

Sarale kesarema kišaya

Kofegeda hayokomabu nitenasi: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



COVID-19 kokada bada darida

- Šinka kakotun dada.
- Šonuya minda dore 6 kišana kodeyenkin batanun dada.
- Dimala koniñe kakolan dada.
- Kosalana hetišadala udiñana boboniñana kakotoman dada.
- Dima nisan nafon nika gonuma wage luša tokad kinola.



Sarale kesarema kišaya inna šutala dergamenaye nafod kika Ašik fulkuda nitenata itakin nišame

- Kosima kwa COVID-19 kinama kotakki tagis kiyamma kišaya itiyala goski fulkusuna.
- Sidaka nitenasi hakeda maida ninan dada ide akotura maide nikan dada.
- Kosima sade nikamma ana ameta kiya kaso.



Kwenkin batada ide iteyala koluda

- Iteyalana uleyasi kišama ita kiša ninaki olle gonuya maida kišana.
- Kwelleki battadaki iteyala ingaleya goda.
- Šonumale kišaya battada kišama uleya kodufa ita nafod kika.
- Kosima sabababu kwe korala aw sosone korala nina fanakala itala kišano aw itakin adagala kišayana šonumabu šinka kowe.



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Uleya date košayana iteya date kosayana kwellete nafon mekame

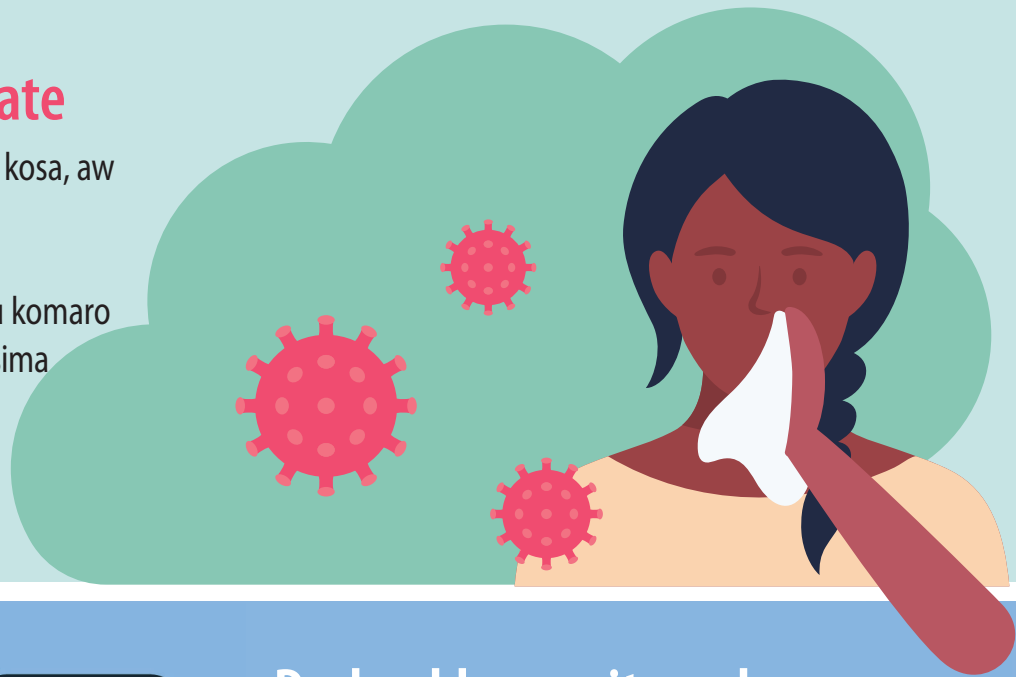
Dateye kokalasi šane, biya kubayate, bikere, ņada šane, allate, aw sudaba na iteyana kwellete nokosamarama.



Uleyala kokontina alemate

COVID-19 Alemate akede deya tokoma, kosa, aw hakeda dogoladana ellena.

Abbareda sa nitenasi komara tabilenabu komaro ensi fulkus gosumawana ide koreyala kosima afitu fulkuda Ita Kinna.



Dada ekkena nitena henuya fulkuda kotulasi

Kwella inna damanenaye kinnaya

- Hakeda tagama.
- Keka kotik kiyama koņada aw bada sogala.
- Atodakin fedala tagama kesoma aw fenunasi šonumma.
- Araleda, umma ara,aw lina kokala agala, uda aw ikimeyala kontiya.



Fanaka itetala dada ekkena nitena fulkuda itata ka. Inna numuratenata kiya 911 aw koreyala kosima afitu fulkuda itowata kiya kišo COVID-19 kinama kwa nitakemam kosiya dada kitenasi inna numuratenata nisanasi maida.