

# COVID-19 PREVENCIÓN MANUALI



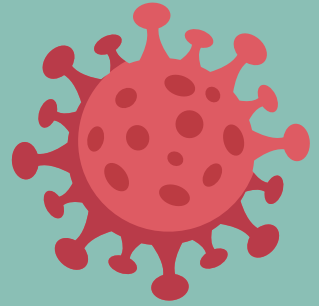
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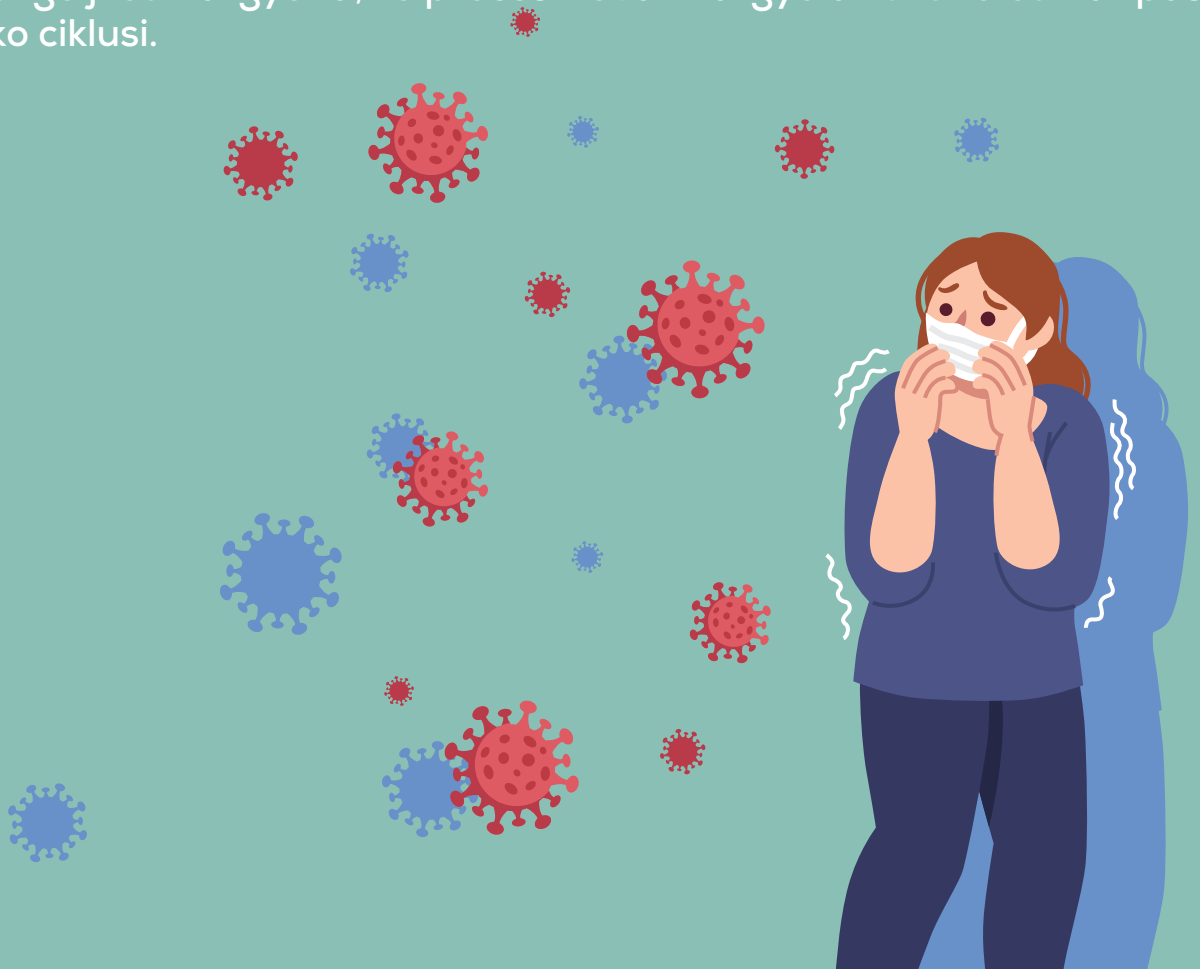
# SO SI VIRUSI?



Virusi si genetikuno materiali kova arakhlola ko organeske kotora thay kova atakinla jivde celya thay vastinla metabolikune procesya e kherunesko vash te kreirinel nevi generacia e virusune kotorengo.

O drom sar lelola shay ovla ververutno. Disave virusya qhivna poro geentikuno materiali ko manushesko DNA, kote shay te ajukarel ji na phiravgyola. Sar manusheske celya replicingyona, shay te kreiringyon neve virusya.

O virusya pe ayn vaht shay anena pe phayripe e manusheske cely-engo ji buhlargyona, ko procesi kova khargyola litikuno buhlaripas-ko ciklusi.



# KORONA VIRUSI

Korona virus (COVID-19) si infektipask nasvalipe kole kerela nevo soyi e korona virusesko. Akaav nevo virusi thay nasvalipe sine bipenjarde anglo epidemiako phayripe ano Vuhan e Kinako, ko decembri e bershesko 2019.



Buderi manusha infektime e virusea COVID-19 shay ka theren kovle ji phare respiratirune nasvalipya thay ka saslon bizo mangipe e specialune saslaripasko. Ko mayphure manusha thay odolesngo e bazikune medizinake mangipyenca sakana sar si kardiovaskularune nasvalipya, diabeti, kronikuno respiratoruno nasvalipe thay kanceri silen maybaro shaibe te nasvalon kotar mayphari forma e infekciaki.

Mayshukar drom kay te aqhavyol thay tiknargyol viruseski transmisiya si shukar informipe vash o virusi COVID-19, nasvalipya kola shay anela thay sar buhlargyola. Garaven tumende thay e yaveren kotar e infekcia sig thovipea e vastengo ose sig kosipea e vastengo e sheyenca kola silen alkoholeski baza thay bizo te qalaven tumaro muy.

Virusi COVID-19 mayangle buhlargyola qhungarake kotorenca kana o infektimo manush kohinla ose askirinla, odoleske si mahatno te praktikinen ayeka khardo respiratoruno bonton (misal, te askirinen ano phiko).

Aktualipea na si specialune vaksine ose medikamentya vash COVID-19. Numay, si yekh gendo e klinikune testengo e potencialune medikamentengo. LSO ka lug-yarel te phiravel divune informacia ji na resna o klinikune rezultatya.

# AQHAVIPE

Gndingyola kay o COVID-19 buhlagyola sherunipea prekal pashutno kontakti e manush-esko e yavere manushea. Asimptomatikune sure pe ayni vaht shay buhlarna o virusi. Pandar siklova vash virusesko buhlaripe thay nasvalipasko pharipe kole shay anla. Shaibe vash infektipe ose buhlaripe e COVID-19 shay te tinkaren keripea disave sade aqhavipaske bajakya:

Regularitetea thay sahipea thoven tumare vasta e sheyenca kola silen alkoholeski baza ose toven sapunea thay panae. Soske? Vas-tengo thovipea sapunea thay panae ose vastengo kushipe e sheyca pe alkoholeski baza mudarla e virusen kola shay ovna ko tumare vasta.



Adikaren distanca kotar mayhari 1,5 metre mashkar tumende thay yaver manusha. Soske? Kana daykho kohinla, askirinla ose vakrla iklona tikne prske kotar o nak ose muy kola shay te theren virusi. Te sine kay siyen but pashe, shay te len o prske, astaripea akate vi virusi COVID-19, te sine kay odova manush si nasvalo.



Ma qalaven tumare akya, nak thay muy. Soske? O vasta qalavna ververutne thana thay shay lena o virusi. Kana yekh ver kontamin-yingyona, shay te phiraven o virusi ko tumare akya, nak ose muy. Odolestar o virusi shay khuvla ko tumaro truppo thay te infektinel-tumen.



Sasavipea dikhen e shukar higiena e duhoske leipaski, sar tumen ayeka vi o manusha truyal tumende. Akava mangla te phenel te uqharen o muy thay nak tumare vastea ose marama kana kohina ose askirinena. Palo odova, e vastimi marama yekhatar frdeni thay thiven tumare vasta. Soske? O kapke buhlarna o virusi. Adikeripea shukar higiena e duhoske leipaski, garavena e manushen mashkar tumende kotar virusi sar si shudripe, gripi thay COVID-19.



Beshen khere thay korkore izolinentumen ini ko suro kana situmen kovle simptomya sar si kohipe, shereski dukh, harni temperatura, sa ji na saslon. Roden daykasta te kinel tumenge habe thay yaver so manglape. Te sien kay siyem musay te mekhen o kher, akharen maska vash te na infektinen e yaveren. Soske? Te sine kay na situ-men kontakti e yaverenca ka gavarenolen kotar COVID-19 thay yaver virusya.



Te sine kay situmen temperatura, kohinena ose situmen pharo duho leipe, roden medicinako ashutipe, numay te sine kay si shayutno mayangle kharen telefona o hospitali thay phiraven o godideipe kotar tumaro lokaluno sastipasko centro. Soske? Nacio-nalune thay lokalune institucie ka therne may precizune informacie vash e situacia ko tumaro truyal. Sastipasko butikerno kole ka kharen but sig ka deltumen godi te nakhen ani maypashutni sasti-paski institucia. Akava pe ayni vaht ka garaveltumen kotar buhlar-ipe e virusesko thay yaver infekciengo.



# SIMPTOMYA THAY SO TE KEREN TE SINE KAY SITUMEN

Simptomya e COVID-19 shay te oven yaver e manushtar pe manush. O simppomya pe ayni vaht shay te yaverinyon baziripea pe tumaro phuripe. Disave e maybut sikavde simpomendar si:



O argumentya sikavena kay o virusi shay te transmetingyol kotar o yaver manusha kola si infektime, numay na sikavena simptomya. Akava dikhlarla manushen kola:

- pandar na silen simptomya (anglo-simptomatikune)
- nikana na evolvirinena simptomya (asimptomatikune)

Ini soske o ekspertya janena kay ayeka forme transmisiyake ovena mashkar odola kola si pe pashuto kontakti ose pe tang fizikune kondicie, na jangyola ji pe kova niveli. Akava mangla te phenel kay si btu mahatno te phiraven o efektivune aqhavipaske bajakya.

Te sine kay skavena simptomya e COVID-19, reduktinen o kontakti e yaverenca:

- izolinyon khere maybut ji 14 dive resipea kay te aqhaven virusesko buhlaripe
- te sine kay jivdinena yaver manushenca, beshen ani ulavdi soba thay adikaren distanca kotar mayhari duy metre
- vizitinen sastipaske butikerne ose kharen o lokaluno publikuno sastipasko servisi vash o informacie e testesko
- mayangle kharen te mothaven save simptomya situmen thay te phiraven olengo godeideipe

Saslaripe e korona virusesko

Buderi manusha kola sieln loki forma e akale nasvalipasko shay sasloni korkore. Te sine kay gndinena vash tumare simptomya, musay siyen te kontrolinen tumari situacia hay te direntignyon tumare saslarineske ose saslarinenge. On shay te propozinen bajakya kolen shay te len resipea kay te kovlaren o simptomya.

# MANUSHA KOLA SI EKSPOZIME PE RIZIKO KOTAR INFEKTIPE

Disave manusha shay te oven maybtu ekspozime pe riziko kotar o infektipe e COVID-19 pe komparacia e yaver manushenca sar o sebepi e oelnge profesionalune, socialune, ekonomikune thay yaver sastipaske thay saslaripaske truyalipya.

Maybaro shaibe kay te oven ekspozime pe virusi COVID-19 si kay:

- kay tumari buti ose profesia rodla kay te oven pe kotakti e bare manushenge gendoa, so bayarla e shansa te oven pe kontaktie disavenca kola silen COVID-19

- jivdinena pe thana kote o virusi COVID-19 shay may loke te transmetingyol misal, ko dikhlariipaske institucie, zemdane, kolektivune beshipaske thana

- arakhlona e pharipyenca kola aqhavena tumaro shaibe te ovel-tumen akcesi ose te keren efektivune bajakya e publikune sastipasko, misal, manusha e invaliditetea kola arakhlona informacienge nanipea, servisenca thay/ose institucionca



Korona virusya shay anena pe hare nasvalipya ko nesave manusha pe amaro truyal. Odola kola silen riziko kotar o leipe e phare nasvalipyengo sar o sebepi e infektipasko e COVID-19 si phure manusha (o riziko bayrola e sakola decenia, maybut ko manusha kola si mayphare desar 60 bersh), o manusha sasave bershengo kola silen kronikuni medicinaki situacia, dikhlaripea:



Manusha sasave bershengo kola silen kishlo imuno respodipe, dikhlaripea manushen:

- kola silen ververutne sastipaske situacia sar si kanceri
- kola lena medikamentya kola tikarna o imuno sistemi, sar si e hemoterapia
- manusha kola si nasvale kotar thulipe (BMI 40 ose maybut)

Vash te aqhaven o riziko kotar nasvalipe thay te reduktinen o shaibe e transmetipasko e COVID-19 tumare maypashutnenge:

- te sine kay situmen varesave simptomya, ini may loke, beshen khere, ma arakhlon yaverenca thay testirinen peste dikhen oa ktualune prakse resipea kay te adikaren o publikuno sastipe, sar si fiikuni distanca, vastengo thovipe, uravipe e medicinake maskengo ose uqharipe e mosko
- akharen medicinaki maska te sine kay situmen simptomya e COVID-19 te sine kay siyen pe pashutno kontakti e yaverenca ose te sine kay mangena te len medicinako dikhlaripe
- te sine kay nashti te len medicinaki maska, akharen na medicinaki maska ose uqharno kerdo kotar o thav

# PUBLIKUNO TRANSPORTI

Kana vastinena sasavo transporti, adikaren akala generalune procedure:

- Anglo te nakhen daykh thane, thiven tumare vasta sapunea mayhari 20 sekunde ose vastinen dezinfektipasko shey vash vasta kola silen mayhari 60% alkoholeski baza.
- Kana resena ko tumaro than, thoven tumare vasta sapunea mayhari 20 sekunde ose so may sig resna vastinen dezinfektipasko shey vash vasta e alkoholeska baza mayhari 60%.
- Ma qalaven tumare akya, nak ose muy e bi thivde vastenca.
- Uqharen o muy thay nak kana kohinena thay askirine-na ose vastinen vastesko andruno kotor. Frden vastime marame ano bunishte thay yekhatar thoven tumare vasta panae thay sapunea ose vastinen dezinfektipasko shey e alkoholeska baza ji 60%.



## ADIKAREN E DISTANCA.

- Pe tumaro dromipe tentinen te adikaren e distanca kotar mayhari 2 metre e manushendar kola na si kotor e tumare kheresko – misal, kana ajukerna ani autobuseski stanica ose alosarena beshipasko than.
- Uraven maske ko publikune thana thay mashkar o manusha kola na jivdinena ko tumaro kher, maybut kana si mayphare te adikeryol fizikuni distanca.



Godideipe: Maske nashti qhivgyona:

- Bebenge thay manushenge maytikne desar 2 bersh
- Manushenge kola silen pharipe e duhoske leiyea ose si bizo janipe
- Manushenge invaliditetea ose nashti cidena e maska bizo yaverkasko ashutipe
- O maske si dedikime te garaven e yaveren ano misal kana o manush kova akharela maska infektisalo, numay na sile simptome.

Ma qalaven varesave thana.

Te sine kay musay siyen te qalaven akala thana, so may sig thven tumare vasta 20 sekunde panae thay sapunea ose kosen tumare vasta dezinfektipaske sheyea kova sile alkoholeski baza ji 60%.



# GNDINAVA OSE JANAVA KAY SINEMA COVID-19 THAY SINEMA SIMPTOMYA

Shay te oven pe pashutjon kontakti yaverenca palo:

- 10 dive palo si anglune simptomya sikavdile thay
- 24 sahatya bizo temperatura bizo vastipe e ilaqengo vash temperaturako telaripe

So te sine kay o yaver simptomya e COVID-19 laqhargyona\*

\*Nashalipe e notako thay habasko shay te luyarel kurkenca thay masekenca palo tumaro saslaripe thay na siyen musay te aqhaven e izolacia

Janen kay sah akala godideipya na si vash o manusha kola silen phari forma e infektipas-ki e COVID-19 ose e bare kishlipea e imunie sistemisko (telarno imuniteti). Akala manusha musay te phiraven tele sikavde droma „Simay but nasvalo ko vahti e COVID-19 infekciako ose sima telarno imuno sistemi (telardo imuniteti) vash e sastipaski situacia ose medikamentya. Kana shay te ovav ko pashutno kontakti e yaverenca?“

Simay pozitivuno ko testi vash COVID-19, numay na sinema simptomya

Te sine kay pandar na situmen simptomya, shay te oven ko pashutno kontakti e yaverenca palo so nakna 10 dive e divesta kana iklislen pozitivune ko etsti vash COVID-19. Buderu manushenge na manglape o testipe vash te defininen kana te oven pe pashutno kontakti e yaverenca; numay, te sine kay o saslarino propozinla o testipe, ka informineltumen vash o fakti kana shay te luyaren te oven ko pashutno kontakti e yaverenca baziripea pe testeske rezultatya.

Simay phare nasvalo kana sinema e infekcia COVID-19 ose sima but kishlo imuno sistemi (pelardo imuniteti) ko vahti e sastipaska situaciako ose medikamentyengo. Kana shay te ovav ko pashutno kontakti e yaverenca?

Manusha kola si phare nasvale kotar COVID-19 shay manglape te aqhon khere maybut desir 10 dive ji ko 20 dive palo so o simptomya sikavdile angluni ver. O manusha e but kishle imunie sistemea shay te roden testi vash te definingyol kana shay te oven pe kontakti e yaver manushenca. Vash maybtu informacie direktingyon tumare saslarineske. Te sine kay o testipe si shayutno ko tumaro than, shay te propozinel tumaro saslarino. Sastipasko butikerno ka informineltumen vash o fakti kana shay te luyaren te oven pe pashutno kontakti e yaver manushenca baziripea pe testeske rezultati.

Tumaro saslarino shay te ledeinel e ekspertea vash infektipaske nasvalipya ose lokalune sastipaske kherea vash te defininel te sine kay musay te keren testi anglo te oven pe kontakti e yaver manushenca.

Vash sakova manush kova sien pashe infektimo manush e COVID-19

Sako ko sinele pashutno kontakti e daykasa ko sine infektimo COVID-19 musay te beshel khere 14 dive palo paluno kontakti e odole manushea.

Palo sah, sakova manush ko sinele pashutno kontakti daykasa ko sine infektimo e COVID-19 thay ko pherla o pherla o avutne kriterya NA manglape te beshel khere:

- Sinele o nasvalipe COVID-19 ko nakle 3 masek,
- Saslilo thay
- Na sile simptomya COVID-19 (misal kohibe, pharo duho leipe)



<https://kosova.health/>

*Vash sasavo undrimo suro kontaktinen amen*

**038 200 80 800**

*Te sine kay situmen psihologikune pharipyra ko karantinako  
vahti, kharen akava gendo thay ka phanatumen psihologea*

**038 200 80 890**

<https://corona-ks.info/>

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