

Bayar da Tallafi Dangane da Imani da kuma Dangantakar tasirorin zaman jama'a da halayyar mutum ga Mutanen da ke da COVID-19 a Gida (Saitunan da ba na Amurka ba)

Siga da za a iya samu dama: <https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/providing-spiritual-support.html>



Mutane da yawa da suka kamu da rashin lafiya ko suka rasa wasu 'yan uwansu suna bukatar jagoran mallaman addinin su. A yayin annobar COVID-19, mafi aminci hanyar bayar da tallafi na ruhaniya da tunani da halayyar mutum shine ta hanyar waya, bidiyo, ko ta hanyar sadarwar zumunta. **Shugabannin addini na iya yin addu'a, bayar da wa'azi da tunanin littafin addini, da kuma bayar da sakonnin bege.**

Idan ana bukatar tallafi na imani ta hanyar haɗuwa da juna, wannan takaddar tana ba da jagoranci don a yi shi cikin aminci yadda ya kamata:



- Yi allurar riga kafi don COVID-19 kuma ci gaba da amfani da wasu hanyoyin don rage haɗarin kamuwa da COVID-19.
- Kiyaye akalla tazarar tsawon hannaye 2 (mita 2) daga wasu, gami da lokacin rarraba abinci ko addu'a.
- Sanya abin rufe fuska don hana yaɗuwar COVID-19.
- Yi la'akari da haɗuwa a waje inda ya fi sauki don kiyaye nesantan mutane kuma inda akwai karin iska.

Idan dole ne ku shiga gidan mara lafiya:



- Lokacin da ake cikin gida, buɗe tagogi da kofofi don a bar iska mai daɗi (shakatawa ta yanayi) ta shiga ciki.
 - Kada a buɗe tagogi da kofofi idan yin hakan yana haifar da haɗarin tsaro ko lafiya ga yara ko wasu 'yan uwa (misali, haɗarin faɗuwa ko haifar da alamun asma).
- Wanke hannuwanku kafin shiga da kuma yayin fita daga gidan; don ziyara na tsawon wasu awanni, yawaita wanke hannu yayin da ake cikin gidan.
 - Goge hannu a tsawon dakika 20 don cire kwayoyin cuta masu cutarwa.
 - Idan ba a samu sabulu da ruwa a saukake ba, za ku iya amfani da mai tsabtace hannu wanda ke dauke da akalla 60% na barasa.

Ku samu wasu 'yan mintuna wajen da wasu da ke cikin gida game da yadda zasu rage haɗarin kamuwa da COVID-19. Fada wa membobin gidan cewa mutumin da ke da kananan alamun ya kamata:



- Su keɓe kansu da sauran 'yan uwa, idan zai yiwu.
- Idan ba zai yiwu a keɓe lafiya daga wasu ba, bi jagororin gwamnati don COVID-19. Wannan na iya haɗawa da sanya abin rufe fuska ko zuwa cibiyar keɓewar al'umma.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

www.cdc.gov/coronavirus/2019-ncov/global-covid-19

Yayin ziyarar 'yan uwa:

- Bayar da kalmomin bege.
- Zai fi kyau kada a taɓa **kowa** yayin addu'a a gare su don hana haɗarin kamuwa ko yaɗa COVID-19.
- Idan ɗan uwan mara lafiya yana fama da matsalar numfashi, ciwon kirji, ko rikicewa, wani ya kira lambar wayan da aka ajiye wa matsalolin COVID -19 ()*, ya tuntuɓi asibitin da ke kusa, ko kuma kiran motar asibiti.
- Wanke hannuwanku kafin ku bar gida. Wanke hannuwanku kafin da kuma bayan kun cire abin rufe fuska. Wanke hannuwanku don tsawon dakika 20 da ruwa da sabulu, ko maganin wanke hannu na chlorine, ko kuma amfani da abun wanke hannu da ke ɗauke da barasa don taimakawa hana kamuwa da COVID-19 ko kuma yaɗa shi a tsakanin al'umma.



JERIN ABUBUWAN DA ZA KU DUBA KO ZA KU ƊAUKA TARE DA KU KAFIN ZIYARTAR GIDAJE

- Abin rufe fuska
- Abun wanke hannu da ke ɗauke da akalla 60% barasa
- Kyallen takarda
- Kayan kulawa na gida:**** Paracetamol, safar hannu na amfani da za a iya yarwa, tsumman wanki, katin kira, abun kashe kwayoyin cuta, sabulu, abin rufe fuska
- Jerin bayan COVID-19 na gida (misali jerin cibiyoyin kebewa)
- Jerin sabis na tallafi na zamantakewar al'umma (misali layin wayar salula don addu'a, sadarwar imel, kungiyar addu'o'in na hanyar sadarwar zumunta)
- Jerin ayyukan rigakafin don jaddadawa (duba kasa)



AYYUKAN DA ZA A KARFAFA NA KIYAYEWA A LOKACIN ZIYARA

- Kasance a gida lokacin rashin lafiya (sai dai lokacin da kuke bukarar kulawa ta gaggawa don yanayin rashin lafiya ko kulawar likita)
- Sanya abin rufe fuska idan za ku bar gidanku ko kuma idan ba za ku iya keɓe kanku da sauran 'yan uwa a gida ba.
- Rufe tari da atishawa da kyallen takarda ko yin amfani da cikin gwiwar hannunku. Jifar da kyallen takardar a kwandon shara nan take kuma ku wanke hannuwanku
- Wanke hannuwanku koyausha da sabulu da ruwa don akalla dakika 20
- Tsaftacewa da yin amfani da maganin kashe cututtuka a wuraren da ake yawaita tabawa a cikin gida
- Iyakace ta yadda ta yiwu kusata da wasu a cikin gida waɗanda ba su da lafiya ko suna nuna alamun (a kiyaye akalla tsayin hannu 2 ko nisan mita 2). Duk mai rashin lafiya ko kamuwa da cuta ya kamata ya ware kansa da wasu ta wurin zama a wani takamaiman "ɗaki na rashin lafiya" ko ɓangare (idan akwai).
- Bude tagogi da kofofi don a bar iska mai ɗaɗi (shakatawa ta yanayi) ta shiga ciki.
 - Kada a bude tagogi da kofofi idan yin hakan yana haifar da haɗarin tsaro ko lafiya ga yara ko wasu 'yan uwa (misali, haɗarin faɗuwa ko haifar da alamun asma).
- Kai ne ke da alhakin taimakawa kiyaye lafiyar al'ummarka ta bin matakan rigakafin da aka ba da shawararsu:
 - Ku guji shafar fuskarku da hannuwan da ba a wanke ba, musamman idanunku, hanci, ko bakinku.
 - Ku san kuma ku raba gaskiya kawai game da COVID-19 kuma taimakawa hana yaɗuwar jita-jita da kyama a cikin al'ummaku.

Tuntuɓi hukumomin kiwon lafiya don bayanai da shawarwari kan ayyukan al'umma da aka tsara don hanawa da iyakance kamuwa da COVID-19.

**Hada lambar saurin sadarwa ta COVID-19*

***Mahada mai alaka*



Kulawar Wankin



hannu a Gida