



## KI JINGKYLLI KIBA DONKAM NA KA BYNTA KIBA PANG KIEW BP, SHINI PANG KLONGSNAM HA KABA IA DEI BAT KA JINGPANG CORONAVIRUS (COVID-19) PANDEMIC

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### Hato ki nongpang Klongsnam lane jingkiew jingkiew BP ki don ha ka jingma ban ioh ia une u coronavirus?

Em, ki brierw kiba don ia kane ka jingpang klongsnam lane ka jingkiew BP kim don satia ia kano kano ka jingma ban ioh ia kane ka jingpang coronavirus bat ki long lang kum kiwei ki brierw hi.

### Hato don ka jingma lada ioh ia une u khniang jingpang?

Kiba bun (80%) na ki brierw kiba la pynthikna kiba pang COVID-19 ki don ia ki dak ki shin ki bym pat jur kum ki jing jynjar ban ring ne pynhiar mynsiem (pangshit met, set ryndang, jyrhoh) ki lah ban jem. Bat ia kiei kiba ngi lah ban iohi pat ha kiwei ki ri kalong ki brierw kiba don ia ka jingpang kiew bat jingpang klongsnam kum ka jing bym trei kam shuh u klongsnam (jimgtlot u klongsnam) ki don ha ka jingma kaba jur, kidei ban long kiba husiar.

Jingaijingmut ha kaba iadei bat ka jingpang kiew shini, kiew BP bat jingpang klongsnam.

### Dih ia ki dawai thikna kumba la bthah ki doktor – ki long kiba donkam

Long kiba shim khia ban dih ia ki dawai kumba la bthah wat lada don ki dak ki shin ki bym pat jur. Dih thikna ia ki dawai kumba la bthah ki doctor. Pyrshang ban buh ia ki dawai kham bun kumba ar taiew eiei ban ia kaba la bthah lada long kiba lah. Ki dawai ban iada na ka jingkiew khlien ha ka met bat jingpang shini dei ban dih thikna.

Lada kie ka shini dei ban long kiba phikir ban peit ia ka jingkiew ia ka shini ha met bat ban dih ia ki dawai ba thikna lane ki injection bat dei ruh ban dih shibun ka um.

### Kiei ki report na ki dawai BP kiba pynkiew ia ka COVID 19

Hadien ki jingwad jingtip na ki census lane na ki saiantis bat ki riew shemphang jong ki klongsnam ka long ba kim don kino kino ki jingpynshisha ba ki ar jait ki dawai ACE inhibitors (Ramipril, Enalapril bat kiwei kiwei) bat angiotensin receptor blockers (ARBs) (Losartan, Telmisartan bat kiwei kiwei) kim pynkiew ia kiba tlot ba kin kloiban ioh ia kane ka jingpang.

Kine ki dawai kilong kiba iarap shibun ia kiba don ia ka jingpangpang bym treikam shuh u klongsnam bat baniada na ka jingkiew ka BP. Kan long kaba ma lada bym dih shuh ia kine ki dawai bat ka lah banktah ia u klongsnam.

### Hato lah mo ban dih ia ki dawai jing pynduna jingkyntjut?

Don ki dawai pynduna jingkyntjut( kum NSAIDs) kum ibuprofen la lap ba ki pynjur shuh shuh ia kane ka COVID 19. Kum kine ki jait dawai la lap b aki buh ha ka jingma ia ka jingpang klongsnam bat ki lah ban ktah ruh ia ki khyllai. Pyrshang ba nym dih ia ki dawai NSAID lait noh tang lada ai ki

doctor. Paracetamol ki dei kiwei na ki dawai ba long ban dih lada donkam.

### **Pynduna ia ki jingkieu ka BP, jingkieu shini bat leh ia ki kam kuba man ka sngi**

Ka long kba donkam ban iada ia lade kum – wat dih sikret bat dih kyiad, wat ailad ba kan kiew ka BP lane ka jingkieu ka shini, pyrshang ban leh trei ia ki kam kumba ju long ( Pynduna ia ki kam ban mih shabar iing). Bam ia ki bam ba duna mluh kumba la bthah. Bam ia ki jingbam tei met kum ki proteins bat ki jingbam kiba bun ki fibers.

### **Sngew kumba ki dak ki shin ki kham jur. Kumno ngan leh ia kane?**

Phi lah ban phone ha ki hospital lada don kino kino ki jing bym lah ring mynsiem, tlot. Phi lah ruh banioh ia ki jingiarap na ka COVID-19 helpline- 1075

### **Kiei ki lad jingiada ban lait na une u jingpang COVID19?**

Ia une u jingpang COVID 19 la saphriang da kaba jyrhoh bat synriah ha ka dur jong ki um barit. Lynba ka jingktah ia ki tiar lane ia ki dur khmat lah ban saphriang ia kane ka jingpang. Ki briew kiba la tymmen ki long iba kloj ban ioh ia ki. Ngi dei ban long kiba shim khia ban lait na kane ka jingpang.

### **Kiei ki lad jing iada ban lait na kine ki jingpang**

1. Kham pajih iwei na iwei ha ki jaka ba bun briew – ka long kaba donkam
  - A. Kiar na ki briew kiba don ia ki dak ki shin kum baiong khlieh, jyrhoh bat shitmet.
  - B. Kiar na ka jingleit jingwan ha ki jaka paidbah lane pyndon kam kali paidbah
  - C. Kiar na ka jaka paidbah bat kino kino ki jingialang paidbah

- D. Kiar na ki jingleit sha ki jaka ai jingsumar ia ki briew, lada long kaba lah phi lah ban shu phone ia ki nong ai jingiarap lyngba ki phone.
2. Ka jingthetkti
    - A. Kiar na ka jing khublei kti lane kthat ia ki dur
    - B. Thet ia ki kti da ka sabon bat ka um man ka por
    - C. Ki hand sanitisers kiba don ia ka alcohol ka long kaba donkam
    - D. Kiar na ka jing kthat ia ki painkhana paidbah.