

# Ba da Tallafi na Ruhaniya dangantakar abubuwan zamantakewar da tunani da halayyar mutum ga Mutanen da ke da COVID-19 a Gida (Saitunan da ba na Amurka ba)

Siga da za a iya samu dama: <https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/providing-spiritual-support-ha.html>



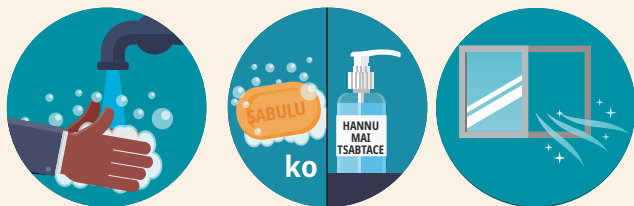
Mutane da yawa da suka kamu da rashin lafiya ko suka rasa wasu 'yan uwansu suna bukatan jagoran mallaman addinin su. A yayin annobar COVID-19, mafi aminci hanyar bayar da tallafi na ruhaniya da tunani da halayyar mutum shine ta hanyar waya, bidiyo, ko ta hanyar sadarwar zumunta. **Shugabannin ruhaniya na iya yin addu'a, raba wa'azi, da raba sakonnin bege.** Idan ana bukar tallafi na ruhaniya, wannan takadar tana ba da jagoranci don a yi shi cikin aminci yadda ya kamata.

**Idan dole ne ku ziyarci mutumin da ba shi da lafiya, an ba da shawara cewa kowa da kowa a wurin:**



- **Kiyaye akalla tazazar tsawon hannaye 2 (mita 2)** daga wasu, gami da lokacin rarraba abinci ko addu'a.
- **Sanya abin rufe fuska** don hana yaduwar COVID-19.
- **Yi la'akari da haɗuwa a waje** inda ya fi sauƙi don kiyaye nesantan mutane kuma inda akwai karin iska.

**Idan dole ne ku shiga gidan mara lafiya:**



- **Wanke hannuwanku kafin shiga da kuma yayin fita daga gidan; don ziyara na tsawon wasu awanni, yawaita wanke hannu yayin cikin gidan.**
  - Goge hannu na dakika 20 don cire kwayoyin cuta masu cutarwa.
  - Idan ba a samu sabulu da ruwa a saukake ba, za ku iya amfani da mai tsabtace hannu wanda ke dauke da akalla 60% na barasa. Yin hakan zai taimaka wajen hana ku kamuwa ko yada COVID-19 a cikin al'umma.
- Lokacin da kuke cikin gida, buɗe tagogi da kofofi don ba da damar **iska ta shiga kuma ta fita.**
  - Kada a buɗe tagogi da kofofi idan yin hakan na haifar da hadari ko hatsari ga lafiyar yara ko wasu dangin (misali, hadarin faduwa ko haifar da alamun asma)

**Ku samu wasu 'yan mintuna wajen da wasu da ke cikin gida game da yadda zasu rage hadarin kamuwa da COVID-19.**

Fada wa mutanen gida cewa wanda da ke da wannan alamomin a cikin gida ya kamata:



- Kebe kansu da sauran 'yan uwa, idan zai yiwu.
- Idan ba zai yiwu a keɓance daga wasu ba, a bi jagorar gwamnati ga COVID-19, wanda zai haɗa da saka abin rufe fuska ko zuwa cibiyar keɓewar jama'a.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

[www.cdc.gov/coronavirus/2019-ncov/global-covid-19](https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19)

## Yayin ziyarar 'yan uwa:

- Bayar da kalmomin bege.
- Zai fi kyau kada a taba **kowa** yayin addu'a a gare su don hana hadarin kamuwa ko yada COVID-19.
- Idan dan uwan mara lafiya yana fama da matsalar numfashi, ciwon kirji, ko rikicewa, wani ya kira lambar wayan da aka ajiye wa matsalolin COVID -19 ( ), ya tuntubi asibitin da ke kusa, ko kuma kiran motar asibiti.
- Wanke hannuwanku kafin ku bar gida. Wanke hannuwanku kafin da kuma bayan kun cire abin rufe fuska. **Wanke hannuwanku\*** na tsawon dakika 20 da ruwa da sabulu ko maganin wanke hannu na chlorine, ko kuma amfani da abun wanke hannu da ke dauke da barasa don taimakawa hana kamuwa da COVID-19 ko kuma yada shi a tsakanin al'umma.



## JERIN ABUBUWAN DA ZAKU YI KO ZAKU 'DAUKA TARE DA KU KAFIN ZIYARTAR GIDAJE

- Abin rufe fuska
- Abun wanke hannu da ke dauke da akalla 60% barasa
- Kyallen takarda
- Kayan kulawa na gida:**\* Paracetamol, safar hannu na amfani da za a iya yarwa, tsumman wanki, katin kira, abun kashe kwayoyin cuta, sabulu, abin rufe fuska
- Jerin bayan COVID-19 na gida (misali jerin cibiyoyin kebewa)
- Jerin sabis na tallafi na zamantakewar al'umma (misali layin wayar salula don addu'a, sadarwar imel, kungiyar addu'o'in na hanyar sadarwar zumunta)
- Jerin ayyukan rigakafin don jaddadawa (duba kasa)



## AYYUKAN DA ZA A KARFAFA NA KIYAYEWA A LOKACIN ZIYARA

- Kasance a gida lokacin rashin lafiya (sai dai lokacin da kuke bukar kulawa ta gaggawa don yanayin rashin lafiya ko kulawar likita)
- Sanya abin rufe fuska (abin rufe fuska da ba na likita ba ko suturar fuska) idan kun bar gidanku ko kuma idan ba za ku iya kebe kanku daga wasu 'yan uwa a gida ba.
- Rufe tari da atishawa da kyalle ko yin amfani da cikin gwiwar hannunku. Jefar da kyallen a kwandon shara nan take kuma ku wanke hannuwanku
- Wanke hannuwanku koyaushe da sabulu da ruwa na akalla dakika 20
- Tsaftacewa da yin amfani da maganin kashe cututtuka a wuraren da ake yawaita tabawa a cikin gida
- Iyakance gwargwadon yiwuwar kusanci da wasu a cikin gida wadanda basu da lafiya ko nuna alamun cutar (kiyaye akalla tsayin hannu 2 ko mita 2) Duk wanda ba shi da lafiya ko ya kamu da cutar ya kamata ya ware kansa da wasu ta hanyar kasancewa a cikin wani "dakin marasa lafiya" ko yanki (idan akwai)
- Kai ne ke da alhakin taimakawa kiyaye lafiyar al'ummarka ta bin matakan rigakafin da aka ba da shawararsu:
  - *Ka guji shafar fuskarku da hannuwan da ba a wanke ba, musamman idanunku, hanci, ko bakinku*
  - *Ku san kuma ku raba gaskiya kawai game da COVID-19 kuma taimakawa hana yaduwar jita-jita da kyama a cikin al'ummarku*

**Tuntubi hukumomin kiwon lafiya don bayanai da shawarwari kan ayyukan da aka tsara wa al'umma don hanawa da iyakance kamuwa da COVID-19.**



\*Mahada mai alaka

Kulawar



Wankin hannu  
a Gida