



## LINGALA

### **CORONAVIRUS EZA NINI?**

Eza libota monene ya ba virus oyo ezo zuwa bato mpe bibuele. Na bato ezo pesa bokono ya kopema mabe, kobima miyoyo mpe bokono misusu ya makasi.

### **COVID-19 ELINGI KOLOBA NINI?**

COVID-19 eza bokono ya makasi ezo bimela na kozua Coronavirus (“CO” elingi koloba Lotole, “VI” elobi Virus, “D”mpona Bokono, “19” mpona sanza ya suka ya mbula 2019, tango bokono yango eyebanaki). Virus oyo ya sika mpe bokono ezo pesa eyebanaki te liboso ezuwa bato na WUHAN, na sanza ya suka ya mbula 2019.

### **BOKOYEBBA BOKONO EPAYI YA MOTO AZA NA YANGO NDENGE NINI?**

Ya liboso okoyeba bokono wana na nzela ya nzoto moto, bolembu mpe kosu-kosu ya kokauka. Bokono wana ya mabe koleka etindaka foko-foko ya mokoni ebeba, kopema naye ekomi pasi mpe ekoki komema ye na liwa.

### **BOKONO YA COVID-19 EZALI NA KISI TO MANGWELE NA YANGO?**

Mangwele na yango ezwami nanu te, mpe ti boye eza na kisi te. Bakoni ya bokono wana bakoki kozua bakisi oyo ekoki kosalisa bango. Soki ekomi ya mabe koleka ekosenga bakotisa bango na hôpital. Ba oyo baza na bokono wana wazobikela na bakisi ya kosalisa bango. Minganga bazo yekola nanu mangwele na ba kisi na yango.

### **MOTO NINI AKOKI KOZUWA BOKONO WANA YA MAKASI KOLEKA?**

Ti boye minganga bazoyekola nanu ndenge nini COVID-19 ezali ko sambwisa nzoto ya bato. Batu oyo bazolembe makasi na bokono wana ezali bato oyo bakoli mingi, mpe oyo bazali na bokono babelaka kala neti hypertension, bokono ya motema, bokono ya foko-foko, cancer to diabete.

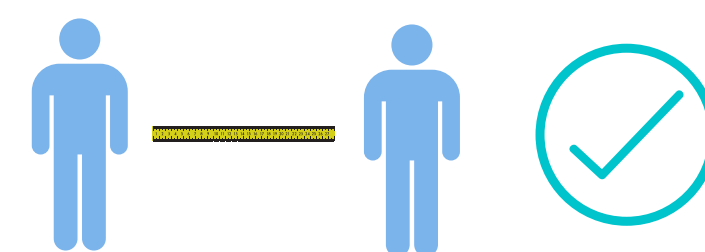
## **NINI NAKOKI KOSALA MPO NAMIBATELA MPE NABATELA BASUSU?**

Okoki kosala makasi obela te, to opesa te bato mosusu COVID-19 nakolandela mibeko elandi na se awa:



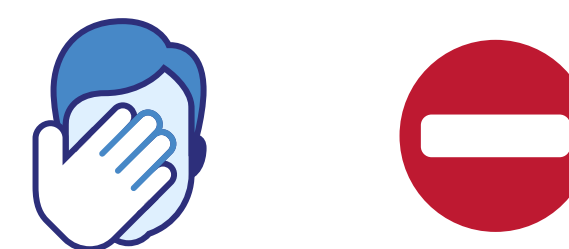
- Kosokola maboko na mayi mapeto na sabuni to désinfectant mpo nakoboma banyama ya COVID-19 na maboko.

- Moto na moninga naye mosusu bavanda pembeni 1 mètre ya distance nakati na bango mpo virus evandaka mingi nakati ya matanga ya soyi ya mokoni mpe ekoki kopesama na kopema soki bafandi penepene, mingi mingi soki mokoni azokosola to aza nzoto moto.



- Kosimba miso, zolo mpe monoko te na maboko. Maboko esimbaka bipayi ebele ekoki kozala na virus. Sima ya kozuwa banyama wana kotiya maboko na miso, monoko to zolo nayo te mpo ekoki kokotisa banyama ya COVID-19 na nzoto nayo mbala moko.

- Kolanda mibeko ya monganga po omibatela, elingi koloba : kozipa zolo to monoko na esalelo elongobani, kosalela mouchoir ya kobuaka mpo matanga ya soyi ya mokoni esimba bato mosusu te.



- Bokeba kopesa bato mbote na maboko mpe koyambana.

- Botosa mibeko bakonzi ya mboka bapesi na kotikala na ndako. Soki ozali na nzoto moto, kosu-kosu to makasi ya kopema, benga monganga azali pembeni nayo, amema yo na hospital esengeli. Bongo, okobatelama malamumu mpe okobatela bandeko mosusu na bokono wana.



All the measures included in the present leaflet follow what established by the world health organization (WHO)