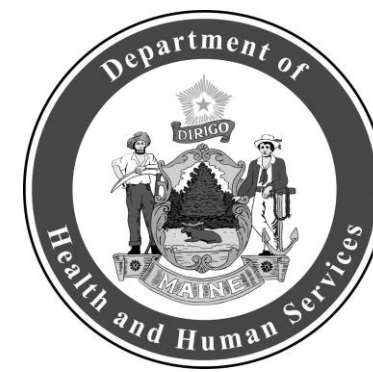
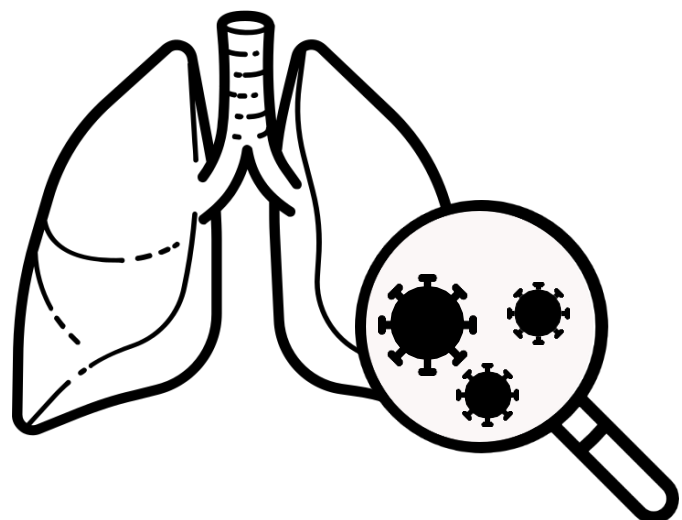


Centre ya Maine Oyo Elandelaka pe Ebundisaka Maladi Maladi ya Coronavirus 2019 (COVID-19)



Mokanda Oyo Elimboli Makambo



Maladi ya Sika ya Coronavirus 2019 (COVID-19) eza maladi ya pema, Ewutaka na virus corona. COVID-19 ezopanzana na États-Unis, ata pe na Maine.

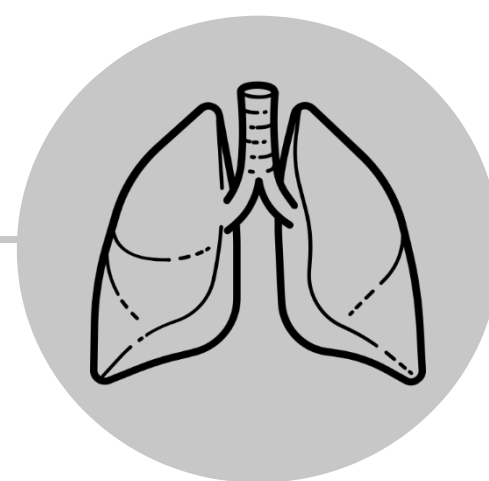
Bilembo oyo Ezomonana Mingi



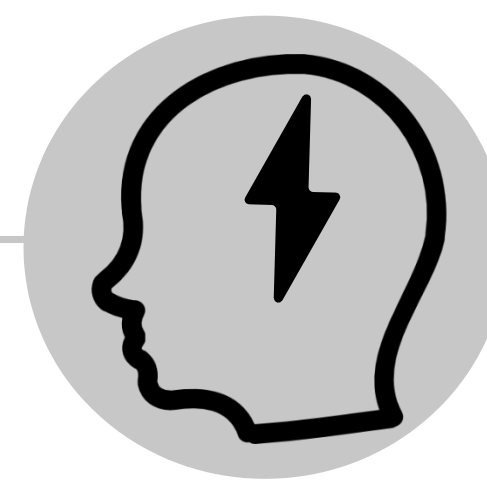
Fièvre to
kolenga



Kosukosu



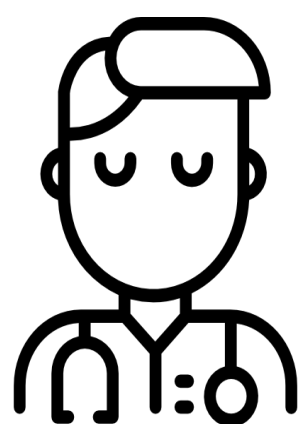
Pema mokuse pe
Kopema na Pasi



Moto pasi

Bilembo mosusu ekoki kozala kolemba, nzoto to misisa pasi, koyoka elengi na monoko to pe koyoka solo te, mungongo pasi, zolo kokangama to kotanga, posa ya kosanza to kosanza, pe pulupulu. Bilembo ekoki kobanda sima ya mikolo 2 kino 14 ya kozwa virus. Maladi eyebani ebandi na mwa pete kino na makasi.

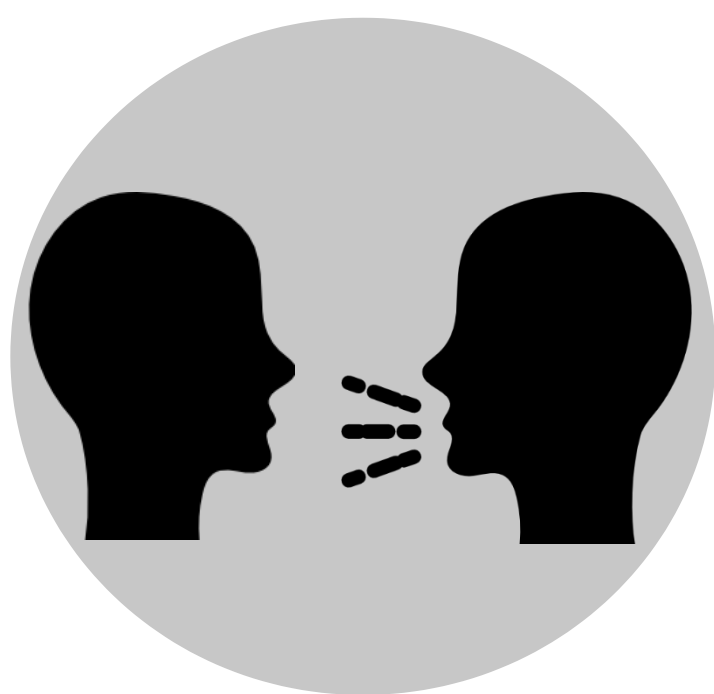
Mibange mikolo oyo baza na maladi esilaka te na lokola maladi ya motema to ya poumon(lipululu) to diabète bazali na likama makasi ya kozwa mikakatano minene penza kouta na COVID-19. Maladi makasi ekoki kobimisa maladi ya poumon(lipululu), maladi ya rein, pe komema na liwa.



Benga lopitalo na yo soki oza na bilembo ya maladi. Yebisa bango soki ozalaki pene ya moto to bato oyo bayebani ete bazobela COVID-19. Soki oza na posa ya lialisi ya monganga, benga lopitalo LIBOSO okende kuna.

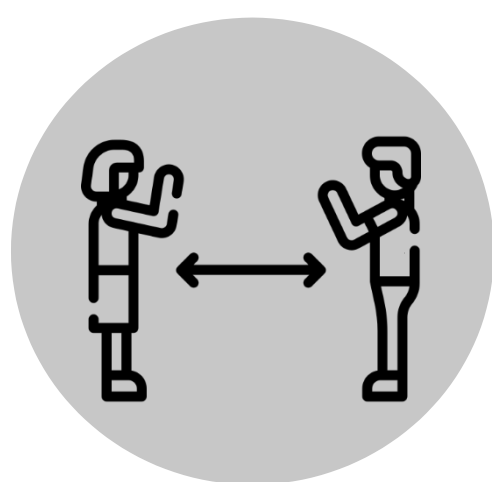
Po na koyeba makambo mingi etali esika ya kosala ekzame, kende na www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing.

Kopanzana ya COVID-19



- Ekoki kopanzana na pete longwa na moto moko pe ezwi moto mosusu
- Ezopanzana mingi soki oza pene ya bato mosusu (pene ya bametre 2)
- Tango mosusu ezozwama na nzela ya matanga mike ya virus oyo ekoki kotikala na mopepe
- Ezopanzana mingi te na nzela ya bisika oyo eza na virus
- Ezopanza penza te na kati ya bato pe baniama

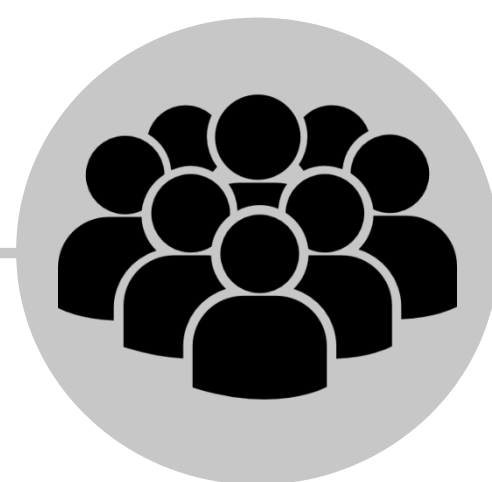
Komibatela na COVID-19



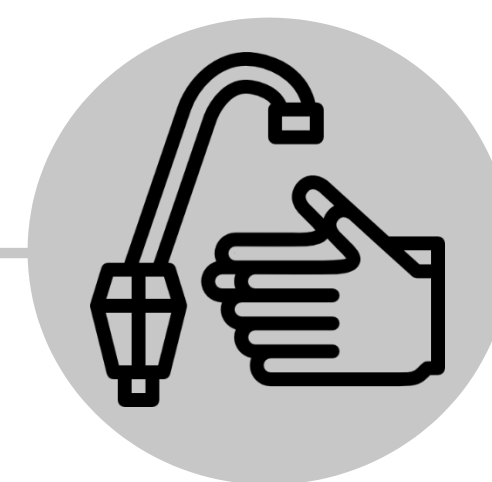
Zala mosika (pene ya bametre 2) na bato oyo bofandi ndako moko te



Lata eloko oyo ezozipa zolo pe munoko na yo



Kokende te na makita ya minene pe na bisika oyo bato bazalaka mingi

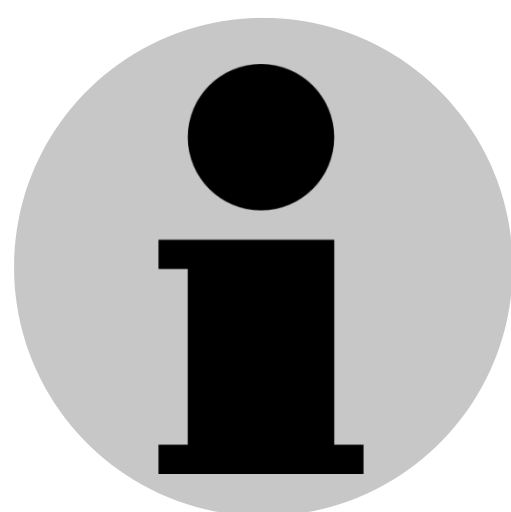


Sokola maboko na savon pe mai na tango moke lokola 20 seconde

Salela kisi esalama na alcool ya kopetola maboko oyo eza na 60% ya alcool na kati soki savon na mai eza te. Osengeli pe kozipa kosukosu pe itchie na yo na mouchoir to na moleku na yo.

Eza te na kisi eyebani te oyo ezobikisa COVID-19. Bato mingi bazobika na ndako.

Po na Koyeba Makambo Mingi, Kende na:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (U.S. CDC's Travelers' Health Page)

Okoki pe kobenga Maine CDC na numéro oyo 1-800-821-5821.