**Prepared for CCI**

**Myth buster - Malembe lama xungetiwaku**

Xana vuvabyi bya Coronavirus byi tlulela vadyohari ntsena kumbe na vana lava ntsongo byi nga vatlulela ke?

Vanhu va malembe hinkwawo vangaha tluleriwa hi vuvabyi lebyi, lebyi ntshwa bya Coronavirus (nCoV-2019)

Vadyohari na vanhu lava hanyanaku na vuvabyi (byo fana na xifuva, chukele, vuvabyi bya mbilu) hi vona vanga le ka khombo ngopfu ro hlaseriwa hi vuvabyi lebyi. WHO yi tsudzuxa vanhu va malembe hinkwawo ku teka magoza yo tisirhelela ka xitsongwatsongwana lexi. Xikombiso : ku hlamba mavoko hi minkarhi hinkwayo na kuva na vukheta loko mi entshemula.

**Myth buster - Mirhi yo lwisana na mavabyi (antibiotics)**

Xana mirhi yo lwisana na mavabyi ya swikota ku sivela no ntshungula vuvabyi lebyi, bya Coronavirus xana?

E-e, mirhi yo lwisana na mavabyi a yi tirhi eka switsongwatsongwana yi tirha ntsena eka xiborisi.

Vuvabyi bya coronavirus (nCOV-2019) i xitsongwatsongwana hikokwalaho ka sweswo mirhi yo sivela mavabyi yi nga tshiki yi tirhisiwa tani hi xisivelo kumbe ntshungolo.

Kambe, loko mo amukeriwa e xibhedlele hikokwalaho ka nCOV-2019, va nga mi nyika mirhi yo sivela mavabyi ta ni hiku xiborisi xingaha va kona hikokwalaho ka vuvabyi lebyi.

**Myth buster - Xinyalani (Garlic)**

Xana kudya xinyalani swa pfuna ku sivela ku tluleriwa hi vuvabyi bya coronavirus?

Xinyalani xi wela ka swakudya swo aka mirhi leswi swinga na swirho swa murhi wo horisa mavabyi.

Kambe, akuna vumbhoni eka vumbhoni lebyi byi nga kona byo kombisa leswaku ku dya xinyalani swi sivele vanhu eka coronavirus(2019-nCOV)

**Myth buster - swo omisa mavoko**

Xana ku omisa mavoko swa tirha e ku siveleni coronavirus?

Hawa, swo omisa a swile ku tirheni eku dlayeni 2019-nCOV

Kuti sirhelela eka coronavirus, mi fanele mi tshama mi ri kari mi hlamba mavoko hi xisibhi na Mati. Loko mavoko ya basile, mi fanele mi ya omisa hiku hetisisa hiku tirhisa swo omisa mavoko.

**Myth buster - Mirhi**

Xana kuna murhi wa ku sirhelela kumbe ku tshungula vuvabyi lebyi bya coronavirus?

Ku fika sweswi, a ku se kumeka murhi wa ku sirhelela kumbe ku tshungula coronavirus.

Kambe, lava va hlaseriweke hi xitsongwatsongwana lexi va fanele ku kuma ku hlayisiwa loko kufaneleke ku ongola vuvabyi lebyi, lava se va tshikeleriweke hi vuvabyi lebyi va fanele ku kuma ku hlayisiwa hi vukheta. Mirhi yo karhi yahari ku lavisisiweni.

WHO yi le ku pfuneteni ku hatlisisa vulavisisi byo kuma ntshungolo wa vuvabyi lebyi.

**Myth buster – Mindzhwalo**

Xana swi hlayisekile ku amukela mapapila na mindzhwalo to huma e China?

Ina, swi hlayisekile. Vanhu la va amukelaku mindzhwalo yo suka e China a va le khombeni to kuma coronavirus.

Ku suka e ka vulavisisi lebyi nga kona, hi tiva leswaku coronaviruses yi tsandzeka ku hanya nkarhi wo leha e swilweni swo fana na mapapila na mindzhwalo.

**Myth buster - Vukambisisi hi mahiselo ya mirhi (Thermal Scanners)**

Byina ntikelo wo fika kwini vukambisis byo tirhisi ku hisa ka Mirhi eka vanhu lava se va nga na vuvabyi bya coronavirus?

Vukambisisi hi mahiselo ya mirhi byi tirha swinene eka vanhu lava va hisaku mirhi (tani hi loko mirhi wuva wu yisa swinene) hi kokwalaho ka xitsongwatsongwana lexi.

Kambe, aswi koteki ku vona xitsongwatsongwana lexi loko mirhi wu ngase hiss. Leswi swi vanga hiku eka masiku yo suka 2 ku fika ka 10 munhu angase hisa mirhi loko munhu a ngheniwe hi xitsongwatsongwana lexi.

**Myth buster - UV lamps**

Xana “ultraviolet disinfection lamp” yinga dlaya coronavirus?

“UV lamps” a ti fanelangi ku tengisa mavoko kumbe tinwan tindhawu ta hlonge ta ni hi loko “UV radiation” yi nga vanga vu vabyi.

Myth buster - Nsawutiso

Xana nsawuto wa “pneumonia” swa sivela eka coronavirus?

E-e. Nsawutiso wa “pneumonia” ku fana na nsawutiso wa “pneumococcal” na nsawutiso wa “Haemophilius influenza type B (Hib)”, aswi nyiki nsivelo eka coronavirus.

Xitsongwatsongwana lexi ixi ntshwa no hambana xa hambana kutani xi lava nsawutiso wa xona. Va lavisis vale ku zameni ku kuma nsawutiso wa nCOV-2019, nsawutiso eka vuvabyi byo hafemula bya xoxeteriwa ku sivela rihanyo ra wena.

**Myth buster - Byala na “chlorine”**

Xana ku ti haxa hi byala kumbe “chlorine” swa pfuna ku dlaya coronavirus e mirhini?

Hawa. Kuti haxa hi byala kumbe “chlorine” aswi dlayi xitsongwatsongwana lexi xi nga nghena e mirhini.

Ku haxa swilo swofana na leswi swinga onha timpahla ku hlonge ya nhompfu (matihlo, milomu). Lemukani byala na “chlorine”swingaha tirhisiwa ku tengisa tindhawu, Kambe swi fanele ku tirhisiwa hi vukheta.

**Myth buster - Ku hlamba**

NTIYISO : Ku hlamba hi mati yo hisa aswi siveli coronavirus

Ku hlamba hi mati yo hisa swinge mi siveli ku kuma COVID-19.

Ku hisa ka mirhi ka ntolovelo ku tshama kuri eka 36.5 C ku fika 37 C, swinga khathaleki hi ku hisa eka mati lama mi hlambaku hi wona. Kahle kahle, ku hlamba hi mati yo hisa swinene swina khombo, tani hi loko swingaha mi hisaku.

Ku ti sirhelela eka COVID-19 iku hlamba mavoko hi nkarhi hinkwawo. Hiku endla leswi mi susa xitsongwatsongwana lexi nga vaku kona e mavokweni no va miti tluleta hiku khoma mahlo, milomu na milomu.

**Myth buster - Xirhami**

NTIYISO : Xirhami na gamboko ASWI dlayi coronavirus

Akuna xivangelo xo tshemba leswaku Xirhami xinga dlaya coronavirus ku vuvabyi byi nwana.

Ku hisa ka mirhi ka ntolovelo ku tshama kuri eka 36.5 C ku fika eka 37 C, swinga khathaleki eka ku hisa loku ku nga handle kumbe maxelo. Ku ti sirhelela loko hi nga ku tirhisaku eka xitsongwatsongwana lexi iku hlamba mavoko hi xisibhi na mati

**Myth buster - Ku hisa**

NTIYISO : Coronavirus ya tluleteka e tindhawini leti kufumelaku na leti ti hisaku.

Ku suka eka vumbhoni lebyi kona sweswi, coronavirus ya tlulele TINDHAWINI HINKWATO, ku katsa na la ku kufumelaku.

Swinga khathaleki hi maxelo, ti hlayiseni loko mitshama kumbe mi endzela tindhawu hlaseriweke COVID-1 9.

Kuti sirhelela eka xitsongwatsongwana lexi xa COVID-19 iku hlamba mavoko hi nkarhi hinkwawo. Susani switsongwatsongwa e mavokweni mi hambana na ntluleto lowu wu nga tava kona hiku khoma mahlo, milomu na tinhompfu.

**Myth buster - Tinsuna**

NTIYISO : Coronavirus AYI tluleli hiku lumiwa hi tinsuna

Ku fika sweswi a ku si va na ntluleto kumbe vumbhoni byo komba leswaku coronavirus yinga tluleteka ku suka eka tinsuna.

Coronavirus i xitsongwatsongwana xa moya lexi tlulelaku loko mi khohlola kumbe mi entshemula kumbe marha, kumbe mati eti nhompfini.

Kuti sirhelela, hlambani mavoko hi mati na xisibhi. Naswona, hambanani no tshinelelana na vanhu vo khohlola no entshemula.

**Myth buster - Munyu**

Xana kuti kuti hlantswa ti nhompfu hi munhu swinga ku sivela eka coronavirus?

Hawa. Akuna vumbhoni bya leswaku kuti hlantswa tinhompfu hi munyu hinkwawo swi sivela coronavirus.

Kuna vumbhoni byi ntsongo eka leswaku ku hlantswa tinhompfu hi munyu swi pfuna vanhu ku hola hi xi hatla va hola eka mukhuhlwana. Kambe, ku hlamba tinhompfu aswi si komba leswaku swi sivela ku tluleriwa.

**Swimandlamandla**

Xana ku mbala swimandlamandla swa sivela eka xitsongwatsongwana xa coronavirus?

E-e. Ku tshama mi hlamba mavoko hi swona swingana nkoka eku siveleni ka COVID-19 ku tlula ku mbala swimandlamandla.

Mingaha kuma xitsongwatsongwana xa COVID-19 eka swimandlamandla. Loko mi tshika miti khome xikandza hi swona mingaha tluleriwa hi xitsongwatsongwana.

**Ku xewetana**

Xana mi fane mi xewetana njani ku xivela ku tluleriwa hi xitsongwatsongwana xa coronavirus?

Ku sivela COVID-19 iku hambana no khomana loko mi xewetana.

Ku xewetana ko phepha iku himisa voko, ku pfumela hi hloko, kumbe hi xikokolo.

**Ku khomana hi mavoko**

Mi fanele ku hambana no khomana hi mavoko ku ti sirhelela eka coronavirus?

Ina. Xitsongwatsongwana xo nghena hiku hefemula xa tlulela hiku khomana hi mavoko no khoma mahlo, tinhompfu na nomu.

Xewetani vanhu hiku yimisa voko, ku pfumela hi nhloko kumbe hi xikokolo.