**Prepared for CCI**

**Tshomo e seng nnete: Lilemo**

Na kokwana-hloko e ncha ea corona e ama maqheku, kapa na bacha le bona e ka ba tshwara?

Batho ba lilemo tsohle ka ka tshwaetswa ke kokwana-hloko e ncha ea corona (nCoV-2019).

Maqheku, le batho ba nang le mafu a mang a ba tshwereng (a ka reng asthma, lefu la tsoekere, lefu la pelo) ba bonahala e le bona ba tlokotsing hofeta ka hore ba ka ba kula haholo ka lebaka la kokwana-hloko ena. WHO e eletsa batho ba lilemo tsohle ho nka likhato ho ipoloka khahlanong le kokwana-hloko ena, mehlala e ka ba ho latela methati e metle ea ho hlatswa matsoho ekasita le ho phefumoloha ka tsela e hloekileng.

**Tshomo e seng nnete: Li-antibiotics**

Na li-antibiotics lia sebetsa ho thibela le ho phekola kokwana-hloko ee e ncha ea corona?

Che, li-antibiotics ha li sebetse khahlanong le likokwana-hloko, empa li sebetsa ho bacteria.

Kokwana-hloko e ncha ea corona (nCoV-2019) ke kokwana-hloko, jwale kahona li-antibiotics li se ke tsa sebelisoa e le mokhoa thibello kapa pheko Empa, ha u ka kena sepetlele ka lebaka la nCoV-2019, u kanna wa fua li-antibiotics hobane tshwaetso ea li-bacteria e kanna ea nka monyetla.

**Tshomo e seng nnete: Garlic**

Na ho ja garlic ho ka thusa ho thibela tswaetso ea kokwana-hloko e ncha ea corona?

Garlic ke sejo se matlafetseng, se ka bang le litshobotsi tsa li-antibiotics.

Empa, ha hona bopaki phareleng ena e teng ba hore ho ja garlic ho sebelitse ho tshireletsa batho khahlanong le kokwana-hloko e ncha ea corona (2019-nCoV).

**Tshomo e seng nnete: li sebelisoa tse omisang matsoho**

Na li sebelisoa tse omisang matsoho li sebetsa hantle ho bolaea kokwana-hloko e ncha ea corona?

Che, li sebelisoa tse omisang matsoho ha li sebetse hore li bolaee 2019-nCoV.

Ho itshireletsa khahlanong le kokwana-hloko e ncha ea corona, u tlamaile hore u tlotse matsoho khafetsa ka setlolo se nang le alcohol kapa u hlatsoe matsoho ka sesepa le metsi. Ha matsoho a se a hlatsoehile, u a omise hantle ka pampiri kapa ka u sebelise mochini wa moea o futhumetseng.

**Tshomo e seng nnete: meriana**

Na ho na le meriana e ikhethileng e thibelang kapa e phekolang kokwana-hloko e ncha ea corona?

Ho fihlela kajeno, ha hona meriana e ikhethileng e khothalelitsoeng hore e ka thibela kapa ho phekola kokwana-hloko e ncha ea corona.

Empa, batho be ka bang ba tshwaelitsoe ke kokwana-hloko ena ba tlameile hore ba fumane kalafo e ba loketseng ho hlokomela le ho phekola matshwao a kokwana-hloko ena, ha ba nang le matshwao a behang maphelo a bona tlokotsing ba tla fua kalafo e ikhethileng. Mefuta e meng ea pheko e sa ntse e fuputsoa, mme e tla ba tekong ka mekhoa e nepahetseng.

WHO e ntse e thusana ho tatisa liphuputso le ntshetso pele ea boiteko ka methati le mekha e fepaneng.

**Tshomo e seng nnete: Liphuthelwana**

Na ho bolokehile ho fumana lengolo kapa sephuthelwana se tsoang China?

Eya, ho bolokehile. Batho ba tholang liphuthelwana ho tsoa China ha ba tlokotsing ea ho tshwaetswa ke kokwana-hloko e ncha ea corona.

Ho tsoa liphuputsong tse fetileng, ho fumanehile hore likokwana-hloko tsa corona ha li phele nako e telele holima lintho tse ka reng mangolo le liphutheloana.

**Tshomo e seng nnete: li-thermal scanners**

Li-thermal scanner li sebetsa hantle ha kae ho fumana kokwana e ncha ea coronavirus bathong?

Li-thermal scanner li sebetsa hantle haholo ho fumana batho be bang ba na le feberu ( batho ba nang le mocheso o mongata hofeta o tlwaelehileng) ka lebaka la tshwaetso ea kokwana-hloko e ncha ea corona.

Empa, ha li khona ho fumana batho ba nang le tswaetso empa ba e-so kule ke feberu. Sena ke hobane ho nka lipakeng tsa matsatsi a mabeli ho isa ho a leshome hore batho ba nang le tshwaetso ba kule mme ba be le feberu.

**Tshomo e seng nnete: UV lamps**

Na ultraviolet disinfection lamp e ka bolaea kokwana-hloko e ncha ea corona?

UV lamps li se ke tsa sebelitsoa ho sterilize matsoho kapa libaka tse ling mmeleng kaha UV radiation e ka baka mathata a letlalo.

**Tshomo e seng nnete: li ente**

Na li ente khahlanong le pneumonia tshireletsa motho khahlanong le kokwana-hloko e ncha ea corona?

Che. Liente tse khahlanong le pneumonia tse ka reng pneumococcal vaccine le Haemophilius infuenza ea mofuta wa B (Hib) vaccine, ha li fane ka tshireletso khahlanong le kokwana-hloko e ncha ea corona.

Kokwana-hloko ena e ncha haholo ebile e fapane le tse ling, kahoo e hloka ente ea eona. Bafuputsi ba ntse ba leka ho etsa ente khahlanong le nCoV-2019, ente e khahlanong le mafu a amang ho hema e khothaletsoe ho boloka bophelo ba hau.

**Tshomo e seng nnete: alcohol and chlorine**

Na ha u ifafatsa ka alcohol kapa chlorine mmele kaofela ho ka bolaea kokwana-hloko e ncha ea corona?

Che, ho ifafatsa ka alcohol kapa chlorine mmele kaofela ho ka se bolaee likokwana-hloko tse seng li kene kahare ho mmele wa hau.

Ho ifafatsa ka lintho tse ka reng tseno ho ka ba kotsi liphahlong kapa li -mucous membrane ( joaloka mahlong, molomong). Ela hloko hore alcohol le chlorine li ka sebelisoa ho hloekisa libaka tse ling, empa li hloka ho sebelisoa tlasa likhothaletso tse itseng.

**Tshomo e seng nnete: ho hlapa**

NNETE: Ho hlapa ka metsi a chesang ha ho tshireletse khahlanong le kokwana-hloko e ncha ea corona.

Ho hlapa ka metsi a chesang ho ka se thibele hore u tshwaetswe ke COVID-19.

Mocheso o tloaelehileng wa mmele o lula ho 36.5 °C ho isa ho 37°C, ho sa natse mocheso wa metsi a hlapang. Ho hlapa ka metsi a chesang haholo ho kotsi, kaha u ka chesoa ke metsi ao.

Tsela e nepahetseng haholo ea ho itshireletsa khahlanong le COVID-19 ke ka ho hlatsoa matsoho a hau khafetsa. Ka ho etsa tjena u tlosa likokwana-hloko tse ka bang li lutse matsohong a hang le ho qoba tshwaetso e ka hlahang ha u ka itswara mahlo, molomo le nko.

**Tshomo e seng nnete: Serame**

NNETE: Serame le lehloa li ka se bolae kokwana-hloko e ncha ea corona.

Ha hona lebaka la ho lumela hore boemo ba leholimo bo batang bo ka bolaea kokwana-hloko e ncha ea corona kapa mafu a mang.

Mocheso o tloaelehileng wa mmele o lula o le hara 36.5 °C ho isa ho 37°C, ho sa natse ho re na kantle mocheso o eme joang kapa boemo ba leholimo. Mokhoa o sebetsang hantle haholo wa ho itshireletsa khahlanong le kokwana ea corona ke ka ho hlatsoa matsoho khafetsa ka setlolo se entsoeng ka alcohol, kapa ho a hlatsoa ka sesepa le metsi.

**Tshomo e seng nnete: Mocheso**

NNETE: kokwana-hloko e ncha ea corona e ka fetisetsana libakeng tse chesang le maemong a leholimo a mongobo.

Ho tsoa bopaking bo teng ho fihlela ha jwale, kokwana-hloko e ncha ea corona e ka fetisetsana LIBAKENG TSOHLE, ho kenyelletsa le libaka chesang le moo maemo a leholimo a leng mongobo.

Ho sa natse maemo a leholimo, sebelisa mekhoa e itshireletsang haeba u phela, kapa u etela sebakeng se tlalehang COVID-19.

Tsela e nepahetseng haholo ea ho itsireletsa khahlanong le COVID-19 ke ka ho hlatsoa matsoho a hau khafetsa. Ka ho etsa tjena u tlosa likokwana-hloko tse ka bang li lutse natsihong a hang le ho qoba tshwaetso e ka hlahang ha u ka itswara mahlo, molomo le nko.

**Tshomo e seng nnete- Monwang**

NNETE: kokwana-hloko e ncha ea corona ha e fetisoe ke ho longoa ke monoang.

Hofihlela ha joale ha hona tshwaetso e tlalehueng kapa bopaki bo reng kokwana-hloko e ncha ea corona e ka fetisoa ke menoang.

Kokwana-hloko e ncha ea corona ke kokwana-hloko e amang phefumoloho, mme e ata haholo ka marotholi a hlahang ha motho a nang le tshwaetso a khohleka kapa a thimola, kapa ka marotholi a mathe kapa mamina a tswang nkong.

Ho itshereletsa, hlatsoa matsoho a hau khafetsa ka setlolo se entsoeng ka alcohol kapa u a hlatsoe ka sesepa le metsi. Hape, qoba ho atamela motho ea khohlelang kapa ea thimolang.

**Tshomo e seng nnete: metsi a letswai**

Na ho hlatsoa nko khafetsa ka metsi a letswai ho ka thusa ho thibela tshwaetso ea kokwana-hloko e ncha ea corona?

Che. Ha hona bopaki ba hore ho hlatsoa nko khafetsa ka metsi a letswai ho sireletsa batho khahlanong le tshwaetso ea kokwana-hloko e ncha ea corona.

Ho na le bopaki bo fokolang ba hore ho hlatsoa nko khafetsa ka metsi a letswai ho ka thusa batho hore ba fole kapele khahlanong le common cold. Empa, ho hlatsoa nko khafetsa ka metsi a letsoai ha ho so bontshe ho ka tshireletsa khahlanong le mafu a amang phefumoloho.

**Diatlana**

Na ho rwala diatlana tsa rabara ha u le kantle sechabeng ho sebetsa hantle ho ka thibela tshwaetso ya coronavirus e ncha?

Che. Ho hlatsoa matsoho a hau feela khafetsa ho fana ka tshireletso e fetang khahlanong le ho tshwarwa ke COVID-19 hofeta ho roala liatlana tsa rabara.

U ntse u ka fumana COVID-19 holima liatlana tsa rabara tse silafetseng. Ha u ka tshwara sefahleho kamora moo, tshilafalo eo e holim'a diatlana e sala sefahlehong mme e ka u tshwaetsa.

**Tumediso**

Nka dumedisa motho e mong jwang ho qoba ho tshwarwa ke kokwana-hloko e ntjha ya coronavirus

Ho thibela COVID-19 ho bolokehile hofeta hohle ho qoba ho thetsana ha ho dumedisanwa.

Tumeliso tse bolokehileng li kenyelletsa ho salisa ke letsoho, ho oma ka hlooho kapa ho inamela motho

**Tumediso ya matsoho**

Na ke tlamehile ho qoba ho tshwarana ka matsoho ka lebaka la coronavirus e ncha?

Eya. Dikokwana-hloko tse amang phefumoloho di ka feta ka ho tshwarana ka matsoho le ho itshwara mahlo, nko le molomo.

Dumedisa batho ka ho ba salisa ka letsoho, ho oma ka hlooho kapa ho ba inamela.