

Halin da ake ciki kamar cututtukan coronavirus da sauri yana haifar da rashin fahimta, jita-jita da bayanan karya ko labarai na karya, kamar yadda muka gani tare da rikice-rikice da yawa Kasarmu ta san wani lokaci. Muna da wani aiki a kanmu da rawar da za mu taka yayin yakar wannan kwayar cuta ta hanyar tabbatar da cewa mun rarraba bayanai daga ingantattun bayanai ingantattu kuma Ka kunna fitilun fellowan uwanmu foran ƙasa don alhakin yanke hukunci mai mahimmanci. Yaƙin gangami **na Coronavirus CivActs (CCC)** ya tattara jita-jita, damuwa da tambayoyi daga al'ummomi a Jamhuriyar Nijar don rufe gihin da ke tsakanin bayanai game da gwamnati, kafofin watsa labarai, kungiyoyi masu zaman kansu / ADs da 'yan ƙasa. Ta hanyar samar wa jama'a hujjoji, kungiyoyin ayyukanmu tabbatar da kyakkyawar fahimta game da bukatun dangane da COVID-19 da kuma lalata jita-jita kafin su iya yin ƙarin lahani.

A YANZU HAKA MUTANE ASHIRIN DA BAKWAI SUN KAMU DA CUTAR KUMA MUTANE UKU SUN RASA RAYUKANSU



kasance da adalki



bi umarnin hukumomi



KAR A FIRGITA



nemi bayani game da kashe kudaden jama'a
game da cututtukan zuciya



Ka bada labarin cin hanci da rashawa, tashin hankali

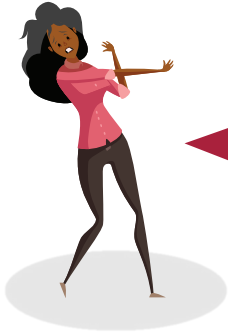


kar a ajiye kayayyaki



saka kanka cikin aminci kuma taimaka wasu su kasance

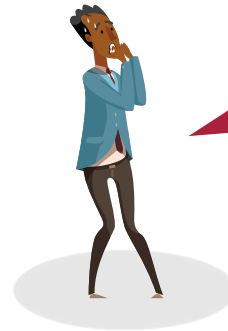
jita-jita



Da alama masks da safofin hannu zasu iya kare ni daga COVID-19?

Gaskiya

A cewar masana, kawai kamuwa da mutane ko ma'aikatan kiwon lafiya da ke kula da mara lafiya yakamata su rufe abin rufe fuska. Mashin din yana hana wasu daga kamuwa da cutar. Safofin hannu ba za su iya kare ka daga cutar ba, kamar yadda zai iya kasancewa a wurin kuma ka sanya haɗari idan ka taɓa fuskarka



Shan ruwan zafi ko shayi, cin tafarnuwa, albasa ...

Shan ruwan zafi ko shayi, cin tafarnuwa, albasa ... Anan akwai magungunan karya waɗanda kimiyya ba zata iya dakatar da Coronavirus ba, amma ana ba wa masu amfani da yanar gizo waɗanda suke raba su yadda suke so. Idan da isa ne a sha ruwan zafi, ba za mu iya zama dubunnan dubban mutane da suka kamu da wannan cuta ba da dubunnan mutanen da suka mutu ba.



Na ji cewa coronavirus ba zai iya rayuwa a cikin yanayin zafi ba, kuma cin tafarnuwa da albasa yana taimakawa hana kwayar cutar. Wannan gaskiya ne?

A yau, 26 ga Maris, dukkanin ƙasashen Sahel ke shafa. A cewar masana na WHO, ana iya yada kwayar cutar ta COVID-19 a duk yankuna, gami da zafi da laima kamar kasarmu Nijar. Ko da kuwa yanayin yanayi, ɗauki matakan kariya game da COVID-19. Hanya mafi kyau don kare kanka daga kamuwa da cuta shine wanke hannuwanku sau da yawa. Hannun hannu yana kawar da ƙwayoyin cuta waɗanda zasu iya kasancewa a wurin kuma yana hana ƙazanta ta taɓa idanunku, hanci ko bakinku.

Tabbas tafarnuwa da albasa suna da wasu kaddarorin anti-microbial, amma babu wata shaida tukuna cewa suna da wani tasiri a kan coronavirus.



Shin coronavirus yana shafar matasa da yara?

Mutanen kowane zamani na iya kamuwa da sabon coronavirus. Tsofaffi da mutanen da ke da yanayinda suka gabata (kamar asma, ciwon suga, cututtukan zuciya) da alama suna iya yin rashin lafiya sosai daga wannan kwayar. WHO ta shawarci mutane na kowane zamani su dauki matakan kare kansu daga kamuwa da cutar, kamar kyakkyawan hannun da kuma tsabtace numfashi.

SOURCES

OMS

tambayoyi / amsoshi

SHIN AKWAI WASU MAGUNGUNA KO HANYOYIN KWANTAR DA HANKALI WADANDA ZASU IYA HANA KO WARKAR DA COVID-19?

Tabbatattun magungunan Yammacin Turai, na gargajiya ko na gida na iya kawo kwanciyar hankali da sauƙaƙe alamun COVID-19 amma babu wata shaida cewa magunguna na yanzu zasu iya hana ko warkar da cutar. WHO ba ta ba da shawarar dɔukar kowane magani, gami da maganin rigakafi, don maganin kai don hana ko warkar da COVID-19. Koyaya, da yawa gwaji na asibiti na magunguna na yamma ko na gargajiya suna gudana. WHO za ta ba da cikakken bayanai da zaran sakamakon gwaji na asibiti ya samu.

COVID-19 SHINE CUTAR GUDA DAYA KAMAR SARS?

A'a, kwayar da ke da alhakin COVID-19 da kwayar cutar da ke haifar da matsanancin ciwo na numfashi (SARS) suna da alaƙa da asalinsu, amma sun bambanta. SARS yana da mutuƙar mutu'a amma yafi ƙasa da COVID-19. Ba a sami barkewar cutar ta SARS ba a cikin duniya na dubu biyu da uku

SHIN DOLE NE IN SANYA MAYAFIN RUFEN KAINA?

Masai kawai za a iya shafawa idan kuna da alamun COVID-19 (musamman tari) ko kuma kuna kula da wani wanda zai iya kasancewa da yanayin. Masks da za'a iya zubar dashi don amfanin guda ɗaya ne. Idan kun sa abin rufe fuska lokacin da ba ku da lafiya ko ba ku kula da wanda ba shi da lafiya, to, ba shi da amfani. Kamar yadda akwai karancin masks a duniya, Kungiyar Lafiya ta Duniya ta ba da shawarar amfani da su da yawa.

WHO ta ba da shawarar amfani da hankali ga masks na likita don guje wa ɓatar da albarkatu masu ƙima da rashin amfani (duba Nasihu game da sanya abin rufe fuska).

Hanya mafi kyau don kare kanka da sauran mutane daga COVID-19 shine wanke hannuwanku akai-akai, ku rufe bakinku da yadda gwiwar gwiwar ku, ko kuma abin rufe hannu, kuma ku kiyaye aƙalla guda mitar duk wanda ya tari ko hancinsa. Don ƙarin bayani, duba kariya ta asali game da sabon coronavirus.

SHIN MUTANE ZA SU IYA SAMUN COVID-19 DAGA TUSHEN DABBA?

Coronaviruses babban iyali ne na ƙwayoyin cuta da ake samu a cikin jemagu da sauran dabbobi. Lokaci-lokaci wadannan ƙwayoyin cuta suna kamuwa da ɗan adam wanda kuma zai iya yada kamuwa da cuta. Don haka, SARS-CoV yana da alaƙa da civets yayin da MERS-CoV ke watsa shi ta hanyar dromedaries. Har yanzu ba a tabbatar da asalin hanyoyin dabbobin na COVID-19 ba.

Don kare kanka, alal misali lokacin da kake tafiya kasuwannin dabbobi, dole ne ka guji hulɗa kai tsaye da dabbobi da abubuwan da ke cudanya da dabbobi kuma koyaushe mutunta dokokin da suka shafi lafiyar abinci ne. Ya kamata a kula da nama mai ƙarancin nama, madara da ƙwayoyin cuta da kulawa don guje wa gurɓataccen abincin da ba nufi don dafa abinci ba, kuma ya kamata a guji cin yewar kayayyakin abinci ko kayan abincin dabbobi.

Tabbatar da bin ka'idodin tsabtaccen numfashi kuma cewa mutanen da ke kusa da ku suna yin daidai. Game da tari ko hancin, rufe bakin da hanci tare da rufin gwiwar hannu, ko da abin damara kuma jifa da abin jingina nan da nan.

Ƙungiyar Accountability Lab Nijer ke gabatar da labarun yaki da cuta coronavirus



Wasu matakan da gwamnati ta dauka

- 1** Karfafa addu'o'i a duk yankin.
- 2** Sanarwa da dokar ta-baci a duk yankuna na kasa har zuwa wannan maraice, Juma'a 27 ga Maris, 2020 a tsakar dare.
- 3** Kafa yankin Yamai, birni guda da cutar ta kamu da ita, daga lokacin fita daga 19:00 zuwa 6:00 na tsawon makonni biyu ana sabuntawa daga Asabar 28 ga Maris, 2020.
- 4** Ikeɓewar garin Niamey na tsawan sati 2, daga ranar Lahadi 29 ga Maris, 2020
- 5** Bincike mai aiki don shari'ar wadanda ake tuhuma da karfafa gwaje-gwaje, musamman ta ci gaban cibiyoyin gwaji a kowane babban yanki na yanki da kuma a wasu cibiyoyin gudanarwa a sassan na musamman.
- 6** Amincewa da ka'idojin gudanarwa
- 7** inara yawan liyafar asibiti da kuma yuwuwar sakewa
- 8** thearfafa kariyar ma'aikatan kiwon lafiya
- 9** capacityyara karfin daukar matakan da ake zargi
- 10** daukar ma'aikatan lafiya 1,500.
- 11** Tallafi daga jihar na watannin Afrilu da Mayu na kudin wutar lantarki da na ruwa ga kungiyoyin jama'a.
- 12** inarfafa shirin tallafawa shekara-shekara don tallafawa marasa galihu: (rarraba kyauta, sayarwa a farashin matsakaici, da sauransu)
- 13** Jinƙan gafara na hukuncin yanke hukunci a kan fursunoni 1,540 bisa dalilai na jin kai da kuma rage cunkoso a cibiyoyin sake su.

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