

# VERSION EN MISKITO

30-03-2020

Maisa pakanka nani nahki natkara utla bila kat upla nani COVID-19 bri nani ba mainka kaikaia, baha uplika nani sintumka an sainka nani Siahka Impiksanka patka târa bri ba, bâku sin upla kum wina wala ra lubiara dukiara.

COVID -19 ba nahki utla bilara manis munaia ba dukiara naha maisa pakanka nanina kulkan kaia sa:

1. Siknis uplika ba ai winka puhbaia patka kasak kum brisa, kuna pât uba apia bakusa, bara ĵsi sa utla ra mainka kaiki kaia.
2. Utla ra upla kum bara sa COVID-19 bui uba saura munaia uplika apia (mani yawan aiska wal pura matawalsip (50) wina ai mayara, sigarit dadira apia an siknis wala patka apu), baha uplika sip kabia mainka kaikaia lapta nani matawalsip pura walhwal (14) pitka.
3. Tilipun apia intirnit bara sa baha wal SESAL bui mainka kaikaia dukiara ulban bâku daukaia lapta nani matawalsip pura walhwal (14) pitka kum.
4. Utla bara rum kum ura saitra bara sa pasa dimi kaka bara kau pain kabia aihtabaika kum bri kaka COVID-19 bri uplika baman yus munaia.
5. Utla bara lalah brisa plun an diara walwala atkaia.
6. Siknis uplika an main kaiki uplika ba ai kaina kulkaia dukia nani nit ba brisa, kakma an bîla prakaika baku, mihta dinkaika aima kumi man yus muni ba (glaps) baku, bara walsut pain tanka brisa ani kat ilpka târa brisa wan kaina kahbaia dukiara daukaia dukia nani ba ( wan winka pain puhbaia natka, nahki kuhbaia an kisiama pulaia natka nani, wan mihta sikbaia natka, yus muni lulkaia dukia nani) an witin nani wilin sa baha dukia nani ba daukaia.
7. Utla bara upla nani sikniska COVID-19 ba isti alkaia apia nani apu sa: almuk nani mani yawan aiska yumhpa pûra bri nani ba (60+), upla nani ra luaia sikniska almuk an luras sikniska bri nani (HTA, DM2, kupia sikniska, brunkiu Asmika, Brunkitis, kiskamka sikniska almuk) apia kaka siknis walwala.

COVID-19 bri uplika an aiwinka puhbaia sikniska patka târa bri kuna uba saura apia nani ba naha maisa pakanka nanina ai painka dukiara, ai pamalika dukiara, ai lamara iwi nani ba dukiarana sip daukaia apia sa kaka Unidad de Cuidados

Intermedios, COVID-19 bri uplika nani ba dukiara SESAL wihki COPECO wal tawan bilara sakan Unidad de Cuidados Intermedios wi yaba ra lakan kabia.

### **COVID- 19 nahki sipba wan prukaia**

Uvla kumra iwi uplika nani, ai maya wal an upla kum COVID-19 bri uplika mainka kakaira utla mainka swin ba naha yula saura sikniska na alkaia sipba, uplika ba IRA mayara wal kabia sin apia sainka nani apu kabia sin. Baha mita utla bilara ba kasak wats takaia sa maisa pakanka nani ba pitka kat daukaia dukiara an IRA sainka nani takuia bara upla walara utla bilara, kakma bila wal prakaia kum mangkaia an salud uplika nanira maisa pakaia bara witin nani laki kaiki brih wabia baha uplika sikniska patka ba.

### **Yu banira laki kaiki brih waia nahki auia ba sainka an sintumka nani winka puhbaia sikniska târa impiksanka sainka nani kasak saura ba**

Awar nani yawan aiska wal pura walhwal (24) bani wan wîna târa ilpka warkka dauki uplika nani bui laki kaiki wabia COVID-19 bri uplika kum ai watlana ba dukiara witin nani ai purara kahban ba, laki kaiki kabia sainka nani bri sapa apia apu sapa IRA kasak saura ba:

- Taya laptika  $\geq 40$  °C
- Winka puhbra ba  $> 20$  / minuto
- Pusa sait ra latuan nani
- Ai winka pain puhbras
- Sîns nani lukanka ra apia kaka sinska ra
- $PO_2 < 90$

Naha sainka nani na wal apia pura kum bri taim siknis uplika ba isti pali mahka aspital kum kulki yaban bara lakaia.

### **Uvla ra nahki diara nani klin bri kaia ba**

Uvla kum COVID-19 briba, yakan ai rumka kum yaban ba purara, witin baman yus munaia bri kaia sa glas nani, plit nani, park nani, ispun nani, krika kwalka nani, tawil nani an diara wala wala nani witin klîn takaia an ai mainka kaikaia dukiara nani ba. Uvla wala wal panapana yus munaia apia sa tîtbrus nani, diaia dukia nani, sigarit nani, plun nani upla walwala utla bilara ba aikuki.

Uvla bîla pliska nani sut ba klîn munan kaia sa Kluru laya wal (0.1% baha ba 1000 ppm kum pitka sa) apia kaka disimpictanti wal: plur, durunhta nani, alki bukutbaika nani, klasit, mihta sikbaika nani, lukanglas nani, diara nani COVID-19 bri uplika yus munan nani ba. Kaina kulkanka târa briaia sa siahka baku, tâla baku apia kaka laya wala wala satka wan wîna wina takan kaka utla bilara diara nani klîn muni taimka ra.

Kwala nani an diara wâla nani ra siahka alkan kaka, tâla alkanka kaka apia kaka wan wîna wina takan laya wala satka kaka isti pali mahka knayara lakan kaia sa. Uvla bilara kwala tuskaia misinka brisa kaka naha kwalka nani ba utla bilara upla walwala

kwalka nani aikuki miks dauki tuskaia apia sa, knayara tuskaia sa. Ai mihta wal tuskaia sa kaka ai mihta nani ra glaps aima kumi man yus muniba (guantes descartables) dingkaia sa bara ai mainka kaikaia ai taya ra kwala ba wal praki kaia apia.

Diara nani COVID-19 bri upilka yus munan ba, glaps nani baku, kakma bila wal prakia kwalka baku, an diara walwala lulkaia dukia nani ba, istipali muni bik kalatka pauni kum ra (SESAL bui yan ba) ra mangkaia, baha ba pain pali praki siknis uplika rumka ra suaiaia, til wahbaia uplika nani wabia kat.

### **Wan mainka kaikanka nani utla bilara bri kaia ba**

Utla bilara COVID-19 bri uplika ba uba wapi tauki kaia apia sa an walwala aikuki asla kaia apia sa. Plis kumkum aikuki yus muni nani ba (aihtabaya pliska, kitsin, plun p̄aika, sala) ingni pain bri kaia sa.

Rum kum siknis uplika lahma baman apu sa kaka, trai munan kaia sa utla bilara upla kum wina walara distanska ba mitru kum pitka kaia. COVID-19 bri uplika ba krikri yakan yapaia sa.

Mainka kakaira nani ba ailal apia kaia sa, upla kumi baman ba aitani sa an upla kum sikniska ba mapara aiklabia karnika nap bri kaia sa.

Wih kaikaia apia kabia lapta nani matawalsip pura walhwal (14) pitka.

Watla bilara uplika nani ba ai mihta nani pain pali sikbi kaia sa, li an sup wal, naha nani pyua ra:

- Plun daukaia kainara an ninhtara
- Kau plun piras bara
- Klasit yus muni l̄uia pyua ra
- COVID-19 bri uplika kum lamara kansa kaka

Uplika main kakaira ba ai mihta nani ba sikbi kaia sa taim bani COVID-19 sikniska bri uplika ba lamara auia bani apia kaka dukia nani alkuia taim bani.

Ai mihta nani ba dikan kaia sa lulkka waia tawilka nani wal. Baha apu kaka, tawil aihwa ni dikaia, sakuna yu bani sins muni kaia.

Aihtabaia pliska an klasit iwaia pliska nani ba ȳu bani kl̄in dauki kaia sa. Pas ba sup apia kaka ditirgin wal sikbaia baha wina kluru abalkan laya (0.1%, 1000 ppm pitka) apia kaka ȳula saura ikaia laya (disimpiktanti) wal.

### **Kakma an bila wal prakia kwalka ba nahki yus munaia an main kaikaia ba**

COVID-19 sikniska bri uplika ba, ai winka puhbi ba wal upla walara sikniska ba lukaia apia kaka ai kakma an ai bila ba prakan kaia sa lulkkawaia kwalka kum wal pyu bani ra. Kuhbaia taim an siahka sakaia taim ai tingtinka wal praki kuhbaia. COVID-19 bri uplika ba ai kakma an ai bila wal praki kwalka ba awar matlalkahbi pura wal (8) bani

sins muni kabia, kakma laya nani wal busras sa kaka. Buswan sa kaka minitka ba kat sins munan kaia sa.

Mainka kakaira ba apia upla wala kum sîm watla bîlara sa kaka ai kakma an ai bîla kwalka kum wilkaia sa COVID-19 sikniska bri uplika rumka ra taim.

Kakma an bîla praki kwalka ba sakaia taim pain ai mainka kaikaia sa, mawan saitka ba kangbaia apia, kan bâra sipsa sikniska yûla ba bara kaia.

Kakma an bîla kwalka, an glaps (mihta nani dingkaika) nani ba kli yus munaia apia sa, sakuia taim isti pali bik kalatka pauni kum diara pat yus munan nani mangkaia yan bara auhbaia.

### **Utlra bîlara yukuanka pyua ba danh takuia taim**

Wan wina târa ilpka dukiara asla takanka OMS wîyaba wina maisa pakisa utlara yukuanka ba danh takaia sip kabia naha iksaminka nani ba dauki lubia taim (PCR) muistra wal daukaia yakan yakan awar yawan aiska wal pura walhwal bilara. Iksaminka nani wal klir munras sa kaka utlara yukuanka ba danh takaia sipsa wîna wina siknis sainka nani tiuia wina wik wal alkbia kat.

### **COVID-19 winka puhbanka patka târa sikniska bri uplika nani uya saura munras nani ba nahki manis munaia ba.**

Naha awarka kat COVID-19 yûla sikniska saika pali ba kau sakras sa, bakunka kum sin âpu sa. Baha mita saika nani ba ban yabisa siknis uplika nahki ai dahra waliba wal.

- Silp ban sîka nani diaia apia.
- Impiksan saika nani yus munaia ba Dactar nani bui yaban kaia sa.
- Plun pain pî kaia sa, raya pata nani ailal an dusma raya dakban nani, diara laya nani ailal dî kaia an latwan dukiara analgisik nit kaka, asitaminupin apia kaka parasitamul yus munaia.

### **Kuntak nani nahki manis munaia ba**

Upla sut COVID-19 bri uplika lamara kan ba, witin nani sin kuntak nani baku kulkansa baha mita maisa pakisa witinra sin laki kaiki barih waia lapta nani matawalsip pura walhwal pitka kum, pas trip kuntak brinba wina, naha nani lainkara:

- Ai mawan kat panapana COVID-19 bri uplika kum wal distanska mitru kum sin apia minit nani matawalsip pura matsip (15) pura.
- COVID-19 bri uplika kumra tâ baikaia wîna târa dukiara ai kaina kahbaika nani âpu apia kaka maisa pakanka nani ba pitka kat alki daukras.
- Asla bâra pliska kumra, pyu nani manis bâra kan COVID-19 bri uplika kum aikuki, wark pliska baku, klas aulika, utla apia kaka plis walwala upla nani ba ai lamara tauki pliska kum.

- COVID-19 bri uplika kum wal ai lamara plisra wapaia (mitru kum wina ai mayara distanska ba).
- COVID-19 bri uplika kum wal natka walara kuntak briaia, kakma lâya, bîla lâya apia kaka lâya satka wâla nani wîna wina.

Upla kuntak kum ba IRA sainka an sintumka nani bribia kaka naha dukia nani ba daukan kaia sa:

- Kakma an bîla kwalka kum mangkan kaia sa sakaia apia
- Lalka nani ta bri nani ra maisa pakaia COVID-19 iksaminka daukbia dukiara.
- Plis walara tawaia nitka bara sa kaka, baha dukiara wahbi sakan dukia nani kum ra waia sip kabia an maisa pakanka nani ba kulki, bara pablik yus muni dukia nani ba wal waia apia.
- Uplika ba isti pali siknis takaia apia dukiara maisa pakanka nani ba daukbia, ai winka puhbaia dukiara an ai distanska ba mitru kum pitka bâra kaia upla walwala ba wina.

### **Wan wîna târa warkka taki uplika nani rispansabilka ba utlara siknis uplika bri taimkara**

Siknis iwi pûra kaikaia pitsika (ficha) an laki kaiki brih waia ba siknis uplika bani utlara kan ba taimka ba pitka kat.

Kakma an bîla prakaika kwalka yabaia, aima mumi man yus munaia glapska nani an bik kalatka pauni diara nani pat yûs munan nani ba mangkaia.

Ridi munan kaia sa diara nani an natka nani upla ai watla ra yukui kan ba sikniska IRA sintumka nani an sainka nani kau karhna alkbia kaka.

### **Anira kau mâkabi walia diriksanka nani**

1. World Health Organization. Home care for patients with COVID-19 presenting with mild symptoms and management of their contacts. WHO reference number: WHO/nCov/IPC/HomeCare/2020.3. Interim Guidance, 17 March 2020.
2. Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for Coronavirus Disease 2019 (COVID-19). Updated February 12, 2020
3. COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
4. [www.cdc.gov/coronavirus/2019-nCoV/clinical-criteria.html](https://www.cdc.gov/coronavirus/2019-nCoV/clinical-criteria.html)
5. Mapa en tiempo real (Universidad de John Hopkins: <https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>)

6. La Organización Panamericana de la Salud tiene disponible un curso en línea gratuito de actualización en COVID-19 en:

- <https://www.campusvirtualesp.org/es/curso/virus-respiratorios-emergentes-incluido-el-2019-ncov-metodos-de-deteccion-prevencion-respuesta>
- [www.oms.org](http://www.oms.org)
- [www.cdc.gov](http://www.cdc.gov)
- <https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19>