Unayopaswa kujua kuhusu Virusi vya Corona (COVID-19)
13 Machi, 2020

OKLAHOMA
State Department of Health

Je, Coronavirusi mpya ya 2019 (COVID-19) ni nini?

Coronavirusi ni kundi kubwa la virusi ambavyo vinaweza kusababisha magonjwa kuanzia homa ya kawaida kwenda kwa magonjwa mazito ya kupumua kama bronchitis, pneumonia au ugonjwa kali wa kupumua kwa papo hapo (SARS).

Virusi vya corona 2019 novel (COVID-19) husababisha maambukizo ya mfumo wa upumuo yaliyoanza mkoa wa Hubei (Wuhan), nchini China.

Ili ujifunze mengi kuhusu coronavirusi mpya ya 2019, tembelea healthvermont.gov/COVID19.

Je, dalili za ugonjwa huu ni gani?

Kama mafua au maambukizo ya kawaida ya mfumo wa upumuo, dalili huwa tangu za kadiri mpaka kali na zinaweza kuwa:

- homa
- kohozi
- Ugumu wa kupumua

Magonjwa ya ziada ya coronavirus mpya ya 2019 ni pamoja na hali mbaya kama nimonia au kushindwa kwa figo kufanya kazi, na wakati mwingine, kifo.

Je, virusi hivi husambaa vipi?

Virusi vya corona vinasambazwa kwa kiasi kikubwa kutoka kwa mtu mmoja hadi mwingine ukikaa karibu, kwa mfano, nyumbani, kazini au katika kituo cha afya.

Je, kukaa karibu kunamaanisha nini?

Kukaa karibu kunamaanisha kuwa ndani ya miguu sita (mita 2) na mtu kwa muda mrefu. Hii hutokea unapomtunza mtu, ukiwa mpenzi wa mtu, unapoishi na mtu, unapotembelea mtu au unapokuwa katika sehemu ya kusubiri huduma na watu wengine. Ikiwa umekaa karibu na mtu ambaye amepatikana kuwa na COVID-19: kaa nyumbani, punguza mawasiliano ya moja kwa moja na watu wengine, na upigie simu Idara ya Afya ya Elimu ya Magonjwa ya Mlipuko namba ni 802-863-7240 ili ujadili ikiwa unahitaji kumwona mtoa afya na jinsi utakavyochunguza dalili zako.

Kukaa karibu HAKUMAANISHI: kuwa ndani ya nyumba kwa muda mrefu huku ukiwa zaidi ya miguu sita mbali na wengine, kutembea tembea, au kuwa katika chumba sawa kwa muda mfupi na mtu ambaye amepatikana kuwa na COVID-19. Katika hali hizi, unapaswa kujiangalia mwenyewe ikiwa una dalili. HUHITAJI kupigia simu Idara ya Afya.

Mtu anapopatikana kuwa na COVID-19, Idara ya Afya huwasiliana na watu wa karibu wa mtu huyo.

Je, ninawezaje kujikinga dhidi ya coronavirus mpya ya 2019?

Hakuna dawa ya chanjo inayopatikana ya kujikinga dhidi ya coronavirus mpya ya 2019.

Kuna vitendo vya kila siku ambavyo vinaweza kusaidia kuzuia usambazaji wa vijidudu ambavyo husababisha magonjwa ya kupumua.

- Epuka kugusana/kuwa karibu na watu ambao ni wagonjwa.
- Epuka kugusa macho, pua na mdomo wako.
- Kaa nyumbani ikiwa unagonjwa.
- Funika kikohozi chako au kupiga chafya na tishu, kisha utupe tishu hizo kwenye takataka.
- Safisha na sanitisha vitu vya kugusiwa kila mara na nyuso ukitumiya dawa ya kawaida ya kupuliza, kusafisha nyumbani au kupanguza.
- Nawa mikono mara nyingi ukitumia sabuni na maji kwa angalau sekunde 20, hasa baada ya kwenda chooni; kabla ya kula; na baada ya kusafisha pua lako, kukohoa au kupiga chafya.
- Ikiwa sabuni na maji hayapatikani, tumia sabuni ya kuua viini iliyoundwa na bidhaa za kileo iliyo na angalau asilimia 60 ya kileo. Daima nawa mikono ukitumia sabuni na maji ikiwa mikono yako inaonekana kuwa chafu.

Je, ninapaswa kufanya nini ikiwa ninadhani kuwa nina virusi?

Ikiwa una homa, kikohozi, una ugumu wa kupumua na dalili zako ni mbaya kuliko mafua ya kawaida, na uli toka safirini katika eneo lililoathiriwa mu siku 14 tangu dalili zianze, pigia simu Idara ya Afya ya Vermont Elimu ya Magonjwa ya Mlipuko namba ni 802-863-7240.

Ikiwa umekuwa katika hatari ya kupata coronavirusi mpya ya 2019, ikiwemo ukisafiri, basi kukaa nyumbani na kupunguza mawasiliano ya moja kwa moja na watu wengine kutazuia usambazaji zaidi.

Ikiwa wewe ni mgonjwa au una mashaka kuhusu afya yako, wasiliana na mhudumu wako wa afya **kwa simu**. Tafadhali epuka kwenda hospitalini, isipokuwa kama maisha yako yako hatarini.

Wakaazi wa Vermont wenye umri mkubwa na watu wenye hali au magonjwa sugu

Watu wengine wako katika hatari kubwa ya kuwa wagonjwa kutokana na ugonjwa huu, ikiwemo wazee walio na hali sugu (za muda mrefu) za kiafya kama ugonjwa wa moyo, ugonjwa wa kisukari au ugonjwa wa mapafu. Kulingana na CDC, kuanzia umri wa miaka 60, kuna hatari kubwa ya ugonjwa na hatari inaongezeka umri unapoongezeka. Watu walio na umri zaidi ya miaka 80 wako katika hatari kubwa zaidi ya ugonjwa sugu.

Wazee na watu walio na hali sugu wanapaswa kujihadhari zaidi ikiwa ni pamoja na:

- Kuwa na bidhaa na vifaa vingi nyumbani
- Kuepuka mahali pa watu wengi

- Kuepuka kusafiri majini na safari za ndege ambazo si muhimu au lazima
- Kukaa mbali na watu wagonjwa

Soma mwongozo kamili wa CDC kuhusu Watu walio katika Hatari ya Ugonjwa Kali kutokana na COVID-19 kwenye anwani hii: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html

Je, ninapaswa kuepuka kusafiri katika sehemu fulani?

Jifunze kuhusu ushauri wa usafiri unaohusiana na 2019 ya mpya:
www.cdc.gov/coronavirus/2019-ncov/travelers

OKLAHOMA
State Department of Health

What is the 2019 novel coronavirus (COVID-19)?

Coronaviruses are a large group of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS).

The 2019 novel coronavirus (COVID-19) causes a respiratory infection that originated in Hubei province (Wuhan), China.

To learn more about the 2019 novel coronavirus, visit healthvermont.gov/COVID19.

What are the symptoms?

Like the flu and other common respiratory infections, symptoms range from mild to severe and can include:

- fever
- cough
- difficulty breathing

Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

How does the virus spread?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care center.

What does close contact mean?

Close contact means being within six feet (2 meters) of someone for a long time. This happens when caring for, being intimate partners with, living with, visiting, or sharing a health care waiting area. If you have been in close contact with someone who has tested positive for COVID-19: stay home, limit your contact with others, and call Health Department Epidemiology at 802-863-7240 to discuss whether you need to see a provider and how you will monitor yourself for symptoms.

Close contact does NOT mean: being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room with someone who has tested positive for COVID-19. In these situations, you should observe yourself for symptoms. You do NOT need to call the Health Department.

When someone tests positive for COVID-19, the Health Department gets in touch with the close contacts of the individual.

How can I protect myself against the 2019 novel coronavirus?

There is no vaccine available to protect against the 2019 novel coronavirus.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

What should I do if I think I have the virus?

If you have fever, cough, difficulty breathing and your symptoms feel worse than a common cold and you have travelled to an affected area within 14 days of symptom onset, call Vermont Department of Health Epidemiology at 802-863-7240.

If you have been exposed to the 2019 novel coronavirus, including during travels, staying home, and limiting contact with others will help prevent further spread.

If you are sick or concerned about your health, contact your health care provider **by phone**. Please avoid going to the hospital, except in a life-threatening situation.

Older Vermonters and people with chronic conditions

Some people are at higher risk of getting very sick from this illness, including older adults and people with chronic (long-lasting) medical conditions like heart disease, diabetes or lung disease. According to the CDC, starting at age 60, there is an increasing risk of disease and the risk increases with age. The highest risk of serious illness is in people older than 80 years.

Older adults and people with chronic conditions should take extra precautions including:

- Stock up on supplies
- Avoid crowds
- Avoid cruise travel and non-essential air travel
- Stay away from others who are sick

Read the CDC's full guidance on People At Risk for Serious Illness from COVID-19 at this address: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html

Should I avoid travel to some places?

Learn about travel advisories related to the 2019 novel:
www.cdc.gov/coronavirus/2019-ncov/travelers