



ENGLISH

WHAT IS A CORONAVIRUS

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases.

WHAT IS A COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus (“CO” stands for corona; “VI” for virus; “19” the year in which it appeared). This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

WHAT ARE THE SYMPTOMS OF COVID-19?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and even death.

IS THERE A VACCINE, DRUG OR TREATMENT FOR COVID-19?

Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care. Possible vaccines and some specific drug treatments are under investigation.

WHO IS AT RISK OF DEVELOPING SEVERE ILLNESS?

While we are still learning about how COVID-2019 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

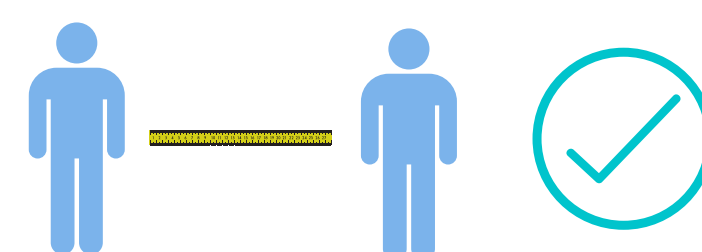
WHAT CAN I DO TO PROTECT MYSELF AND PREVENT THE SPREAD OF DISEASE?

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

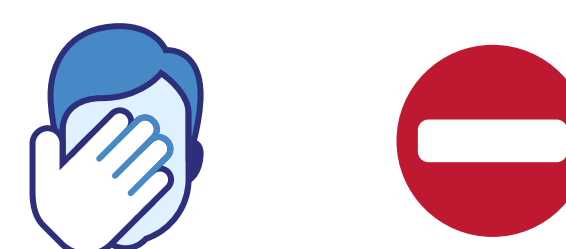
- Regularly and thoroughly clean your hands with an alcoholbased hand rub or wash them with soap and water, because these actions kill viruses that may be on your hands.



- Keep a safe distance of at least 1 metre (3 feet) from people. The virus is contained in saliva droplets and can be transmitted by breathing at close range, particularly when they cough, sneeze or have a fever.



- Avoid touching eyes, nose and mouth, because hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.



- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

- Avoid shaking hands and hugging, for the reasons mentioned above. Stay at home as much as possible, following the rules indicated by the authorities. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. This will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.



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



FRENCH

QU'EST-CE QU'UN CORONAVIRUS?

Les coronavirus sont une grande famille de virus connus pour provoquer des maladies tant chez les animaux que chez les hommes; chez ces derniers, les coronavirus provoquent des infections respiratoires allant du simple rhume à des maladies plus graves.

QU'EST-CE QUE COVID-19?

COVID-19 est la maladie infectieuse causée par le nouveau coronavirus ("CO" signifie couronne, "VI" pour virus, "D" pour maladie et "19" l'année où elle est apparue). Ce nouveau virus et cette nouvelle maladie étaient inconnus avant son apparition à Wuhan, en Chine, en décembre 2019.

QUELS SONT LES SYMPTÔMES D'UNE PERSONNE ATTEINTE DE COVID-19?

Les symptômes les plus courants sont la fièvre, la fatigue et la toux sèche. Dans les cas les plus graves, l'infection peut provoquer une pneumonie, un syndrome respiratoire aigu sévère et même la mort.

EXISTE-T-IL UN TRAITEMENT OU UN VACCIN POUR LA COVID-19?

Il n'existe pas encore de vaccins ou de médicaments antiviraux spécifiques pour prévenir ou traiter COVID-2019. Toutefois, les personnes concernées doivent recevoir une thérapie appropriée pour le traitement des symptômes, tandis que celles qui souffrent d'une maladie grave doivent être hospitalisées. La plupart des patients se rétablissent grâce à des soins de soutien.

Des vaccins éventuels et certains traitements spécifiques sont à l'étude.

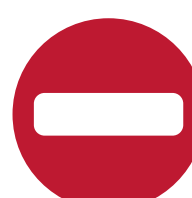
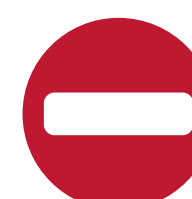
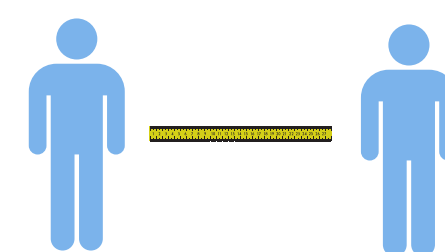
QUI RISQUE DE DÉVELOPPER UNE MALADIE GRAVE?

Alors que l'impact de COVID-19 sur les personnes est encore à l'étude, ceux qui semblent développer une maladie grave plus fréquemment que d'autres sont: les personnes âgées et celles souffrant de maladies préexistantes, telles que l'hypertension, les maladies cardiaques, les maladies pulmonaires, le cancer ou le diabète.

QUE PUIS-JE FAIRE POUR ME PROTÉGER ET EMPÊCHER LA PROPAGATION DE L'INFECTION?

Vous pouvez réduire les risques d'être infecté ou de propager le COVID-19 en prenant quelques précautions simples:

- Lavez-vous souvent les mains avec de l'eau et du savon ou avec des solutions à base d'alcool pour éliminer le virus de vos mains.
- Tenez-vous à au moins un mètre des autres personnes. Le virus est contenu dans des gouttelettes de salive et peut être transmis par la respiration à distance rapprochée, en particulier lorsqu'elles toussent, éternuent ou ont de la fièvre.
- Évitez de vous toucher les yeux, le nez et la bouche avec vos mains car vos mains, en touchant de nombreuses surfaces, peuvent collecter le virus et, une fois contaminées, peuvent transférer le virus à vos yeux, votre nez et votre bouche. De là, le virus se transfère dans votre corps et peut vous rendre malade.
- Suivez une bonne hygiène respiratoire, c'est-à-dire couvrez votre bouche et votre nez avec des mouchoirs jetables ou, en leur absence, avec le pli du coude: les gouttelettes propagent le virus et, en suivant une bonne hygiène respiratoire, protégez les personnes à côté de vous contre les virus tels que le rhume, la grippe et le COVID-19.
- Évitez les poignées de main et les câlins, pour les raisons déjà mentionnées.
- Restez chez vous autant que possible, en suivant les règles indiquées par les autorités. Si vous avez de la fièvre, de la toux ou des difficultés à respirer, appelez votre médecin de famille qui pourra vous orienter vers le service de santé approprié. Ainsi, vous serez mieux protégé et vous contribuerez à limiter la propagation des virus et autres infections.



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WOLOF

LAN MOOY CORONAVIRUS?

Coronavirusyi doomu jangoro yu yaatu lañu yuy tek feebar nit yi ak malayi. Nit yi daf léen di andil ay jafe-jafe ci seen noyikay lumelni soc wala jangoro yu gëna jegi dayo.

LAN MOOY COVID-19?

COVID-19 (“CO” moy corona, “VI” doomu jangoro, “D” feebar ak “19” at bimu feeñ) feebarla buy wàlâte likoy ëdi mooy doomu jangoro bu beesbi ñu nàñ Coronavirus.

Doomu jangorobi (Coronavirus) ak jangorobi (COVID-19) keen xamuleenwoon balaa ñuy feeñu ci weeru décembre ci atum 2019, ca Wuhan, reewum Chine.

LUY MÀNDARGAAL NIT KU AM COVID-19?

Màndarga yiñu gënë raañe moy yaram wuy tàgn, yaram wu diis mànàm còono ak sèxët. Ñi jangorobi gënë sori ci ñòom man nañu am jafe-jafe nooyi yu meeti ba man fa jaare fàtu.

JANGOROJI AM NA GARAP BU KOY FACC WALA ÑAKK BULACIY ÀR?

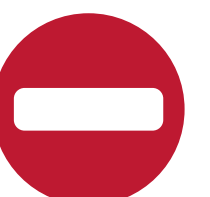
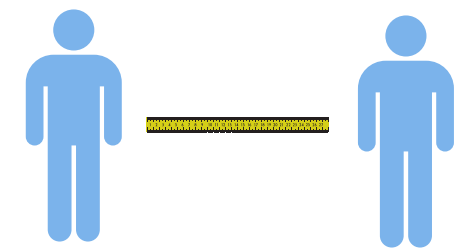
Ba fiiñu tool jangoroji amul garap amul ñakk bulasi mënë àr. Wàye kéep kumu dal dinañula taxawu joxla ay garap ba facc lu melni soccibi, yaram buy tàgnbi, còonobi ak sèxëtbi. Ñi jangoroji sonal dinanulén téye kër doktòr. Mbòtay biy sàm wërgiyaramu nitñi ñòngi saytu garap bu koy facc wala ñakk buy àràte ci jangoroji.

ÑAN LA JANGOROJI GËNĒGAWA DAL?

Jangoroji ñimu gënë gawadal mòy magatyi ak mag yu werulyi, ñinga xamne dano am jangoroy xol, wala ñu am ay jafe-jafe ci den, wala ñu am feebaru “cancer” wala “diabete”.

LANLA MËNË DEF NGIR ÀRU CI JANGOROJI WALAMA BAÑKO LAWAL?

- Raxas say loxo ak ndox ak sàbu wala ak “alcol” mòoy ray doomu jangorobi.
- Déel soreyante ak nitñi lu tolòog ben méetar. Ndaxte doomu jangorobi mongi néek ci biir tiflit, te menena juge ci nit dem ci nit sà suñu jegewanté di nòyi, wala di tissoli wala ñuy sèxët, wala suñu yaram tàng.
- Bul difaral di làlak sa loxo say bët, sa bakkan ak sa gémmin ndax doomu jangorobi manena néek sa loxo. Té doomu jangorobi bu duggé ci say bët, wala sa bakkan wala sa gémmin rek dafay dugu ci sa yaram tè manena ëndi jangoroji ci yaw.
- Déel taf sa gémmin ak sa bakan ak “mouchoir” bòoy sèxët wala ngay tissoli, bòoko amul nga diko def ci sa còñcu.
- Bul di joxe loxo wala ngay fòn ci ay lex. Tòogal sa kër bu sa yaram néexul. Bu sa yaram tàngée, wala ngay sèxët wala nga am jafe-jafe nòyi, wowal sa doctòr mu waxla lòoy def. Buko defée nga mënë àru ci jangoroji walama bañko lawal.



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IGBO

OZI MAKÀ NDI NA-AKWAGA MBA OZO NA COVID-19 MBEREDE

Gini bu coronavirus Coronaviruses bu nnukwu ezinulo nke nje nke nwere ike ibute ori ana anumanu ma o bu mmadu. N'ime mmadu, a ma otutu Coronaviruses ka o na-ebute oria na anumanu ma o bu mmadu. N'ime mmadu, a ma otutu Coromaviruses ka o na-ebute oria nke akuku okuku ume na-esite na oyi na atukari na oria ndi siri ike.

GINI BU COVID-19?

COVID-19 bu ori na-efe nke CORONAVIRUS choputara ohuu choputara ("CO" nochiri anya Corona, "VI" maka nje, "19" afo nke o putara). Amabeghi nje ohuru na oria ahu tupu ntiwapu amalite na Wuhan, China, na Disemba afo 2019.

KEDU IHE MGBAAMA NKE COVID-19?

Mgabaama ndi a na-ahukari na 19 bu fever, ike ogwugwu, na ukwaea kporo nku. N'onodu ndi ka njo, ofufe oria nwere ike ibute oyi baa, nnukwu akuku iku ume na oria.

ENWERE OGWU MGBOCHI, OGWU MA O BU OGWUGWO MAKÀ COVID-19?

obubeghi. Ruo taa, enweghi ogwu mgochi na onweghi ogwu mgochi o bula iji gbochie ma o bu mesoo COVID-19. Agbanyeghi, ndi ahu metutara kwesiri inweta nlekota iji belata mgbaama ha. Ekwesiri iga ulo ogwu na aria ndi nwere ajo oria. Imirikiri ndi oria na-agbake site na nlekota nkwado. Aga ga-enyocha ogwu mgbochi na ogwu ufodu akowaputara.

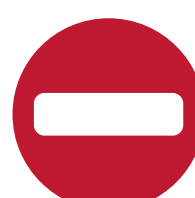
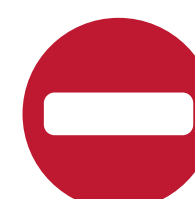
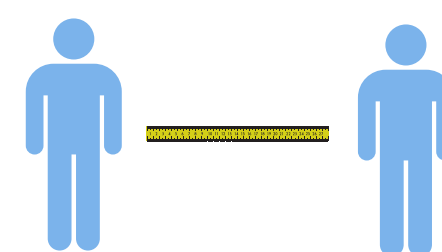
ISNYE NWERE IHE OMUMA NKE IBUTE ORIA OJOO?

Mgbe anyi ka na-amu maka etu COVID- 2019 si emetuta ndi mmadu, ndi okenye na ndi nwere nsogbu ahuike dibu (dika obara mgbali elu, oria obi, oria ngugu, kansa ma o bu shuga) na-ebute oria siri ike karia mgbe ndi ozo.

GINI KA M GA-EME N'IHI NA MAKARIA?

OHRE I NWERE IBUTE RIA MA O BU GBASAA COVID - 19 SITE NA I KPACHARA ANYA.

- Jiri mmanya n'osuso sachaa aka gi mgbe niile ma o bu sachapu ya na mmiri, n'ih na omume ndi a na-egbu nje nwere ike idi gi n'aka.
- Dowe ebe di mma ino opekata mpe 1 (uzo ato) ndi mmadu. A na-ebute nje ahụ na umu irighiri mmiri ma nwee ike ibunye ya site na iku ume site na nso, okachasi mgbe ha gakwara ukwara, imi afo ma o bu nwee ahụ oku.
- Zere imetu anya, imi na onu aka, n'ih na aka na-emetu otutu ihe di iche iche ma nwee ike i nweta nje. Ozugbo mmeru ahụ, aka nwere ike ibute nje gi n'anya, imi na onu. Site ebe ahụ, nje nwere ike ibanye n'ahụ gi ma mee ka i daa ria.
- Gbaa mbu hu na gi na ndi niile gbara gi gburugburu, na-eso ezigbo iku ume iku ume. Nke a putara ikpuchi egbugbere onu gi ma o bu anu ahụ kpuchie onu gi na imi gi mgbe i na-ukwara ma o bu isuso. Wepu anu ahụ ejirila ya ozugbo. N'ih gini? Oku na-agbasa nje. Site n'igbaso usoro iku ume di mma i na - echekwa ndi no gi nso nje na-eke efe di ka oyi, flu na COVID-19.
- Zere iwere aka na imaku, maka ihe ndi e kwuru n'elu. Noro n'ulo dika o kwere mee, na-agbaso iwu ndi ochichi nyere. O buru na i nwere ahụ oku, ukwara na oke iku ume, choo nlekota ahike ma kpo tupu imalite. Nke a ga - eme ka onye na - ahụ maka ahike gi duzie gi ozugbo na ebe ahike di mma. Nke a ga - echebe gi ma nyere aka gbochie mgbaso nke nje na ria ndi ozu.



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CHINESE

什么是冠状病毒？

冠状病毒是一种已知对动物及人类均可致病的病毒大族群，对人类可导致呼吸道感染，可由普通感冒发展至严重疾病。

什么是2019冠状病毒疾病（Covid-19）？

2019冠状病毒疾病（Covid-19）是由新型冠状病毒引发的传染病（“CO”指冠状，“VI”指病毒，“D”指疾病，“19”指此病毒出现的年份。这个新型病毒及其引发的疾病在2019年12月在中国武汉市出现前不为人知。

一个人感染2019冠状病毒的症状是什么？

最普遍的症状是发热，疲惫感和干咳。严重情况下，感染可造成肺炎、严重急性呼吸系统综合症甚至死亡。

存在针对2019冠状病毒的特效药或疫苗吗？

还没有，直至今日尚未存在预防此病毒的疫苗或针对性的抗病毒特效药物疗法。然而，一般感染者应接受相应症状的治疗，重症者则应住院治疗。大部分患者通过支持和辅助可恢复。目前，可能的疫苗及特效药正在研发中。

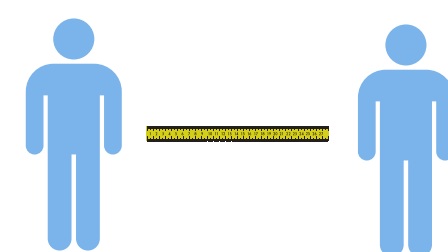
对谁会引发重病风险？

目前尚在研究2019冠状病毒对人类的影响，年迈者和有既往病史的人，比如高血压、心脏病、肺部疾病、肿瘤或糖尿病，似乎通常比其他人更易发展至重病。

为保护自我和预防传染蔓延“我”可以做些什么？

“你”可以通过一些简单的预防措施来减少被此病毒感染或传播它的可能性：

- 常用清水和肥皂洗手，或使用含酒精的溶液来杀灭手上的病毒；
- 与他人之间保持至少一米的安全距离。包含于唾液沫中的病毒可通过呼吸在近距离范围内传播，尤其是在咳嗽、打喷嚏或发烧的情况下；
- 避免用手触摸眼、鼻、口。手接触各类物体表面可沾染病毒再将其传送到眼睛、鼻子和嘴巴里，再由此传送到体内致病；
- 遵循呼吸系统卫生学。使用一次性纸巾遮掩口鼻，无纸巾情况下可用弯曲手肘遮掩。由于飞沫可传播病毒，遵循好的呼吸卫生习惯可保护身边人远离感冒、流感和2019冠状病毒；
- 由于以上原因避免握手和拥抱；
- 如当局指示尽可能留在家中。如果“你”有发热、咳嗽和呼吸困难症状请联系家庭医生，“他”会指导“你”接受正确的医疗服务。在这种情况下，“你”更受保护，同时也帮助限制病毒和其他类型感染的传播。



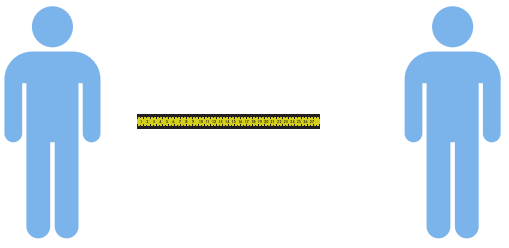
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٦) ماذا يمكن أن أفعل لحماية نفسي و منع انتشار العدوى؟

يمكننا تقليل نسبة العدوي و منع انتشار مرض كوفيد ١٩ بإتباع بعض الإجراءات البسيطة :

- غسل اليدين بصفة متكررة بالماء و الصابون او بمحلول كحولي لازالة الفيروس من اليدين
 - المحافظة علي مسافة الأمان و تكون علي الاقل مسافة متر بين الأشخاص حيث ان الفيروس يمكن أن ينتقل عن طريق الكحة او العطس او عن طريق النفسي المسافات القريبة
 - تجنب لمس العينين او الفم او الأنف باليدين حيث أن هذه الأيدي تلمس اسطح عديدة من المحتمل ان تكون ملوثة و بالتالي ينتقل المرض الي العينين او الأنف او الفم و بالتالي يدخل الي الجسم و يصيبه الفيروس
 - استخدم دائما المناديل الورقية لتغطية الفم و الأنف عند العطس او الكحة و اذا لم تجد استخدم زاوية الكوع حتي تحمي من حولك من انتقال العدوي إليهم
 - التزم بيتك في حالة شعورك بالتعب و في حالة وجود كحة او حرارة مرتفعة او صعوبة في التنفس قم بالاتصال بالطبيب و سيقوم هو باعطائك التعليمات المناسبة
- و بهذا الشكل تكون في امان و سوف تساهم في عدم انتشار الفيروس او العدوي



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