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# Jagorar kwayar cutan Korona (Kovid19)

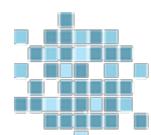
## Hausa

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**

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## Jagorar kwayar cutan Korona (Kovid19)

KOVID-19 sabuwar cuta ce da ke iya shafi huu da hanyoyin iska. Kwayar cuta da ake kira "kwayar cutan korona" shi ne sanadin wanna cutan.

Yakamata kowa kowa ya zauna a gida gwargwadon iyawarsa don taimakawa dakatar da yaduwar cutar coronavirus.

Wannan ya hada da mutanen kowane tsararraki - ko da ba ku da wata alamar cutar ko wasu yanayin cututukar.

Kuna iya barin gidjen ku domin wadannan dalilai:

- zuwa shagunan da aka basu izinin budewa - don samun abubuwa kamar abinci da magani, da kuma karban kayan da aka saya ta yanar gizo ko ta waya.
- motsa jiki (ko, idan kuna Ingila ne, don cin lokaci a waje) - tabbatar da cewa kunada nisan mita 2 daga duk wani dan adam a wajen gidan ku.
- don kowane irin bukata na lafiyar jiki, don ba da gudummawar jini, guje wa rauni ko rashin lafiya, ko don bayar da kulawa ko taimaka wa mutane masu rauni ko marasa lafiya
- zuwa da dawowa daga wurin aiki – amma sai dai idan ya zama tila kuma ya kasance baza ku iya aikin a gida ba.

Idan kuna da:

- zazzabi – an ji zafi idan aka taba kan kirji ku ko bayan ku.
- sabon tari, tari mai maimaitawa – ma'anar wannan ne cewar kun fara tari akai-akai
- daukewar jin kanshi ko jin dandano akan yadda kuka saba (anosmia) – idan ba ku iya jin kanshi komai ko dandana komai ko kuma kanshin da dandanon abubuwa sun canza makun akan yadda kuka saba

Ya kamata ku zauna a gida kuma ku bi **jagorar warewa don gidaje masu yiwiwar kamuwa da cututtukan kwayar cutan korona**

An takaita haduwa a cikin jama'a:

- dan kuna zama a **Ingila** da **Arewacin Ireland**, za a ba ku izinin haduwa cikin rukuni har zuwa mutane 6 daga gidaje dabab-daban
- Idan kuna zama a **Wales**, mutane daga gidaje biyu zasu iya haduwa a gida (a tsakanin mil 5)
- Idan kuna zama a cikin **Scotland**, mutane daga gidaje biyu zasu iya haduwa har idan rukunin basu wuce mutane 8 ba
- Wadannan tarurruka su kasance a waje ko a cikin lambunar mutane masu zaman kansu kawai, yayin da suna ci gaba da nisantar al'amuran jama'a da kuma tsayar da mita 2 ba

Yana da muhimanci a bi wannan jagorar, za a iya hukuntar da ku idan ba ku bi ba.

'Yan sanda, jami'an shige da fice, da sooji na iya taimaka a wajen aiwatar da matakán kiwon lafiyar jama'a, tare da tabbatar da sadar da abincida sauran muhimman abubuwa ga mutane marasa tsaro.

Sakamakon kwayar cutan korona, bukatar gabatar da kanku a matsayin sharadin samun belin shige da fice – an dakatar da shi na lokaci kadän. Za ku kaebi rubutu na SMS tare da cikakkun bayanai game da ranar gabatar da kanku na gaba. Don karin bayani game da canje-canje ga tsarin mafaka, duba a nan:  
<https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/>

## Wanene ke cikin hadarin kwayar cutan korona

Kwayar cutan korona na iya sa kowa ya yi tsananin rashin lafiya, amma akwai wasu mutanen da suke cikin hadarin mafi girma. A misali, zaku iya fuskantar babbar hadari daga kwayar cutan korona idan kuna:



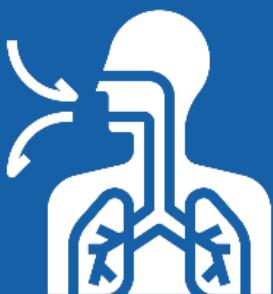
Wadanda suka sake dasa sashin jikinsu



jiiyan wasu nau'ikan cututtukan daji



da cutar daji na jini ko na bargon kashi, kamar cutar sankarar bargo.



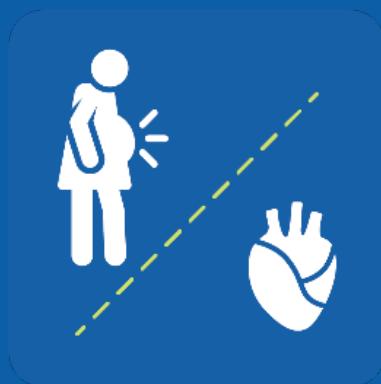
cutar huu mai tsanani, kamar ciwon gādo da ake kira **cystic fibrosis** ko ciwon fuka mai tsanani



rashin lafiyar da zai baka damar kamuwa da cuta



shan magungunan da ke raunana tsarin garkuwar ku



da ciki da kuma ciwon zuciya mai tsanani

Idan kuna tunanin cewa kun fada a daya daga cikin wadannan nau'ikan hadarin kuma ba ku karbi wasika daga Kungiyar masu kula da lafiyar ku a ranar Lahadi 29 na watan Maris 2020 ba ko GP dinku (likita) bai tuntube ku ba, ya kamata ku tattauna damuwanku da GP (likita) dinku ko likitan asibitin. Idan baka da GP, tuntubi DOTW UK don taimako: **0808 1647 686** (wannan lambar kira ta kyauta ce) ko a tura imel a [clinic@doctorsoftheworld.org.uk](mailto:clinic@doctorsoftheworld.org.uk)

## Yadda zaka kare kanka idan kana cikin hatsarin gaske

Idan kun sami alamun COVID-19 kamar tari da ya ki tsayawa ko zazzabi, nemi shawarar asibiti ta amfani da sabis na coronavirus na NHS 111 ko kuma kira NHS 111. Yi wannan da zaran kun ga wadannan alamun.

Idan kun kasance cikin hatsarin yin rashin lafiya sosai daga kwayar cutan korona, akwai karin abubuwa da yakamata ku yi don kauce wa kamuwa da ita.

Wadannan sun hada da:

- Ba barin gidanka - kar a fita zuwa yin siyayya, nema magani.
  - dan kuna zama a **Ingila** da **Arewacin Ireland**, zaku iya zuwan yawo an waje tare da iyalen ku, idan kana zama kai kadai zaka iya fita tare da mutun daya wani gida, amma ku bada junaku fili kamar mita 2
  - Idan kuna zama a **Wales**, za ku iya fitan motsan jiki a kuma bada dama a kamar mita biu a tsakanin ku.
- Kar a halarci kowane taro (tare da taron abokai da dangi na cikin sarari)
- nisanta akalla mita 2 (matakai 3) nesa da sauran mutanen gidanka gwargwadon damar ka
- Nisantar dukkan marasa lafiya ko kuma wanda suka nuna alamun cutar coronavirus.

Nemi abokai, dangi ko makwabta ka suyi maka siyayya da magunguna. Su bar su a bayan kofar ka.

Idan kuna bukatar taimako don sadar da kayayyaki masu mahimmanci kamar abinci, zaku iya yin rajista don samun tallafin kwayar cutan korona.

- Idan kuna zaune a **Ingila**: <https://www.gov.uk/coronavirus-extremely-vulnerable>
- Idan kana zaune a **Arewacin Ireland**: <https://www.adviceni.net/eform/submit/covid-support-referral>
- Idan kuna zaune a cikin **Scotland**, kira 0800 111 4000
- Idan kuna zaune a **Wales**, ya kamata ku sami cikakkun bayanai game da adireshinku a wasikarku

Karanta cikakkiyar gargadi game da kare kanku idan kun kasance cikin hadarin mafi girma game da kwayar cutan korona akan GOV.UK <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

## Jagora kebewar gidaje masu yiwar kamuwa da kwayar cutan 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

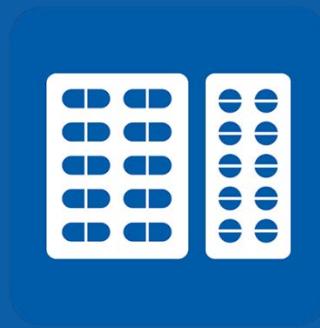
Ku guji kusanci da sauran  
mutane



A sadar muku abinci da magani

Kada ku karbi baiki

In ya yiwu, ku kwanta ku kadai



Ku wanke hannuwanku a kai a kai

A sha ruwa da yawa

A sha paracetamol don  
taimakawa da alamun cutan

Ku nemi gwadın kwayar corona a zaran da kuka samu wani alamomin cuta (ya kwamata a nemi gwadin a cikin kwanaki 5 na farko) <https://www.nhs.uk/ask-for-a-coronavirus-test> yakamata  
ku bayar da bayanen huldan ku kuma ku sami lambar waya mai aiki domin iya samun sakon kan  
waya.

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

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

- Duk wadanda su ke da alamu cutan, sun kamata su zauna a gida, su ware kansu akalla kwanaki 7.
- Idan kuna zama tare da wasu mutanen, ya kamata su zauna a gida kuma su ware kansu don akalla kwanaki 14, don guje wa yadar da cutar a waje.
- Amma, idan wani a cikin gidan ku ya sami alamun cutan, ya kamata ya zauna a gida kuma ya ware kansa don kwanaki 7 daga ranar da alamun cutarsu ka fara. Ko da cewan sun riga da sun yi kwana 14 a gida.
- Idan kuna zama tare da wanda sunada shekara 70 ko sama da haka, sun dade 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 14.
- Idan ya zama dole ne ku kasance tare a gida, yi kokarin nisanta da junan ku gwargwadon damar ku.

## Wani lokaci ne ya kamata na tuntubi 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
- alamominku ba su ragu ba bayan kwana 7

## Yaya ne za na iya tuntubi NHS?

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). Kuna iya neman mai fassara a yaren ku.

## Menene zai faru idan inna damua da matsayin kaura na ba?

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 cutan corona a(koda kuwa gwajin ya nuna cewan baka da kwayar cutan coronan)
- yin magani na kwayar cutan coronan - 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

Babu bukatar binciken shige da fice idan kuna yi gwaji ko magani ta kwayar cutan corona kawai. **Me**

## Zan iya yi don dakatar da yada kwayar cutan korona?

- Tabbatar da wanke hannayenku akai-akai, ayi amfani da sabulu da ruwa, akalla sakan 20
- Bi shawar game da kasancewa a ankare
- Idan za ku iya, yi amfani da abun rufe fuska a inda nisancin nisan mita 2 daga mutane na da wahala ko ba zai yu ba. kamar sufurin jama'a da kananan shaguna.

Don karin bayani:

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