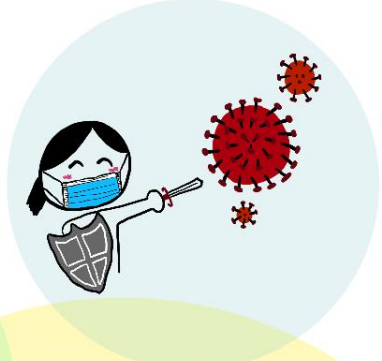
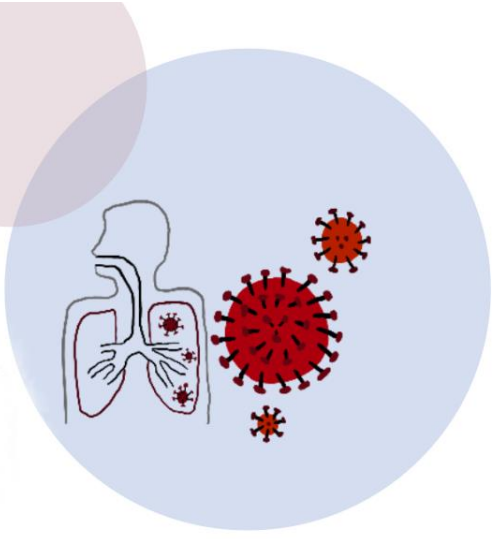


የኮቪድ 19

መከላከያ

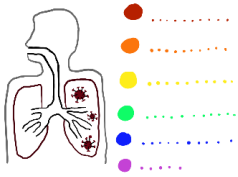
መመሪያዎች



በቀላል አቀራረብ የተዘጋጀ

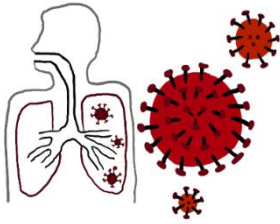
የኮቪድ 19 መከላከያ መመሪያዎች

(በቀላል አቀራረብ የተዘጋጀ)



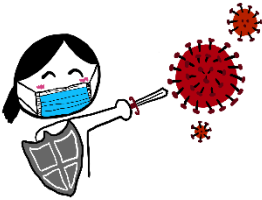
ይዘት

ገፅ



ክፍል 1 : ኮቪድ 19 ምንድን ነው?

4-7



ክፍል 2 : የኮቪድ 19 የመከላከያ መመሪያዎች

8-12

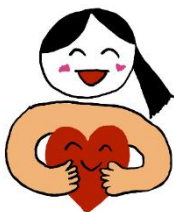


ክፍል 3 : እጅን መታጠብ

13-20

1. እጅዎን መቸ ይታጠቡ

2. እንዴት ይታጠቡ



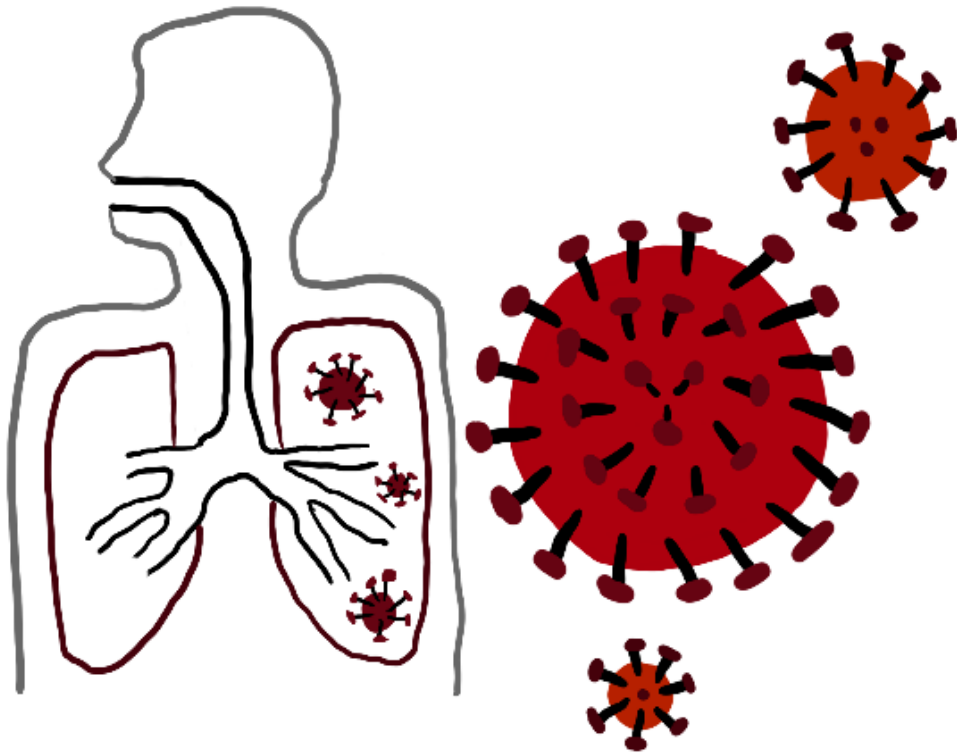
ክፍል 4 : የአእምሮ ጤና

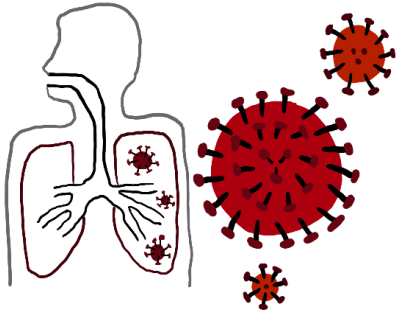
21-22

የአእምሮ ጤንነትን መጠበቅ ስለመቻል

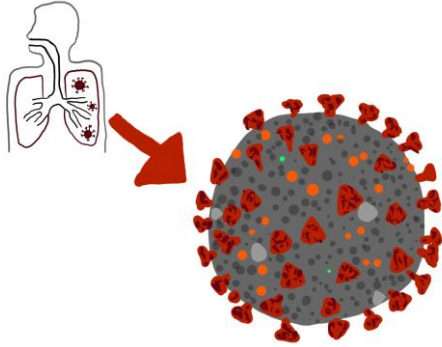
ክፍል 1

ኮቪድ 19 ምንድነው?





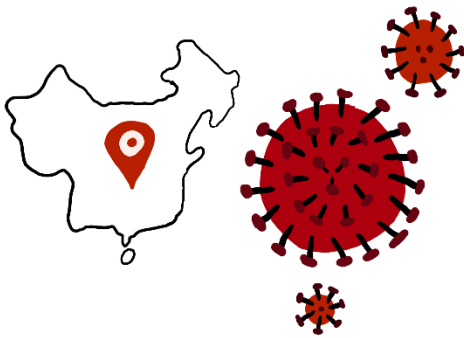
ኮቪድ 19 ምንድነው?



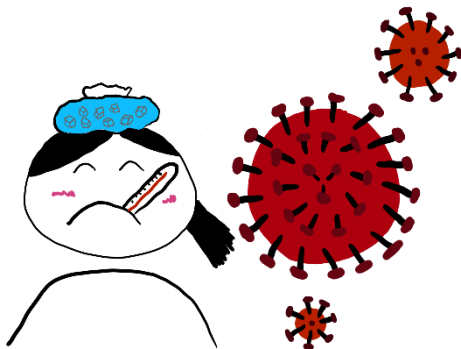
ኮቪድ 19 በኮሮና ቫይረስ የሚመጣ አደገኛ ህመም ነው።



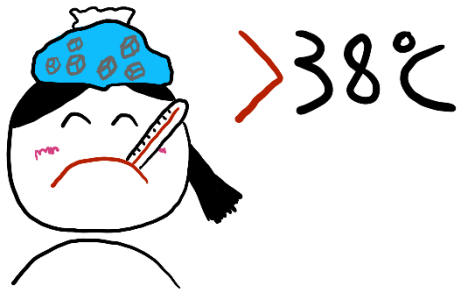
ለመጀመሪያ ጊዜ የተገኘው ታህሳስ 2012 ነው።



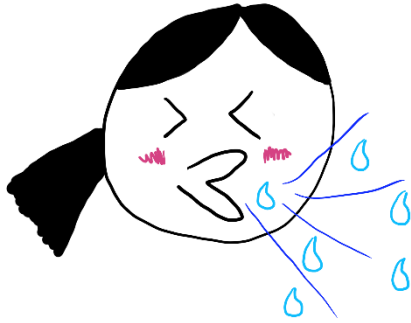
ኮቪድ 19 ለመጀመሪያ ጊዜ የተገኘው በውሀን ሁቤ የሚባል የቻይና ግዛት ውስጥ ነው።



የኮቪድ 19 ህመም ምልክቶች ምንድናቸው?



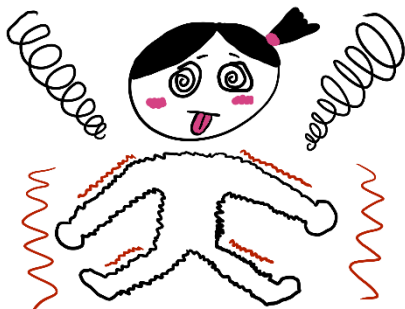
ትኩሳት ወይም ከ38° ዲግሪ በላይ የሆነ የሰውነት ሙቀት



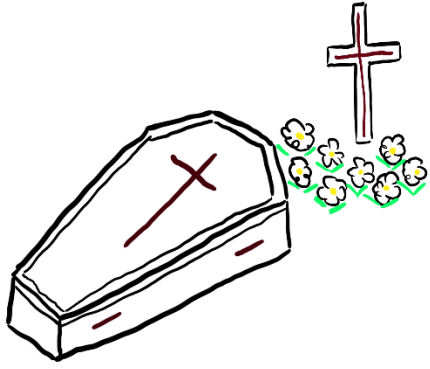
ደረቅ ሳል



መተንፈስ መቸገር ወይም ትንፋሽ ማጠር



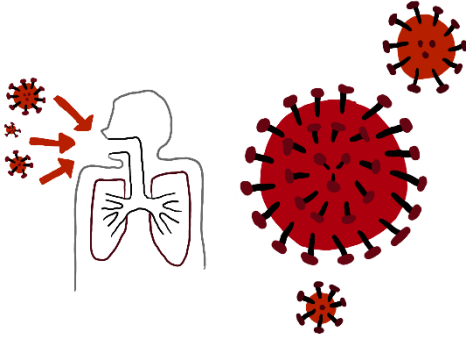
የእጅና የእግር ህመም ወይም የጡንቻ መዛል



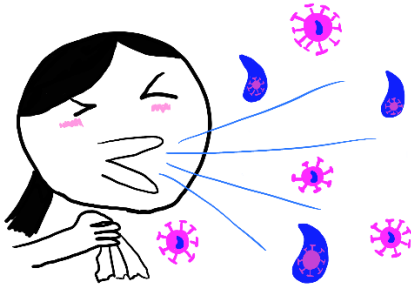
የከፋ ከሆነ ሞት ሊያስከትል ይችላል



ኮቪድ 19 በብዙ ሰዎች ላይ ከጉንፋን ጋር የሚቀራረብ ቀላል ምልክቶች ይኖረዋል። በተወሰኑ ሰዎች በተለይም እድሜያቸው በገፋ እና እንደ ሳምባ ህመም፣ ስኳር፣ ካንሰር የመሳሰሉት በሽታዎች ያሉባቸው ሰዎች ላይ የጠና የመተንፈሻ ህመም ሊያስከትይ ይችላል



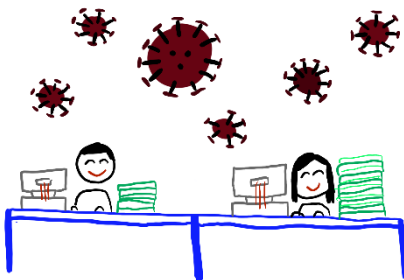
ኮቪድ 19 እንዴት ይተላለፋል?



በበሽታው የተያዙ ሰዎች ሲያስሉ ወይም ሲያስነጥሱ ቫይረሱ በአንድ ሜትር ክልል ያለ ቦታ ሊበክል ይችላል



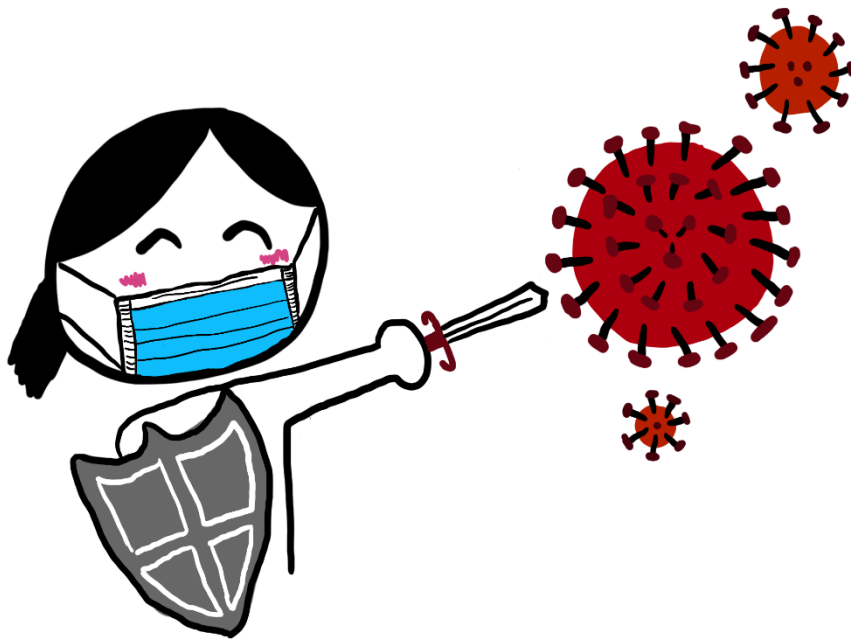
በበሽታው ከተያዘ ሰው ጋር ተቀራርቦ በመቆየት ወይም በመኖር



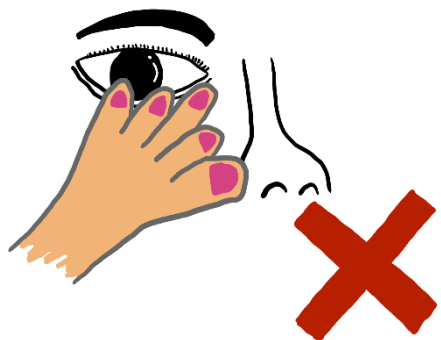
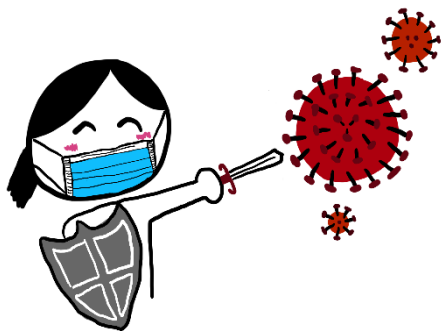
በበሽታው ከተያዘ ሰው ጋር ተጠጋግቶ ወይም ተቀራርቦ በመስራት

ክፍል 2

የኮቪድ 19 የመከላከያ መመሪያዎች



የመከላከያ መመሪያዎች



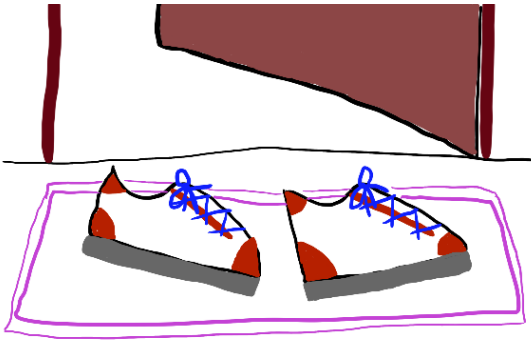
እጅን በተደጋጋሚ በሣሙና እና ከተቻለ በሙቅ ውሃ ቢያንስ ለ20 ሰከንድ መታጠብ

የኮቪድ 19 ምልክቶችን በራስዎ ላይ ካዩ ወይም ምልክቶቹ የታዩባቸው ሰዎችን የሚንከባከቡ ከሆነ ብቻ የፊት ጭንብል ይጠቀሙ

አይንን አፍንጫን ወይም አፍን ባልታጠበ እጅ አለመንካት



ሲያስሉ ወይም ሲያስነጥሱ በክንዶ ወይም በሶፍት አፍንፍ አፍንጫዎን መሸፈን እና ሶፍቱን ባለክዳን የሆነ ቆሻሻ ማጠራቀሚያ ውስጥ መጣል



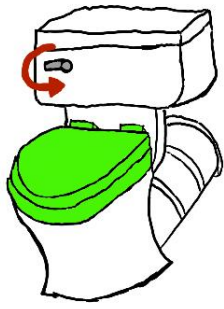
ከቤትዎ ውጭ ያደረጉትን ጫማ ወደ ቤት ከመግባቶ በፊት በፀረ ተህዋስያን ማፅዳት ወይም ሌላ ጫማ ቀይሮ መግባት



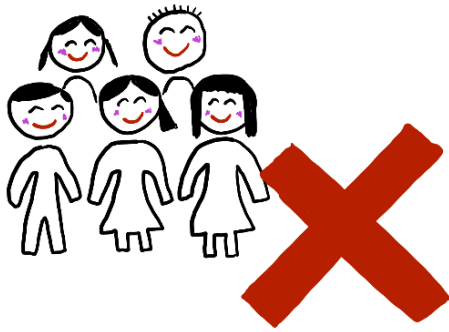
ከቤትዎ ውጭ የለበሱትን ልብስ እቤት ሲመለሱ መቀየር



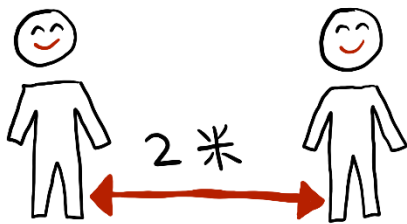
እንደ ሞባይል የመሰሉ የግል መገልገያዎችን በውሃና በሳሙና ተጠንቅቆ ማፅዳት



ተፀዳድተው እንደጨረሱ ከድነው ውሃ
ይድፉ



ሰዎች የሚበዙባቸውን ቦታዎች ባለመሄድ
ለምሳሌ በጣም የተፋፈነ የመጓጓዣ
አገልግሎት አለመጠቀም



ከሰዎች ጋር ሲነጋገሩ 2 የአዋቂ እርምጃ
ርቀት ይኑሮት



በተቻለ መጠን የመመገቢያ እቃዎችን
አለመጋራት ወይም አፅድቶ መጠቀም



ጉንፋን የሚመስሉ ምልክቶች (ደረቅ ሳል፣ ትኩሳት እንዲሁም መተንፈስ መቸገር) ከታየ በአፋጣኝ ወደ ጤና ባለሙያ በመሄድ የህክምና አገልግሎት ማግኘት

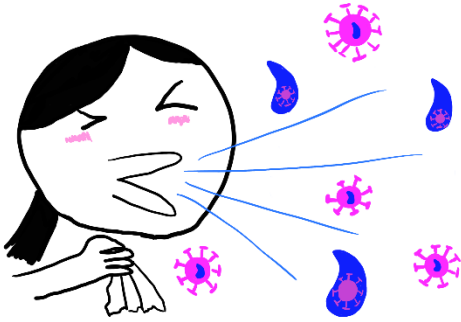
ክፍል 3

እጅን መታጠብ





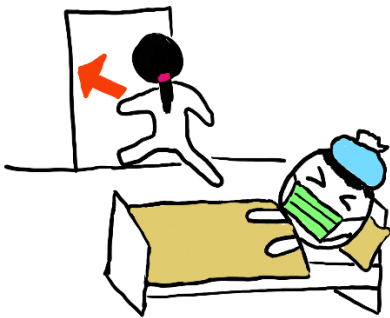
እጅዎን መቼ ይታጠቡ?



ከሳሉ ወይም ማስነጠስ በኋላ



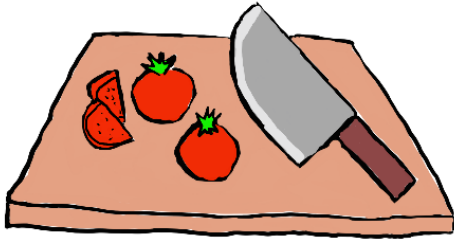
የታመመን ሰው ከመገብብኛቶ በፊት



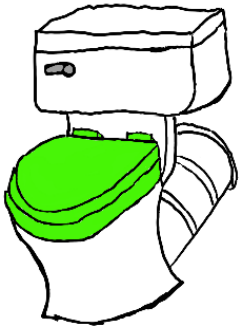
የታመመን ሰው ከገብብኛ እና ከክፍሉ ከወጡ በኋላ



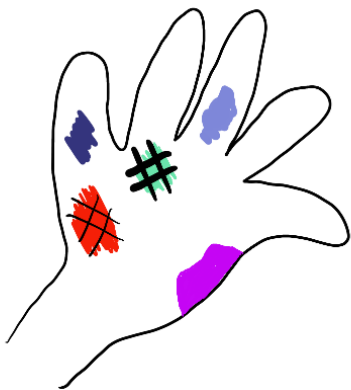
ምግብ ከመመገብዎት በፊት



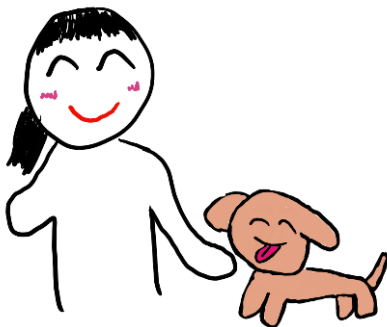
ምግብ ካዘጋጁ በኋላ



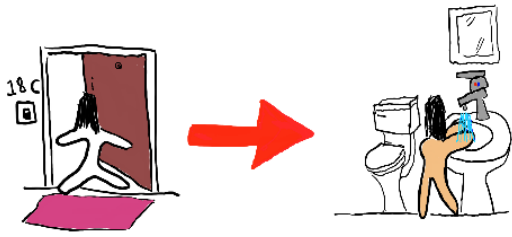
ሽንት ቤት ከተጠቀሙ በኋላ



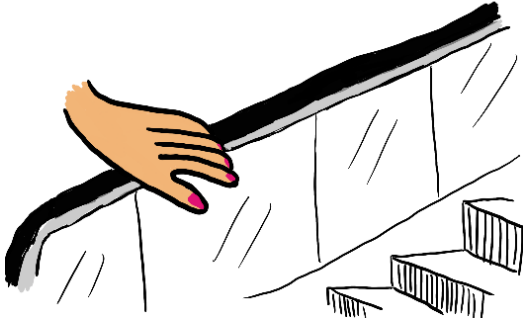
እጅዎ ከቆሸሸ



እንስሳቶችን ከነኩ በኋላ



ልክ ቤትዎ እንደደረሱ



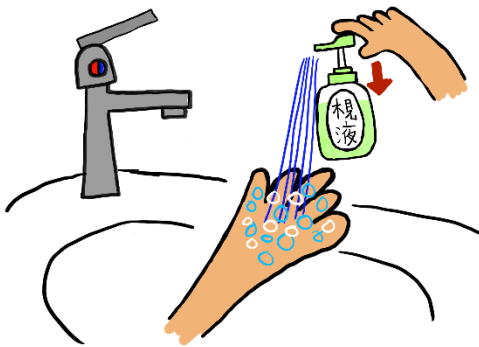
የጋራ መገልገያ እቃዎችን ወይም ቦታዎችን ከነኩ በኋላ



እጅ መታጠብ የማያስችል ሁኔታ ውስጥ ከሆኑ የንፅህና መጠበቂያ ሳኒታይዘር ይጠቀሙ



እንዴት ይታጠቡ?



ውሃ እና ሳሙና ይጠቀሙ



ቢያንስ 20 ሰከንዶች ይታጠቡ

የእጅ አስተጣጠብ ሰባቱ ክፍሎች

ወይም ደረጃዎች

1. የውስጥ እጅዎን



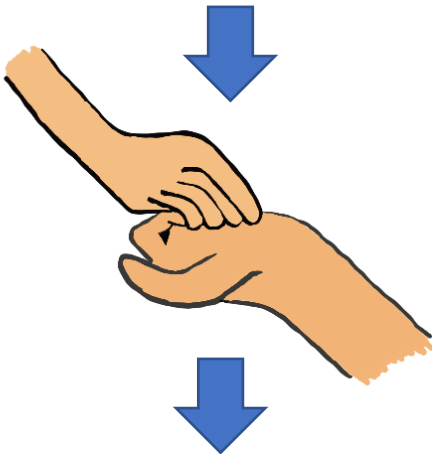
2. አይበሉባዎን (የእጅዎን የውጭ ክፍል)



3. በጣቶችዎ መካከል ያሉ ቦታዎችን (መገጣጠሚያዎችን)



4. የጣቶችዎን ጀርባ

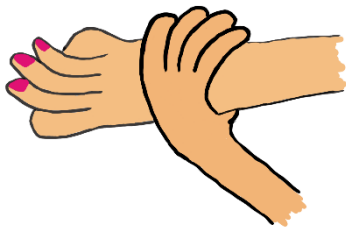




5. አውራ ጣትዎን



6. የጣትዎን ጫፍ



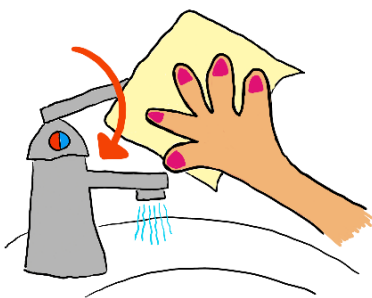
7. የእጅ ሰአት ማሰሪያዎትን



በበቂ ሁኔታ በውሃ ይታጠቡ



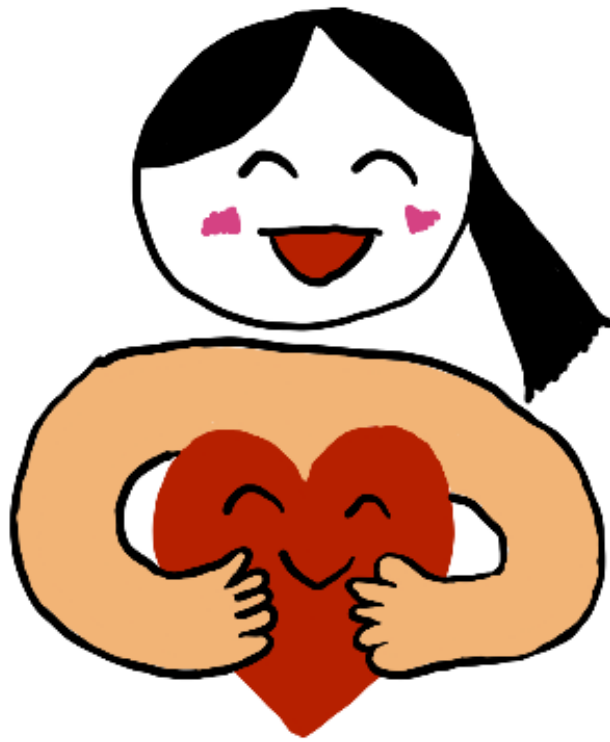
ከታጠቡ በኋላ እጅዎን በንፁህ
ጨርቅ ፎጣ ወይም ሶፍት ያድርቁ

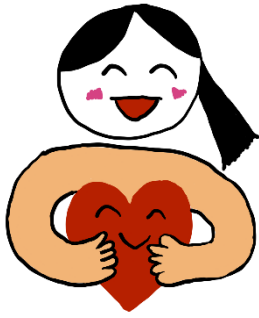


የቧንቧውን መዝጊያ በሶፍት ወይም
በንፁህ ወረቀት ይዘጉ

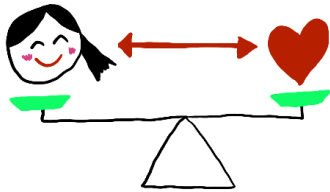
ክፍል 4

የአእምሮ ጤና

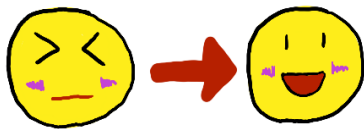




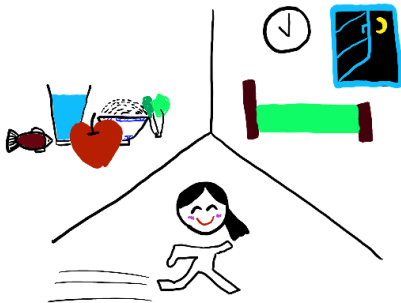
የአእምሮ ጤንነትን መጠበቅ ስለመቻል



ስለ አካላዊ አእምሮአዊና መንፈሳዊ ሚዛን ግንዛቤ ይኑሮት



ስሜቶችን መቆጣጠር



ለዕለት ተዕለት ኑሮ ክንዋኔ የግዜ ሰሌዳ ማዘጋጀት



ለጓደኞችና ለቤተሰብ ጥንቃቄ ማድረግ

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