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16th March, 2020

Okondedwa Atsogoleri,

Uthenga ofunika kudziwa wa matenda a Coronavirus

Unduna wa Zaumoyo ndi chiwerengero cha anthu, ukukudziwitsa anthu onse kuti kwagwa muliri wa matenda a Coronavirus (COVID-19) mu maiko ena pa dziko lapansi. Matendawa adayambira kupezeka mdera la Wuhan mchigawo cha Hubei m'dziko la China. Koma kuno ku Malawi pakanali pano, matendawa kulibeko. Matenda a Coronavirus ndi matenda amene amatha kufala pakati pa nyama ndi anthu komanso pakati pa anthu okha okha.

Zina mwa zizindikiro za matenda a coronavirus ndi izi;

- Kutentha kwa thupi
- Kuphwanya kwa thupi
- Kuyetsemula (chimfine)
- Kutsokomola (Chifuwa) komanso
- Kubanika

Matendawa amafala;

- Pokhudzana ndi malovu, makhololo ndi mamina a munthu yemwe akudwala matendawa potsokomola komanso kuyetsemula, komanso m'madzi a mthupi mwake monga magazi, thukuta, ndi masanzi ake.
- Pogwiritsa ntchito zofunda, zovala ndi zipangizo zakuthwa zomwe wagwiritsa ntchito odwala nthendayi.

Nthawi yomwe munthu amatenga kuti aonetse zizindikiro

Munthu akatenga tizirombo toyambitsa matendawa, pamadutsa masiku 14 kuti ayambe kuonetsa zizindikiro. Komabe munthuyu amatha kufalitsa tizirombo toyambitsa matendawa ngakhale iye sanayambe kuonetsa zizindikiro.

Kupewa matendawa

Pakadali pano, m'dziko lathu lino la Malawi mulibe tizirombo toyambitsa matenda a Coronavirus. Komabe tiyenera kutsata izi kuti tipewe matendawa:

- Tisakhudzane ndi anthu amene akuoneka kuti ali ndi chimfine, chifuwa kapena akutentha thupi popanda zodzitetezera.
- Tipewe kugwira m'maso, m'phuno ndi mkamwa sitinasambe m'manja ndi Sopo.
- Tisambe m'manja ndi Sopo pafupipafupi.
- Tipewe kupita kumalo kumene kwabuka matendawa.

Dziwaniso kuti pakadali pano palibe katemera wina aliyense woteteza ku matenda a Coronavirus, chofunika kambiri ndichakuti ngati taona munthu akusonyeza zizindikiro za matendawa athamangire ku chipatala kuti akalandire thandizo mwansanga. Unduna wa za Umoyo ndi Chiwerengero cha Anthu ukuwonetsetsa kuti matendawa asafike kuno ku Malawi kuti anthu akhale ndi moyo wa thanzi.

Pomaliza, onetsetsani kuti uthenga umenewu wafikira kwa aliyense m'dera lanu.

Zikomo kwambiri

Dr. Dan Namarika
Mlembi wa Unduna wa ZaUmoyo ndi Chiwerengero Cha Anthu