

### 1. Menene COVID-19?

Coronavirus kwayar cuta ce ta dabbobi wanda Dan Adam na iya dauka. COVID-19 kwayar cuta ce da ke haifar da wani sabon nau'in cutar coronavirus wanda ba a riga an gano shi ba a cikin mutane. An fara ba da rahotonta ga WHO a ranar 31 ga watan Disamba, 2019 a garin Wuhan, dake kasar China

### 2. Menene ke haifar da COVID-19?

Masana kimiyya da jami'an kiwon lafiya suna aiki tukuru don gano tushen SARS-CoV-2 wanda shine kwayar cutar da ke haifar da COVID-19. Farkon yaduwa ya bayyana ne daga asalin dabba, amma akwai yaduwar tsakanin mutum-da-mutum a kasashe da yawa. Kwayar cutar za ta iya yaduwa daga mutum zuwa mutum, musamman ta hanyar digar yawun baki da majina

### 3. Wani a Najeriya ya kamu da cutar?

Eh. An tabbatar da shigar cutar a Najeriya a ranar Juma'a, 27 ga watan Fabrairu, 2020 a Legas a jikin wani matafiyi dan kasar Italiya wanda ya isa Najeriya a ranar 25 ga Fabrairu, 2020 kuma ya nuna alamun cutar a ranar 26 ga Fabrairu, 2020. Ana kan gudanar da bincike don gano waƙanda suka sami hulɗa wannan mutum da aka tabbatar.

### 4. Me Najeriya take yi don shawo kan yaduwar cutar a cikin kasar?

Gwamnatin Najeriya, ta Ma'aikatar Lafiya ta Tarayya, ta karfafa matakan tabbatar da cewa an Najeriya ta zama cikin shiri idan cutar ta barke. Rukunin Shiri na Coronavirus wanda ke farkashin jagorancin NCDC an mayar da shi zuwa Cibiyar Ayyukan gaggawa na kasa don daidaita ayyukan kai dauki. Hukumar NCDC tana aiki da Gwamnatin Jihohi don gano waƙanda suka yi hulɗa da mai dauke da cutar da aka tabbatar a Najeriya.

Sashen Lafiya na Ma'aikatar Kiwon Lafiya Jama'a ta kara zurfafa bincike da sanya ido a cikin tashar jiragen ruwa, musamman ga matafiya masu dawowa tare da tarihin tafiya zuwa kasashen dake da yaduwar cutar cikin kwanaki 14. Mazauna Nigeria Field Epidemiology and Training Programme (NFELTP) na aiki tare da sashin Lafiya na Jiragen Ruwa don bincika, tantancewa da kuma nazarin hanyoyin da aka bayar don bincike a wuraren shigowa. Wannan kuma don binciki waƙanda suka samu hulɗa lokacin da ake bukata.

### 5. Najeriya tana da yadda zata yi ta iya bincikar COVID-19?

Eh. Akwai dakunan gwaje-gwaje guda huɗu waƙanda ke da karfin yin gwajin COVID-19 a Najeriya. Dakin Bincike na Kasa a NCDC; Asibitin koyarwa na jami'ar Legas; Asibitin Koyarwa na Irrua; da Cibiyar Kula da Kwayoyin Halittu ta Afirka a Ede, Jihar Osun. Dukkansu na cikin cibiyar

binciken kwayoyin NCDC.

An shawarci jami'an kiwon lafiya su kira 07032864444 don sufurin samfur da masu bada shawara idan suna da wata cuta da ta dace da ma'anar cutar a kasar.

#### 6. Menene ma'anar kasa game da cutar COVID-19?

Rashin lafiyar da ake zargi

Duk wani mutum (hade da marasa lafiya mai tsanani) masu alamu irin na: zazzabi, tari ko matsalar numfashi wanda a cikin kwanaki 14 kafin rashin lafiya ya samu alaƙa irin masu zuwa:

- Yaje kowace kasa \* da ke da tabbacin cigaban yaduwar al'umma na cutar COVID-19 KO
- Kusantar wanda aka tabbatar yana da COVID-19 KO
- Zuwa wajen kiwon lafiyar da aka sami rahoton matsalolin COVID-19

Wanda ake tsammanin yana dauke da cutar

Wanda ake zargin daukar cutar COVID-19 amma gwajin ta nuna ba'a gama ba ko kuma wanda gwajin ya kasance tabbatacce akan kwayar cutar pan-coronavirus.

Tabbatacciyar cutar

Mutumun da aka tabbatar ya kamu da SARS-CoV-2 ta hanyar dakin gwaje-gwaje ko da ya nuna alamu ko bai nuna ba.

Idan kuna da mara lafiya wanda ya dace da alamun da ke sama, tuntubi NCDC don shirya daukar samfur da gwaji akan 07032864444.

#### 7. Ina cibiyoyin kulawar a Najeriya?

A cikin watan da ya gabata, NCDC ta yi saurin gudanar da tantance wuraren da zasu iya zama cibiyoyin magani da kulawa. Wannan kimantawa ta mayar da hankali ne kan gano giɓin da ke akwai da kuma samar da tsare-tsaren don hanzarta tabbatar da cewa muna shirye don magance dukkan matsaloli. Cibiyoyin kula da jiyya suna cikin jihohi biyar da aka fifita dake da filayen jirgin saman saukar kasa da kasa; Legas, Rivers, Enugu, Kano da Babban birnin tarayya. Ma'aikatan kiwon lafiya daga wadannan cibiyoyin an horar da su kan yadda za su kula da masu dauke da COVID-19 da jagororin da aka yarda.

8. Me zan yi idan na dawo Najeriya daga kasar da aka tabbatar da cutar ta COVID-19?

In har an dawo Najeriya daga kasar da aka tabbatar da cutar ta COVID-19 a cikin kwanaki 14 da suka gabata, ya kamata a kasance a cikin gida kuma a guji hulda da mutane. Da fatan za a bi wannan shawarar ko da babu alamun wannan cutar. Idan an samu alamun bayyanar yayin wannan lokacin, sai a yi maza a tuntubi NCDC a kan 07032864444 or 0800-97000010 (kyauta)

9. Menene alamun kamuwa da COVID-

19? Ø Tari

Ø Zazzaɓi

Ø Wahalar numfashi

Marasa lafiyar da suka dawo daga cikin kasashen da ke fama da yaduwar COVID-19 su yi maza su tuntubi NCDC akan 07032864444 ko 0800-97000010 (kyauta).

10. Ina cikin hadarin kama COVID-19 daga kunshin ko kayayyakin da suka zo daga kasashen da aka tabbatar da yaduwar wannan cutar?

A halin yanzu babu wata hujja da ke goyan bayan yaduwar COVID-19 ta hanyar shigo da kayayyaki ko kwantena daga kasashe dake fama da yaduwar cutar. Har zuwa yau, babu wata sananniyar matsalar COVID-19 a Najeriya wanda yake da alaƙa da shigo da kayayyaki.

11. Ya kamata na hana 'ya'ya na zuwa makaranta?

A'a. Halin da ake ciki a kasar a yanzu bai bada damar dakatar da ayyukan yau da kullum ba. A yayin annoba, ana tsara mata kai daban-daban dangane da yadda annobar ta yi tsanani da kuma sauƙin yaduwar ta daga mutum zuwa mutum. A yanzu haka, akwai tabbacin wannan cuta akan mutum ɗaya a Najeriya. Don haka, mata kai kamar rufe makarantu ko rufe manyan taro ba a buƙatar su. Mutanen da ke da tari ko atishawa da suka ƙi warkewa su zauna a gida ko kuma kiyaye zama a cikin taron mutane.

12. Akwai wani abu da mutum zai iya yi don kaucewa kamuwa da wannan cutar?

Don rage hadarin kamuwa da cuta ko yaduwar COVID-19, an shawarci al'umma da su bi matakan tsaftace hannaye da numfashi dake gaba:

- Wanke hannuwanku akai-akai da sabulu a farkashin ruwa mai gudu wato ruwan famfo da kuma yawan amfani da sabulu ko man tsaftace hannu
- Rufe baki da hanci yadda ya kamata da takardar salga lokacin yin atishawa ko tari da kuma zubar da ita nan take a kwandon zuba shara. Bayan wannan, a wanke hannuwan da sabulu da ruwa ko kuma ayi amfani da man tsaftace hannu



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- Hakanan za'a iya yin tari a cikin gwiwar hannu idan ba'a samu takardar salga ba. An bada mahimmiyar shawarar kada a yi amfani da mayafin fuska fiye da sau guda
- Idan an kamu da rashin lafiya a yayin tafiya, ya kamata a guji kusantar mutane yayin da ake rashin lafiyar a kuma rufe baki da hanci da abun rufe fuska
- A guji kusantan duk wanda ke nuna alamun cututtukan numfashi kamar tari da atishawa
- An ba da shawara ga ma'aikatan kiwon lafiya koyaushe su lura da daidaitaccen rigakafin kamuwa da cuta da matakan kulawa yayin halartar marasa lafiya da daukar tarihin tafiya

13.Me masu harkokin sana'a da kasuwanci za su iya yi don kare ma'aikatansu?

Masu harkar sana'a da kasuwanci na da muhimmiyar rawa da zasu taka wajen kare ma'aikatansu. An shawarci masu daukar ma'aikata su yada shawarar NCDC ta lafiyar jama'a akan COVID-19 ga dukkan ma'aikatan dake farkashin su. Lallashe ma'aikata marasa lafiya su kasance a gida idan ba su da lafiya. Tabbatar da tsabtace ayyukan yau da kullun na wuraren hallarar mutane kamar su bayan gida, makullan kofa, wayoyi. Idan ma'aikatan sun yi tafiya zuwa ko ina a cikin kasashen da ke da yaduwa, ya kamata a shawarce su da su ware kansu daga jama'a na tsawon kwanaki 14.