibiya na shiyyar ku za su tuntuƙe domin neman ka taimaka wurin tsayar da ci gaba da yaƙuwar kwayar cutar. Za su tambayeka inda ka tafi a kwanakin nan da kuma ka yi hulƙa da su ta kusa-da-kusa. Wannan yana da muhimmanci domin gano wanda ake buƙatar ya killace kan sa kuma ya zauna a gida na tsawon kwanaki 10 ko fiye.

Don karin bayani:

**A Scotland,** <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-coronavirus-service/>

**A Arewacin Ireland,** <https://www.publichealth.hscni.net/publications/test-trace-protect-step-step-guide-and-translations>

## Jagora kebewar gidaje masu yiwuwar kamuwa da kwayar cutar korona



Kada ku tafi wurin aiki, makaranta, aikin fidan GP, kantin magani ko asibiti.



Yi amfani da wurare daban, ko ku tsabtace wurin a tsakani amfani



Ku guji kusanci da sauran mutane



A sadar muku abinci da magani



A bi jagoranci a kan masu ziyara



In ya yiwu, ku kwanta ku kaƙai



Ku wanke hannuwanku a kai a kai



A sha ruwa da yawa



A sha paracetamol don taimakawa da alamun cutan

Yana da muhimmanci ka bi wannan jagora, za a iya cin tararka idan baka bi ba.

Don karin bayani duba: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

## Har yaushe ne za a bi jagorar warewa nan?

- Duk wadanda su ke da alamu cutan, sun kamata su zauna a gida, su ware kansu akalla kwanaki 10.
- Idan kuna zama tare da wasu mutanen, ya kamata su zauna a gida kuma su ware kansu don akalla kwanaki 10, don guje wa yadar da cutar a waje.
- Amma, idan wani a cikin gidanku ya sami alamun cutan, ya kamata ya zauna a gida kuma ya ware kansa don kwanaki 10 daga ranar da alamun cutarsu ka fara. Ko da cewan sun riga da sun yi kwana 10 a gida.
- Idan kuna zama tare da wanda sunada shekara 70 ko sama da haka, sun daɗe da rashin lafiya, suna da ciki ko kuma sunada kasalar tsaron lafiya jiki, a yi kokarin a nema masu wani wurin zama daban na kwanaki 10.

## Wani lokaci ne ya kamata a tuntuɓi NHS 111?

- kana jin rashin lafiya har baka iya yin ayyukan da ka saba yi ba, kamar kallon talabijin, amfani da wayarka, karatu ko tashi daga gado
- Kun ji cewa baza ku iya kula da alamunkun a gida ba
- yanayin lafiyarku ya zama mai tsanani

## Yaya za a yi a tuntuɓi NHS 111?

Kuna iya anfani da **NHS 111 online coronavirus service** (<https://111.nhs.uk/covid-19>) don sanin abin da za a yi a bayan wannan. Idan baza ku iya samun damar ayyukan yanar gizo ba zaku iya kiran 111 (wannan lambar kira ta kyauta ce). Za ka iya samun mai fassara a yaren ka ta hanyar bayar da amda da “e” ga duk tambayoyi.

## Me za a yi idan ana damuwa da matsayin kaura?

Baki daga kasar waje zuwa **Ingila**, har tare da duk wandan da suke ke zama a Burtaniya ba tare da izini ba, **ba** za a caje su ba don:

- gwajin ta kwayar cutar corona a (koda kuwa gwajin ya nuna cewan baka da kwayar cutar corona)
- yin magani na kwayar cutan coronan – amma idan kun fara yin magani sannan gwajin ya nuna cewan ba ku da kwayar cutan coronan, ana iya cajin ku don duk wani magani da kuka samu bayan samun sakamakon gwajin
- jiyar yara wadanda suka samar da cuta da ke nuna alamar kumburi mai tsari daban daban



Babu bukatar binciken shige da fice idan kuna yi gwaji ko magani ta kwayar cutar KOVID-19 kawai.

## Me za a yi domin taimakawa wurin dakatar da yada kwayar cutar korona?

- Tabbatar da wanke hannayenku akai-akai, a yi amfani da sabulu da ruwa, akalla sakan 20
- Bi shawara game da kasancewa a an kare
- Ya danganta da wurin da kake zaune, ka bi shawarar sanya murfin fuska kuma ka bar tazara ta mita 2 daga mutanen da ba ka zaune tare da su.

### Don karin bayani:

- NHS Guidance <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- WHO guidance: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>