

# Abin yi idan kana da COVID-19

## KOYI YADDA ZAKA KULA DA KANKA DA KUMA WADANSU A GIDA.

### Menene Alamomin COVID-19?

- Akwai alamomi iri-iri masu yawa, fara daga masu sauki zuwa masu tsanani. Wadansu mutane ba su da wadansu alamomin cutar.
- Mafi yawan alamomi sun haɗa da zazzabi ko sanyi, tari, gajeruwar numfashi ko wahalar numfashi, gajiya, ciwon jijiyoyi ko jiki, ciwon kai, rashin dandano ko jin wari, ciwon makogwaro ko yoyon hanci, tashin zuciya ko amai, da gudawa.



### Wanene ke da Hadari don Tsananin ciwo daga COVID-19?

- Tsakanin manya, haɗarin mummunan rashin lafiya yana karuwa tare da shekaru, tsofaffi na cikin haɗari mafi girma.
- Mutane daga wadansu launin fatar da kabilu (hade da Bakake, 'yan Latin Amurka da 'Yan asali) saboda tsarin lafiya da rashin daidaiton zamantakewa.
- Mutanen na kowane shekaru waɗanda suke da yanayin boyayyen rashin lafiya, kamar:
  - Ciwon daji
  - Daɗɗaɗen Ciwon koda
  - Daɗɗaɗen ciwon huhu
  - Ciwon mantuwa da sauran cututtukan jijiyoyin jiki
  - Ciwon suga
  - Yanayin zuciya
  - HIV
  - Kiba
  - Cutar sikila
  - Tsarin garkuwar jiki mai rauni

### Me ya kamata in yi idan ina da alamomin COVID-19?

- **Tsaya a gida!** Kada ka bar gida sai dai don yin gwaji don COVID-19 da sauran muhimman abubuwan kula da lafiya ko bukatun yau-da-kullum, kamar su kayan masarufi, idan wani ba zai iya samar maka su ba. Kada ka je wurin aiki, ko da kuwa kana ma'aikaci mai muhimmanci.
- **Yi magana da mai baka kulawar lafiya!** Yi amfani da tarho ko telemedicine idan zai yiwu.
- **Yi gwaji!** Idan mai baka kulawa baya bayar yin gwaji, ziyarci [nyc.gov/covidtest](https://www.nyc.gov/covidtest) ko kira **311** don neman wurin gwaji kusa da kai. Wurare dayawa Na bayar da gwajin kyauta.
- **Kira 911 a yanayin gaggawa!** Idan kana da matsalar numfashi, zafi ko matsin lamba a kirjinka, ka rikice ko baka iya zama farke, kana da leɓuna masu ruwan bula ko fuska, ko wadansu yanayin gaggawa, jeka asibiti ko kira **911** nan take.
- **Idan dole ne ka bar gida:**
  - Guji wuraren cunkoson.
  - Kasance a kalla kafa 6 daga wadansu.
  - Sanya rufuwar fuska.
  - Wanke hannayenka kuma yi amfani da sabulun hannu.



Idan kana da tabbataccin COVID-19, kila ka cancanci samun jiyya na monoclonal antibody, wanda zai iya rage alamominka kuma ya taimake ka kauce wa kwanciya a asibiti. Jiyya ya fi tasiri yayin karɓar ba da daɗewa ba bayan alamomin COVID-19 sun fara, saboda haka yana da muhimmanci a yi gwaji nan take. Karanta “**Monoclonal Antibody Treatment for COVID-19**” (Jiyyar Monoclonal Antibody don COVID-19) kuma yi magana da mai baka kulawa domin karin bayani.

## Idan kana da alamomin cutar ko tabbataccin COVID-19 kuma kana zauna da wadansu:

- Samar da nesanta ta jiki:
  - Kada ka karbi baƙi.
  - Kasance a kalla kafa 6 daga wadansu. Zauna a wani daki daban idan zaya yiwu.
  - Yi barci kai-zuwa-kafa idan kuna raba gado, ko kuma ka sa wani ya yi barci a kan kushin.
  - Kebe mutanenda ke da rashin lafiya daban da wadansu, musamman daga mutanenda ke cikin mafi hadarin kamuwa da cutar COVID-19 mai tsanani.
  - Yi la'akari da zama a otal dɪn COVID-19, a kyauta. Ziyarci [nyc.gov/covid19hotel](https://nyc.gov/covid19hotel) ko kira 844-692-4692.
- Rufe kai:
  - Sanya rufuwar fuska a duk lokacin da kake cikin daki ɗaya da wadansu (wadansun ma su sanya rufuwar fuska).
  - Rufe tari ko atishawa da tole fefa ko hannunka.
- Ka tsaftace shi:
  - Jefa tole fefa cikin datti nan-da-nan bayan amfani.
  - Wanke hannuwanka koyaushe da sabulu da ruwa na dakikoki 20, musamman bayan kayi tari ko atishawa.
  - Yi amfani da sabulun hannu mai sinadiri idan baka sami wanke hannuwanka ba.
  - Kodayaushe ka tsaftace wurare da kake taɓawa, kamar marikar kofa, maɓallan haske, kawunan fanfo, wayoyin hannu da na'urorin sarrafawar nesa.
  - Wanke tawul, mayafan gado da tufafi a mafi kyawun yanayi da garin sabulu da ka saba da shi, kuma busar gaba daya.
  - Kada ka raba abinci ko kayan amfinin girki tare da wadansu, kuma a wanke su bayan kowane amfani da su.



## Yaushe Zan Iya barin Gida na Bayan Rashin Lafiya?

Idan baka da lafiya, zauna a gida har sai duk waɗannan gaskiya ne:

- Akalla ya kai kwanaki 10 kenan tun lokacinda alamominka suka fara
- Kana saƙe da zazzabi har awoyi 24 da suka gabata ba tare da shan maganinda ke rage zazzabi ba
- Ciwon ka gaba daya ya inganta

Idan kana da tabbataccin COVID-19 ta hanyar auduga ko gwajin yawu amma ba ka taɓa samun alamomin ba, zauna a gida na kwanaki 10 daga ranarda an gwada ka.



### DA BUKATAR TAIMAKO?

Idan baka da mai baka kulawa amma kana bukatar daya, kira 844-692-4692. Birnin New York na ba da kulawa, ba tare da la'akari da matsayin shige-da-fice ko damar biya ba.

Don karin bayani game da COVID-19, kira **311** ko ziyarci [nyc.gov/coronavirus](https://nyc.gov/coronavirus).

**Yi rigakafi!** Rigakafi ita ce hanya mafi kyau don kare kai da iyalinka daga mummunan cutar COVID-19, kwanciya a asibiti da mutuwa. Zaka iya yin rigakafin ko da a baya ka kamu da COVID-19 don taimakawa wajen hana ka sake kamuwa da shi. Don karin sani game da magungunan rigakafin COVID-19, ziyarci [nyc.gov/covidvaccine](https://nyc.gov/covidvaccine).