

SMALKAIA WANHKATAIA

COVID-19

DUKIARA
TAWAN TA BABAIKRA NANI
WAITNA BARA MAIRIN YUS KA,
KAKAIRA TAKS,
RIDI TAKS BARA ALKI DAUKS.



Tawan ra ta babaikra nani ra sturka nani

Naha wanhtaika na hilpka kum sa COVID-19 tãnka isi pali mariakaia dukiara. Upla ra sikiniska ba dukiara stury nani aihkika yabi smalkaia dukiara sa, ai wina asika pain ka dukiara, ai pamali ka, bara ai tawan ka sut painka dukiara sin. Ai iwanka natka shens muni, COVID-19 sikniska baku alki takaskaia dukiara.

Baku sin, upla nani naha smalkanka tilara kabia ba, kau diara nani sturka walbia, ai sinska ra diara pain nani bribia. COVID-19 dukiara kau lan taki, ai tawanka ra wabia taim, ai uplika nani ra lan daukaia sip sa nahki naha sikniska alki takaskaia, bara sainka nani ba pliki sakaia sin sip kabia. Baku sin ai tãnka bribia ahkia daktar apia kaka klinik kau lamara ba plikaia.

LISIN KA NANI BILARA BRI BA NAHA SA:

¿CORONAVIRUS BA DIA SA KI?

SIKINISKA SAINKA KAU KLIR BA BARA AMAN KAIKAI SA SAINKA NANI BA

¿COVID-19 BA NAHKI WAN LUISA KI?

UPLA KUM COVID- 19 SAINKA KUMI SIN APU SA, KUNA LAMARA WAL TAUKI KAN KAKA,
¿SIPSA WAN LUAIA?

RAYAKAM PAIN KA DUKIARA KAINAM KAHBAIA NATKA NANI

¿AHKIA TAIM WAN MIHTA SIKBAIA?

¿NAHKI BILAM KANKMA WILKAIKA BA PAIN YUS MUNAIA?

UPLA ALMUK BARA RAWAIA APIA SIKNISKA BRI NANI BA RA HIPL MUNAIA NATKA NANI

KUIHRA PIUA BARA COVID-19



TA BILA NANI

COVID-19
TÂNKA
DUKIARA

SIKNISKA
SAINKA NANI

SIKNISKA
YULA LUAIA
NATKA NANI

¿NAHKI
WAN KAINA
KAHBAIA?

KUIHRA
BARA UPLA
ALMUK NANI
INTRUKSAN KA.

UPLA NANI
SIKNISKA BRI BA RA
MAYARA KULKANKA
MAPARA WARK
TAKAIA SA

¿Coronavirus ba dia sa ki?

COVID-19 ba, upla ra lui sikniska kum sa, coronavirus SARS-cov2 yula sikniska sa bara bisi wina takan sa. Coronavirus makisa kan yula sikniska ba kraun satka kum baku sa, baku sin coronavirus satka ba ailal bara sa, pamalika ba tara sa.

Baha yula bara sikniska ba, upla kakaira apia kan, China kuntrika, Wuhan ra takan kat. Diciembre kati, 2019 ra takan. Naha COVID-19 siknis ka ba, tasba kuntrika aihkika ra diman sa ba mita PANDEMIA makisa.

Sipsa wiaia upla 5 wina 1 ba haspital ra dingkaia nit takbia, dactar mihtara main kaikaia dukiara, bara pasa pain briras patka brisa kaka sin. Upla almuk nani rawaia sip apia nani ba, presión bahmuna, sugarkira, kupia siknis bri nani ba, bara kiansa bri nani ba kau isti pali sikniska ba alkbia kaka saura takaia sip sa.

Bamna upla ya ya, sip sa COVID-19 sikniska ba alkaia. Upla manka sat sat rihka brisa, apia kaka siahka, pasa sip pain briras, latwan ai wina aiska ra bri, lamkuka pamhni brisa kaka, bara wik sma kaka, isti pali daktar bara klinik kum kau lamara ba plikaia sma, kan sainka nani ba diara saura pali sa, aman kaikaia sa.

Sikniska na upla kum wina upla wala ra luisa ba mita, bilam kankma wilkaika kum yus munaia sa wan kaina kahbaia dukiara, bara upla wala wal itwi takaia 2 metros baku.

CORONAVIRUS BA DIA SA KI?

COVID-19 ba, upla ra lui sikniska kum sa, coronavirus ba bisi wina takan sa. Baha yula bara sikniska ba, upla kakaira apia kan, Diciembre, 2019 manka ra Wuhan (China) kuntrika ra takan kat.

Siknis ka na tasba aiska kuntrika nani ra diman sa ba mita PANDEMIA makisa.

Sikniska na upla kum wina wala ra luisa, bîla laya wina tahwi sa taim, kuhbi, trisiam daukisa taim bara tury aisisa taim sin.

Ba mita kasak kulkanka tara yabaia sa kan upla kum wina wala wala ra luisa.

2 metros



COVID-19 sainka nani* ba ani sa ki?

**Sainka nani
kau isi kaiki ba
naha sa:**

Siahka wauhni, rih, lal klahwan, bara karma latwan takisa. Baku sin, diara kia briras sin takisa, plun ba aunhka kum sin kaikras (damni, tahpla, suahni sapa)

**Sainka saura
nani tila ra naha
sin takaia sipsa:**

Rih uba purara, bara pasa sip pain briras.

Sain wala nani upla kum kum ra taki ba sika, wina aiska saura daukisa, wina sut latwan takisa, kakma praki munisa, biara sakisa, diara kia briras, plun auhnika kaikras takisa, taya pura ra sukwan nani baku takisa. Naha sainka nani ba, bahki baku ta krika sa bara kuna tawa tawa kau saura taki sa.

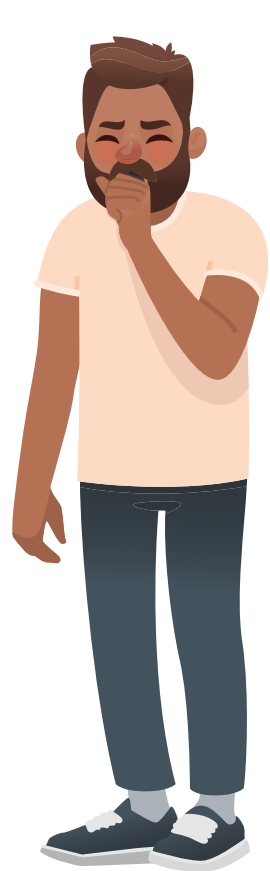
***Sainka nani ba yu 1 wina 14 dis bilara takaia sipsa upla sikniska brikan ba wal kapram piua wina.**

SAINKA NANI*

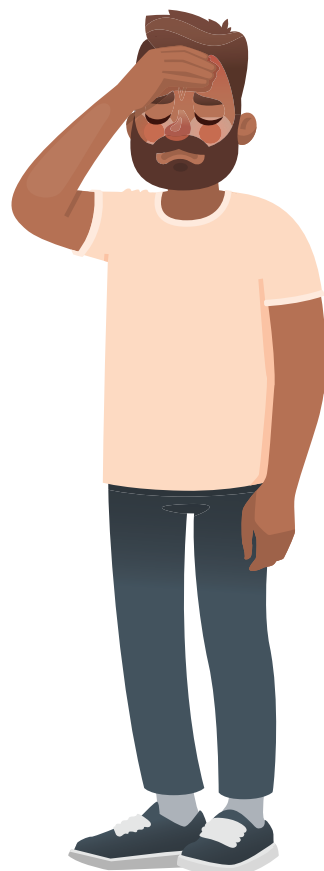
Upla kau ailal bri sainka nani ba

Sainka kau saura nani ba

*Sainka nani ba yu 1 wina 14 dis ra takaia sip sa, yula saura ba mai alkaia sip kan tilara kapram pyua wina.



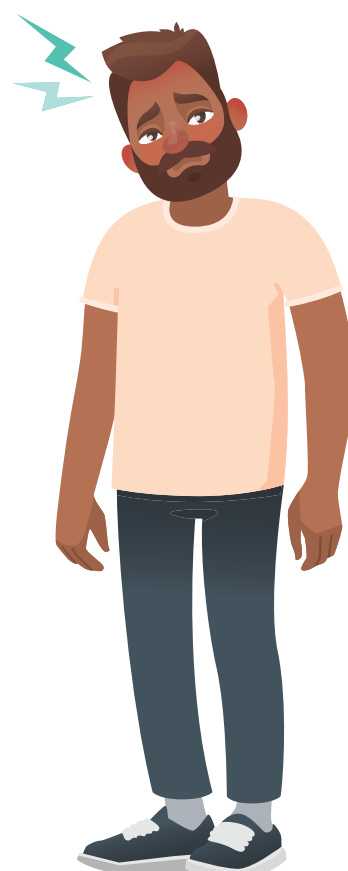
SIAHKA
WAUHNI



RIH



LAL
KLAHWAN



KARMA
LATWAN



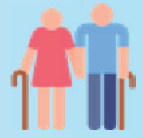
RIH
KARNA



PASA PAIN
BRIRAS

*Baku sin diara kia briras kaia sip sa, bara plun aunka kum sin briras kaia (damni, tahpla, suahni kabia sin).

¿Ya nani ra sikniska na kau taibaia sipso?



Upla almuk 60 mani
wina ai purara

bara rawaia apia sikniska bri ba naha nani baku:



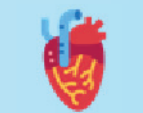
Sugar sikniska



Uba batana ba



Presion purara ba



Kupia sikniskira nani



Kiansa sikniska bri nani



Kiskamka patka bri nani



VIH bri nani



Pusa sikniska

Utla bila ra naha uplika nani ra kaina kahbi main kaikaia sa, wan mihta nani ba sikbi kaia bara upla lamara taukaia apia **UTLA WINA TAKAIA APIA SA.**

Sikniska sainka kum kum brisma kaka, isti pali doktor plikaia sma. Kan baha sat uplika nani ba kau isti sikniska ba taibaia sipso. Ba mita, pas sainka wal doktor mihtara kaia sa.

Upla nani kau isi sikniska sainka kau saura briaia sip ba

Upla almuk 60 mani
wina ai purara



Upla nani rawaia apia sikniska bri nani:
sugarkira nani, uba batana nani ba, presión purara, kupia siknis,
kiansa, kiskamka sikniska, sida sikniska, bara pusa sikniska.



- Naha pua kat sikniska mapara saika kum sakras sa, bara bakunika ba sin namika ailal paskisa.
- Doktor ba sainka nani taki ba kaiki, wibia ani saika kau painsa yus munaia.
- Upla kum sikniska na taiban bara kau saura takisa kaka, utla ra sip kaikras kabia. Haspital kau lamara isti pali brih waia sa main kaikbia dukiara.

¿COVID-19 ba nahki upla ra luisa ki?

Upla kum COVID-19 alkaia sip sa upla wala sikniska bri bara yula saura brisa lamara sa taim. Sikniska na kau wan alkisa bila laia silpilupia nani srikwi ba wina (ispail bila ra góticulas makisa). Baha bîla laya silpilupia nani ba upla kum sikniska brisa taim, kakma bara bila wina taki sa. Kuhbi, turi aisi, bara trisiam dauki sa taim sikiniskira ba upla wala ra lui sa. Baha bîla laya silpilupia nani ba wihra brisa, laihra palras ba mita isti tasba ra kahwisa. Upla kum sip sa COVID-19 sikniska alkaia naha bila laia silpilupia nani aubi disa kaka.

Baha mita aitanisa upla wala wina 2 metros baku laihra kaia. Baku sin, bîla laya silpilupia nani ba uplika tnaya kir ra srikwaia sipsa, tips alkaika nani baku, tibil nani baku bara dur alkaika nani purara. Upla kum baha kanbi bara ai kakma, nakra bara ai bila kanbi sa taim sikniska ba alkisa.

Baha mita aitanisa minit bani mihtam î bara sup wal sikbi kama, apia kaka alcohol wal sin mihtam klin muni kaia. bara diara alkaika nani ba sin klin muni kaia sma.

Baha mita, aitanisa kankma bilam wilkaiaka ba yus muni kaia utla wina takuma taim bara upla kum utla bilara siknis sa kaka.

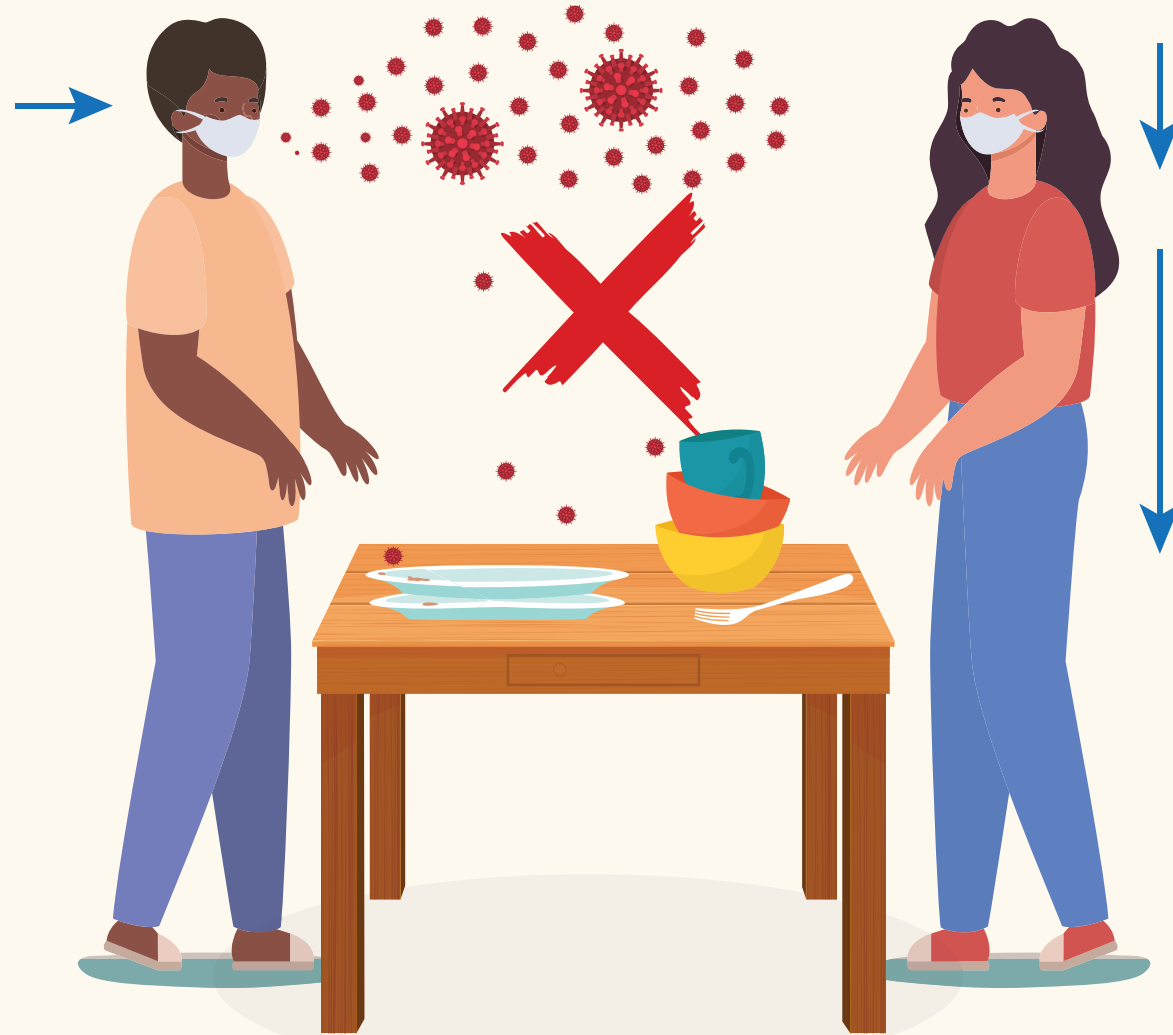
*GOTÍCULAS son gotitas de saliva que se emiten al hablar, toser o estornudar.

COVID-19 ba nahki wan luisa ki?

Upla kum wina upla walara laki yabisa naku natka ra
2 metros

Upla siknis bîla wina bara kakma wina bîla laya silpilupia nani srikwisa taim, naha ba turi aisi, kuhbi bara trisiam daukisa taim bal takisa.

Upla kum Upla wala sikniska yula bri ba bîla laya silpilupia nani srikwi ba aubi disa taim.



Baha mita aitanisa upla wala wina **2 METROS** pura laihra kaia.

Baha mita, aitanisa sa wan mihta nani ba piu bani sikbi kaia.



Baha mita, wan kakma bara wan bila ba pain prakaisa sa

Baku sin, bîla laya silpilupia nani ba upla tnaya kir ra kahwaia sipsa, tips alkaika nani baku, tibil nani bara dur alkaika nani purara. Upla kum ai kakma, nakra bara ai bila kanbi sa taim, sikniska ba alkisa.

UPLA KUM COVID- 19 SAINKA KUMI SIN APU SA, KUNA LAMARA WAL TAUKI KAN KAKA, ¿SIPSA WAN LUAIA?

Au, uplika ba siahka wiria baman brisa bara siknis ai dara walras kabia sin wan luaia sipsa. COVID-19 sikniska na kau wan alkisa bîla laya silpilupia nani srikwi ba wina. Baha bîla laya silpilupia nani ba kuhbi, turi aisi, bara trisiam daukisa taim bal takisa. Upla kum sikniska sainka apu kabia sin wan luaia sipsa.

Naha tânka rait takisa sikniska tâ krisa taim.

Upla sikniska sainka apu nani ba sipsa sikniska yula upla wala ra yabia. Kau nu apusa ani kat baku takisa sapa.



UPLA KUM COVID- 19 SAINKA KUMI SIN APU SA, KUNA LAMARA WAL TAUKI KAN KAKA, ¿SIPSA WAN LUAIA?

ANSIKA: Au

Upla manis COVID-19 alkisa taim, sikniska sainka nani wiria baman yabisa

Upla kum sikniska sainka apu kabia sin, sip sa upla wala ra sikniska yabaia, sampla baku, trisiam, kuhbi bara turi aisi ba wina. Naha sat uplika nani ba bîla laya silpilupia nani srikwi ba wina upla wala ra sikniska ba yabaia sip sa.

¿COVID-19 wina nahki wan kaina kahbaia sipa?

Naha natka 4 rayakam swaki sakaia sip ba alki daukgbia kaka

TRAI KAIKAIÁ UTLA WINA TAKI WAIA APIA
dia sip ba kat.

PYU BANI MIHTAM NANI BA SIKS
lí bara sup wal 20 sekan baku sikbaia, apia kaka gel bara alcohol 70% bri ba.

UPLA WINA WIRA LAIHURA BAS
2 metros pitka. Trai muns upla ra mihtam sakbi lakula wiaia apia,
kiawalaia apia bara wan biara taya alkaia apia.

KANKMA BILAM WILKAKA BA YUS MUN
upla wala bara man siknis takma apia dukiara.

Baku daukma kaka:

MAN BARA PAMALIKAM BA COVID-19
MAI ALKBIA APIA

Aitanisa naha SUT kupia kraukanka nani ba alki daukaia.

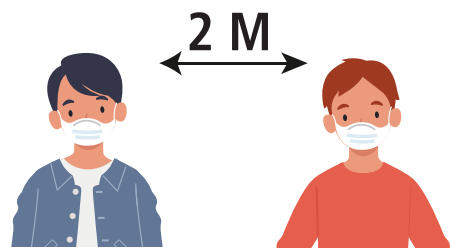
RAYAKAM PAIN KA DUKIARA KAINAM KAHBAIA NATKA NANI



TRAI KAIKAIA UTLA WINA TAKI WAIA APIA
dia sip ba kat.



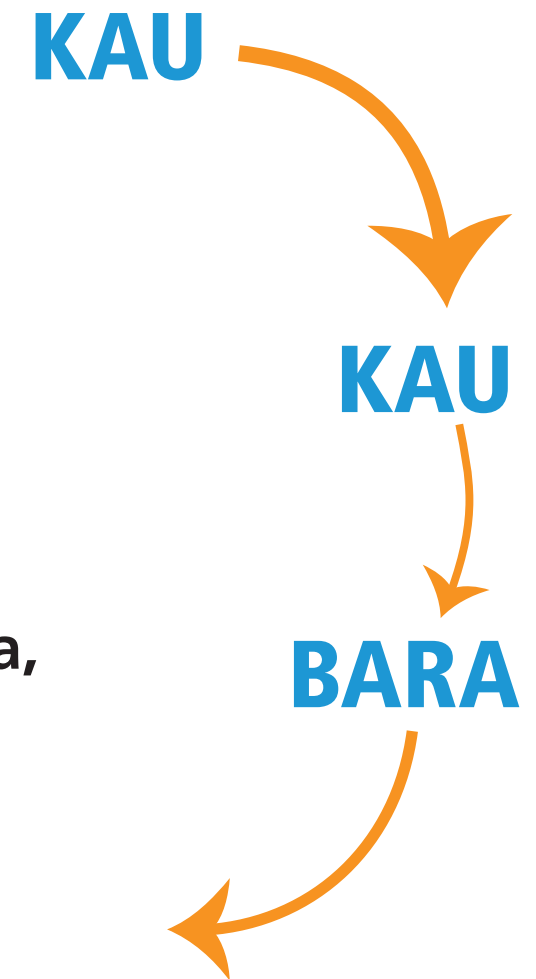
PYU BANI MIHTAM NANI BA SIKS
lî bara sup wal 20 sekan baku sikbaia,
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UPLA WINA WIRA LAIHURA BAS
2 metros pitka, trai muns upla ra mihtam sakbi lakula wiaia apia,
kiawalaia apia bara wan biara taya alkaia apia.



KANKMA BARA BILAM WILKAKA BA YUS MUN
upla wala bara man siknis takma apia dukiara.



Baku daukma kaka:

**MAN BARA PAMALIKAM BA COVID-19
MAI ALKBIA APIA**

Covid-19 sikniska wan alkbia apia dukiara, ¿dia muni wan mihta nani sikbaia sa?

¿Ahkia taim wan mihta sikbaia?

- Mamwan kambras kainara
- Kuhbi bara trisiam dauki nigkara
- Taski iwras kaina ra
- Tuktan pañalka chens munras kainara bara ningka ra
- Kau plun dauki piras kaina ra
- Upla siknis kum ra wih kaikras kaina ra bara ningka ra
- Dipasta lukbia ningka ra
- Dur kika nani kangbi ningka ra
- Upla ailal bara pliska nani kaia ningka ra

Wan mihta nani pain sikbaia

Lî bara sup yus muns

Mihtam bila pana pana yauhbaia

Mihta sirpika nani aikuki yaubaia

Mihta withka nani ba pain yauhs

Mihtam nina nani ba pain yauhs

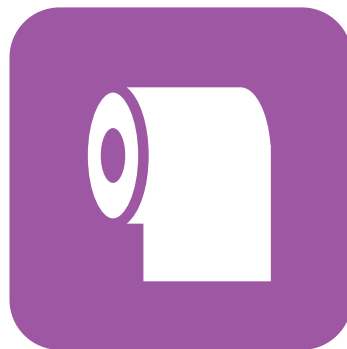
mihta lingbungka nani sut pain yauhs

Tâ babaikra ba marikanka kum daukbia nahki wan mihta nani pain sikbaia.

Sikniska na wan alkbia apia dukiara, ¿dia muni wan mihta nani sikbaia sa?

¿Ahkia taim wan mihta sikbaia?

Aitanisa kan wan mihta ra sikniska
yula barasa kaka ul sakisa



Wan mihta nani pain sikbaia



Lî bara sup



Mihta bila
pana pana



Mihta sirpika
nani aikuki



Mihta withka
nani ba yauhbaia



Mihtam nina
nani ba



mihta lingbungka
nani pain yauhbaia

¿Ahkia taim kankma bilam wilkaika ba yus munaia?

Pyu bani utla wina taki wisa taim, apia kaka utla bila ra upla kum siknis sa taim, baku man bara upla wala nani ra kan kahbi sma (pamali nani sin).

Siahka bara trisiam brisma kaka yus muns. Upla siknis kum main kaiki sma kaka sin.

Bilam kankma wilkaika ba yus takbia ani taim wan mihta nani ba li bara sup wal pain sikbi sa taim, baku sin gel dukia nani alcohol bri ba yus munisa taim.

Pain yus munaia bara nahki lulkaia ba lan taks

Bilam kankma wilkaika ba nahki yus munaia, mangkaia, daikaia bara lulkaia Marikanka na tâ babaikra mihta ra kabia

Bilam kankma wilkaika mangkras kainara mihtam nani ba siks li bara sup wal, apia kaka klin daukaika kum alcohol bri kaka.

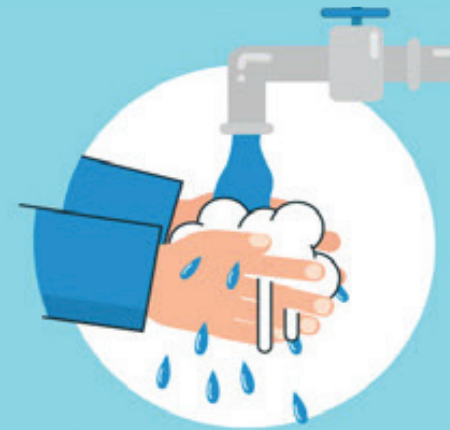
***Bilam bara kangma ba pain praks, aman kaiks slakni kabia apia pasa dimbiara sia.

Bilam kankma wilkaika yus munisma taim trai mun kangbaia apia, daukram kaka mihtam nani ba sup bara li wal siks, apia kaka gel dukia nani alcohol bri kaka wal klin dauks.

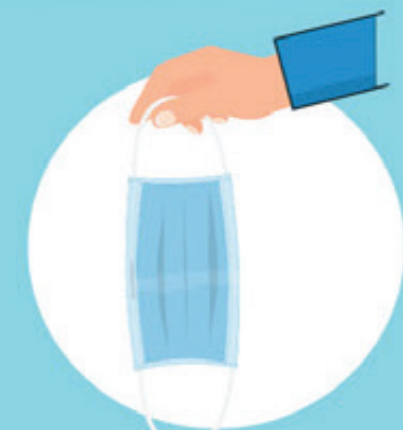
Bilam bara kankma wilkaika buswan takan wal baku chens muns, bara aima kum yus muni ba satka mangki brisma kaka, kli yus munpara.

Bilam bara kankma wilkaika ba sakma taim, nina sait bak alki saks (mawan saitka ba kangpara); klaki bara dipasta mankaika pain prakan ba bila ra luks; baha wina mihtam nani ba sikbaia li bara sup wal, apia kaka gel dukia nani alcohol bri ba wal dauks.

Bilam kankma wilkaika ba pain yus munbia sikniska na wan alkbia apia dukiara



Bilam kankma wilkaika
mangkras kainara wan
mihta nani ba sikbaia



Laki kaiks kalwan
bara unta nani
apu kabia



Ayan piska lupia
pura tani ra ba apia kaka
piska kau karna ba plik



Kalatka bri
saitka ba latara
kaia sa



Ayan piska lupia
bri ba saitka ba
kankma ra prakaia



Bilam, kankma bara
krusa tani ba pain
pura prakaia



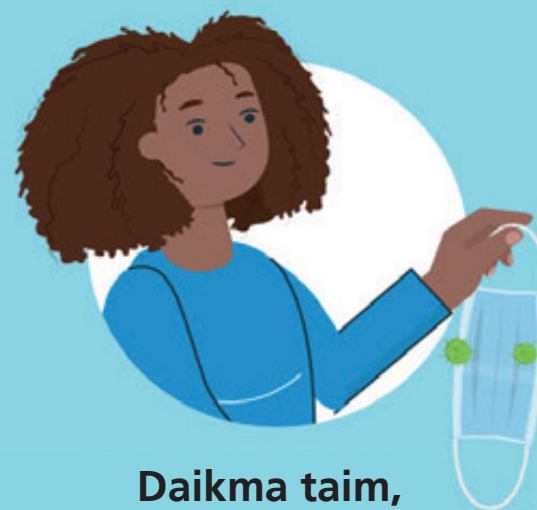
Saitka bani ba pitka kat
mangkaia tnaya nani ba
unta apu kabia natkara



Trai muns
kangbaia apia



Kiamam bara
lamla nina saitka
wina alki sakaia



Daikma taim,
lamamra bripara
lahura brisi swis



Yus munbia ningkara
isti klaki bara watla
kum pura prakaika
bri ba bilara luks



Lulkma taim, maihtam
siks sup bara li wal
apia kaka gel alcohol
bri ba yus muns

BILAM KANKMA WILKAIKA YUS MUNISA TAIM, ¿DIA BA DAUKAIA APIA SA?

Marikanka na tâ babaikra mihta ra kabia

1. Bilam kankma wilkaika ba kalwuan bara buswan sa kaka yus munpara.
2. Bilam baman prakpara, kangkma nani, ba sin pura praks.
3. Bilam kankma wilkaika ba uba slakni yus munpara.
4. Bilam knakma wilkaika ba mawan tani ra kangpara (mihtam tâ nani ba sikniska yula bri kaia sip sa).
5. Bilam kankma wilkaika ba turi aisaia dukiara daikpara, bara diara wala daukaia bri kama sin kangpara.
6. Bilam kankma wilkaika yus munan ba upla nani lamara swipara.
7. Bilam kankma wilkaika yus mumram ba kli yus munpara.
8. Mihtam nani taski wal bilam kankma wilkaika ba alki magkaia apia.

Tâ babaikra dukiara: Bilam bara kankma wilkaika yus munras kainara bara ningkara wan mihta klin bri kaia ba tânka kli kli aisas.

Bilam kankma wilkaika yus munanka ba wan kan kahbaia natka wala nani wal praki daukaia sa. Sampla baku, mihta nani klin bri kaia, trisiam bara kuhbisa pua ra wan klahkla pura yus munanka ba daukaia, bara upla wala wina 2 metros laihura kaia.

BILAM KANKMA WILKAIKA YUS MUNBIA TAIM TRAI MUNS NAHA DAUKAIA APIA



Bilam kankma wilkaika
ba uba slakni yus
munpara



Bilam kankma
wilkaika mawan tani
ra kangpara



Turi aisaia dukiara
sakpara, bara diara
wala daukaia bri
kama sin kangpara



Bilam kankma wilkaika
ba kalwuan bara buswan
sa kaka yus munpara



Bilam baman prakpara,
kangkma nani ba
sin pura praks



Bilam kankma wilkaika
yus munan ba upla
wala nani lamara
swipara



Kankma bilam
wilkaika yus munram
kli yus munpara

UPLA ALMUK NANI RAWAIA APIA SIKNISKA BRI BA YAKAN IWI BA RA HILP MUNAIA NATKA 10



Pamalikam wîna tara ba nahki sa sapa aihwaki bas. Telefono bak daukaia ba kau yamni sa sikniska ba yabaia apia dukiara.



Wih kaikaia nit takma kaka, uya lamara wapara 2 metros baku uplika wina laihra kaia, bara pana pana wan wîna kangbaia apia (wan mihta yabaia apia, wan biara taya sin alkaia apia).



Witin dukiara dia atkaia ba ra ba wih atkaia was, plun nani baku, sika nani bara diara wala nani utla bila ra nit ba.



Laki kaiks sîka nani ba kati kum luaia dukiara bri kabia, utla ra takaskaisa kaka.



Sipsa kaka, hilp muns nahki doktor nani wal, ai lama ulpika, ai panika nani bara ai taika nani wal aisaia.



Kupia krauks piu bani ai mihta nani sikbi kaia ba, diara sut ai lamara ba klin bri kaia bara upla siknis nani wal pana pana ai wina kangbaia apia.



Pamali ba ridi kaia sa upla almuk ba sikniska na taibi munbia kaka, isti doktor plikaia.



Kupia buks rayaka natka pain kum iwaia: plun pain nani piaia, sigarit yus munaia apia, aitani yapaia, iwi bara yapi baman diara daukras kaia apia sa, laya tahpla nani uya diaia apia bara daktara dia wi ba alki daukaia.



Latwankira bas bara trabil lui ba dukiara tânka bris. Turi aisas bara dia aisi ba pain wals. Yakan bara wirha taibanka bri ba dukiara kupia buks. Naha sikniska tara danh takbia taim, sanska bara kabia ipana pana kli wan biara taya alkaia!



Uplikam latwankira ba man wal sim watla ra iwras kaka, trai muns wapi kaikanka daukaia apia. Telefono ba yus mun aisi kaia dukiara

UPLA ALMUK NANI RAWAIA APIA SIKNISKA BRI BA YAKAN IWI BA RA HILP MUNAIA NATKA

Witin nani wina tara ba nahaki
sapa nu takaia dukiara wini wals.

Wih kaikma taim 2 metros
uplika wina laihra bas,
bara bilam kanma wilkaika
yus muns.

Hilp mun dia dia
atkaia ba ra sa kaka.

Ai saika nani aitani bri sapa
laki kaiks, baku witin nani
utla ra takaskaia sipsa.

Hilp muns doktor nani bara upla
wala nani wal nahaki aisaia.



Kupia krauks piu bani wan mihta nani sikbi
kaia ba, upla wala wal ai wina kangbaia apia.

Ridi takaia almuk
ba sikniska na taibi
munbia kaka.

Kupia buks plun
pain nani piaia,
sigarit yus munaia
apia, rum diaia apia.

Hilp muns bapi buaia
yakan ai dara walisa
kaka.

Tawan sut COVID-19 wina nahki ai kaina kahbi ba baku kuihra nani sin daukaia sa. Man sin kainam kainam kahbaia sip sma:

Ani sip ba kat utla ra bas.

Mihtam nani ba 20 sekan sikbaia sup bara lî wal, apia kaka alcohol gel 70% wal dauks.

Upla wala wina 2 metros laihera bas bara lakula daukaia wisi kiawalaia apia bara pana pana wan biara taya alkaia apia.

Bilam kanma wilkaika ba yus muns, baku man, bibikam bara pamalikam sikniskana alkbia apia.

Baku COVID-19 sikniska ba man bara pamalikam ra isi mai alkbia apia (wahia luan nani ra lilka nani tânka mariki ba yus muns).

Rihka, siahka bara wingkam puhbaia sip apia mai munisa kaka, isti pali daktar pliks. Klinik ra waras kainara pas winaia sma bara daktar dia mai wibia ba alki daukaia.

Mairin kuihra nani bara luhpa baikan wihka apia nani bara COVID-19 sikniska alkan nani ba sin daktar ra waia yua bri ba dakbia apia sa.

Sika maikan ba nahki dia win ba kat daukaia sa. Kaina manis anira luhpiam baikaisma ba maisa paks (pliska, nahki plisks ra waisma ba, etc.)

Mairin nani COVID-19 sikniska bri kaka, ¿sipsa ai bibika ra tiala dakakaia?

Au. Mairin kum COVID-19 bri kabia sin sipsa ai bibika ra tiala yabaia. Bibi mapara plun kau pain ba sika tiala laya ba. Man daukaia sma:

Upla mawan ra trisiam bara kuhbras ba baku bibikam ra tiala dakakisma taim purara daukpara. Kanma bilam wilkaika ba yus munaia sma.

Bibikam alkras kainara bara ningkara mihtam siks.

Dia dia kangbram kaka klin dauki kaia sma.

COVID-19 sikniska brisna kaka, ¿sip sna bibi swap lupia ba mihtira alki briaia?

Au. Ta pali wina alki briaia bara tiala laya dakakaia ba bibi ra hilp munisa pawaia. Man daukaia sma:

- Upla mawan ra trisiam bara kuhbras ba baku bibikam ra tiala dakakisma purara daukpara. Kanma bilam wilkaika ba piu bani yus munaia bibikam bara upla wala lamara sma taim.
- Bibikam klahmkla ra bri kaia sip sma, kwala apukira.
- Bibikam alkras kainara bara ningkara mihtan sikbaia sma bara
- Kangbi pliska ul nani ba klin daiki kaia.



MAIRIN KUIHRA NANI BARA COVID-19 SIKNISKA BA

¿Nahki COVID-19 sikniska wina kaini kahbaia?

#UTLARABAS

✚ Ani sip sma ba kat.



#MIHTAMNANIBASIKS

✚ Lî bara sup wal 20 sekan, apia kaka gel alcohol 70% bri ba wal dauks.



#UPLAWINALAIHURAKAIA

✚ Upla wina 2 metros kaia, wan mihta yabi lakula daukaia apia kiawalaia apia bara pana pana wan biara taya alkaia apia.



#BILAMKANMAWILKAIKAYUSMUNS

✚ Man bara upla wala nani ra sikniska alkbia apia dukiara.



Baku man bara pamalikam ra isi pali COVID-19 sikniska ba mai alkbia apia.

BAKU SIN

Saika diaia mai win ba kat diaia sma.

Ahkia yua luhpiam baikaisma ba kaina manas maisa paks (pliska, nahki plisks ra waisma ba, etc.)

Mairin nani COVID-19 bri ba tiala dakakaia sipsa ani taim...



Bilam kanma wilkaika yus munisa kaka.



Bibi kangbras kainara bara ningkara ai mihta nani sikbia kaka.



Dia dia kangbi ba sut klin daukisa kaka.



Upla ra mâyara kulkanka ba (estigma social wi ba) dia tânka sa?

Upla kum ra apia kaka dakni kum ra mâyara kulkanka yabi ba tânka sa sampla baku, upla kum siknis takan ba. Tawan bilara siknis saura kum iwisa taim, sip sa siknis takan uplika ra mark munaia, mâyara kulkaia, lamara sin waras kaia bara saura munaia.

Upla ra mâyara kulkaia trabilka ba

- Uplika nani ba ai sikniska yukukisa mâyara kulkbia apia dukiara.
- Upla nani ba isti doktor nani ra wih kaikras.
- Upla nani ba ai rayaka kan kahbaia natka dauki bangwras.

Kupiam krauks

- COVID-19 sikniska ba sut ra wan alkaia sip sa.
- Sikniska yula na dakni, rilidian bara upla iwanka satka kaikras.
- Tasba uplika sut trabil ra sa.
- Sut sikniska na alkaia sip sa. Upla ra mâyarakulkpara.
- Pana pana hilp munaia lâka plikaia sa, nahki sikniska wan alkaia sip ba lan takaia, baku sin nahki wan kan kahbaia ba tânka briaia.

Ta babaikra ba sampla kum kum yus munaia sip sa nahki upla ra mâyara kulki ba

UPLA RA MÂYARAKULKANKA BA DAHRA

¿Upla ra mâyara kulkanka ba dia sa?

Upla kum apia kaka dakni kum ramâyara kulkanka yabi ba tânka sa

Upla ra mâyara kulkisa taim, siknis takan ba yukukisa

Baha taka sin isti doktor nani ra wih kaikras

Upla nani ba ai rayaka kan kahbaia natka daukiaia want apia sa



¿Dia daukaia sip sa?

Sikniska na dukiara lan takaia, baku sin nahki wan kan kahbaia ba tânka briaia.

- Hilp munaia lâka plikaia sa.

- Nahki mai munbia want sma baku upla wala ra sim sât daukaia.

- Bila karna nani upla ra saura muni ba yus munaia apia sa.

COVID-19

KAKAIRA TAKS, RIDI TAKS
BARA ALKI DAUKS.

