

CORONAVIRUS (COVID19) THESAU MEKA KEYIEKECÜ KHALIEKETUO CHATHA

KIKRU RÜGUO BAKELIE

Kikru nu mhaca hako pie huoniehwo tahitarho ba zolie...



Kitiekinu

- Udzie pie u zie biekekü, rüthie mu rükhokekü ki utie mu unhyü dzekekü pie u zho chülie mu pie huoniehwo sie pethie sei balie.
- Kikha, mizhü mu udzie pie teyakezha vieko tsiemelie dzü mu sabou pie khrüwalie.
- Teikhrie bu kinu kra balieketuo la keziekouko khrüpie balie.



Kikru nu ketsakechiemia morei kechükenyü- u melou thachükekü, u phie, u metsü, shüni kechümia (diabetes), mu u mo bie kethachüyakezha kechüko-la chatha

- Themia hako thekekekü ki tsiemelie u dzie meteivalie.
- Chülie kevi de, thechü puotoukekü puo kesepie kikru nu keshürhoko tsüwalie.
- Kitiekinu chü kemesa mu tieligaliko teisonhie dzü mu sabou pie khrüwalie.
- Chülie kevi de, suokebamia bu u zhübou kreilie mu kikha khapie bawalie.
- Kikru nu mia puo rübei bu kechüko theketalie.
- Kikru nu u kelhouzha cie 65 mho baketamia mu u chünyü pesotsa thukeshü bacekümia menuo di u rüguo mu meho pekreishülie

Thelhitheü chüko mu mechü thechüko nu u kireilie morokesuo chatha

Mesa-sasükekü DOJÜLIE



- Kedzieteshükekü chü molie. Thedo kekrei huo pie huoniehwo kelukekü chülie.
- Kikha, mizhü mu udzie bie teyakezha vieko chü kemesa sei-i balie.
- Teikhrie bu kralieketuo la keziekouko khrüpie balie.
- Tsiemelie dzü mu sabou pie udzie meteivalie.
- Rükhou mu rüthiekekü ki dziesüpfhe morei u bouthou pie utie mu unhyü dzelie.
- Udzie mete mo di umhi, unhyüca mu utie biekekü chü molie.

Mechü thechüko nu vokekü petsalie



- Chülie kevi de, online nunu raka petakekü (transactions) chüwalie.
- Mechü thechüko mu themia kekra nu vokekü petsalie.
- Mechü thechüko morei phouyo nunu mhitsiekekü chü molie

Mechü bageiko nu u kireikelie



- Chülie kevi de, bagei keziekouko khrüpie tuolie.
- Teikhrie bu bageiko nu kralie.
- Tsiemelie dzü mu sabou morei kechüku biekhrileyakezha dzüko (disinfectant with sodium hypochlorite 1%) pie mhanako chü kemesawalie.

Kepfhesiliekevi

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