

Hanesan moras respiratóriu seluk, infesaun 2019-nCoV bele kauza sintomas moderadu inklui **inus been, kakorok moras, me'ar no isin manas**. Ba ema balun ida ne'e bele sai grave liután no rezulta iha pneumonia ka difikuldade atu dada iis.

2019-nCoV ne'e perigozu?



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Sin, 2019-nCoV ne'e kauza moras respiratóriu no bele transmite husi ema-ba-ema, babain depoisde kontaktu besik ho paciente infetadu, hanesan ezemplu, iha uma, servisu fatin, ka facilidade saúde

2019-nCoV ne'e bele transmite husi ema-ba-ema?



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Ema ne'ebé hela ka halo viajen iha área ne'ebé maka virus 2019-nCoV da'et ba mai hela karik bele iha risku ba infesaun.

Agora dadaun, 2019-nCoV da'et ba mai iha Xina ne'ebé maka maioria relata ema infetadu sira. Sira ne'ebé infetadu husi nasaun seluk mak entre ema sira ne'ebé foin lalais halo viajen ba Xina ka durante ne'e hela ka servisu besik ho sira ne'ebé halo viajen, hanesan família, kolega servisu ka pesoál saúde fó tratamentu ba paciente antesde hatene katak paciente ne'e infetadu ho 2019-nCoV.

Se mak bele da'et virus 2019-nCoV?

**Enkuantu ita sei presiza hodi
hatene liután kona-ba oinsá
2019-nCoV afeta ema, nune,
idozu, no ema sira ne'ebé iha ona
kondisaun moras balun
(hanesan diabetes no moras
fuan) bele iha risku aas liu hetan
moras grave.**

**Se mak iha risku
dezenvolve sintomas
grave husi
2019-nCoV?**

Coronavirus foun ne'e mak virus respiratória ne'ebé maka **principalmente da'et liuhosi kontaktu ho ema infetadu, hanesan ezemplu, me'ar ka fani, ka kabeen no inus been. Ida ne'e importante katak ema hotu tenki prátika ijiene respiratória. Hanesan ezemplu, fani ka me'ar ba liman sikun, ka uza tixu no soe iha lixu. Ida ne'e mós importante ba ema atu fasi liman bebeik ho sabaun no bee ka uza desinfetante alkohol.**

Oinsá maka 2019-nCoV ne'e da'et?

To'o agora sedauk hatene loloos virus 2019-nCoV nia durasaun ativu iha ár livre, maibe informasaun preliminaríriu sujere katak virus ne'e bele ativu iha ár livre durante oras balun. Desinfetante simples ida bele hamate virus ne'e no ida ne'e halo imposivel atu hada'et ba ema seluk.

Virus 2019-nCoV ne'e bele moris iha ár livre ho durasaun tempu hira?

Bazeia ba relatóriu foin lalais ne'e, karik iha possibilidade ba ema infetadu ho 2019-nCoV antesde hatudu sintomas signifikante balun. Maibe, bazeia ba dadus ne'ebé agora dadaun disponivel, ema ne'ebé iha sintomas maka maioria hada'et virus ne'e.

Bele ka lae virus 2019-nCoV ne'e da'et husi ema ne'ebé laiha sintomas?

Hau tenki uza masker ka lae?

SIN, se ita senti iha difikuldade dada iis, mear

SIN, wainhira halo tratamentu ba ema ho sintomas respiratóriu

SIN, ba pesoál saúde sira hotu tenki uza wainhira halo tratamentu ba pasiente ho sintomas respiratóriu

LA preziza ba comunidade jerál atu uza sein iha sintomas respiratóriu



To'o ohin loron, seidauk iha ai-moruk
espesífiku ne'ebé rekomenda ona hodi
prevene ka kura Coronavirus foun (2019-nCoV).

Maske nune'e, sira ne'ebé mak infetadu ho virus
ne'e tenki hetan tratamentu ne'ebé
apropriadu no hamenus no halo tratamentu ba
sintomas, no sira ne'ebé ho kondisaun grave
tenki hetan tratamentu suportiva ne'ebé di'ak
liu. Tratamentu espesífiku balun sei iha hela
investigasaun nia laran no sei halo teste
liuhosi prova kliníka.

OMS hamutuk ho parseiru oi-oin fó apoiu hodi
aselera peskiza no esforsu ba
dezenvolvimentu.

Iha ka lae
ai-moruk
espesífiku hodi
prevene ka halo
tratamentu virus
corona foun ne'e?



Seidauk iha evidensia ida katak oseltamivir bele kura virus corona foun (nCoV-2019).

OMS servisu ho urjente hamutuk ho peskizadór no médiku iha mundu tomak hodi investiga tratamentu ba possibilidade atu kura virus ne'e. Ida ne'e inklui mós oinsá ai-moruk antiviral ne'ebé eziste ona iha impaktu ba virus ne'e. Nunee, servisu ida sei iha hela faze inisiu no seidauk bele prodús kualker rekomendasaun.

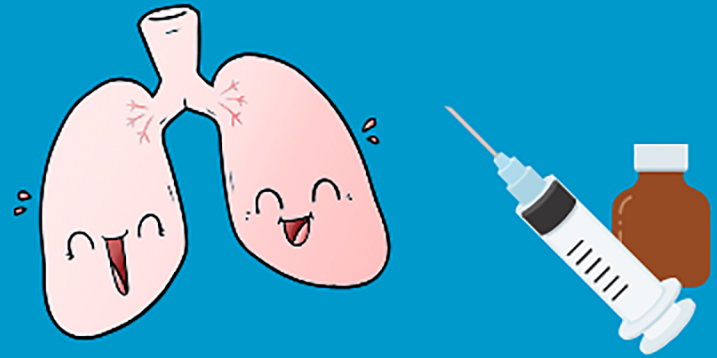
**Wainhira
hemu
oseltamivir
bele kura virus
corona foun
(2019-nCoV)?**



Lae. Vasina ba pneumonia, hanesan pneumococcal no Haemophilus influenza tipu B (Hib), la fornese proteasaun hasoru virus corona foun (2019-nCoV).

Virus ida ne'e foun no oinseluk ne'ebé maka presiza nia vasina rasik. Peskizadór sira koko dezenvolve vasina hodi kontra hasoru virus ne'e, no OMS fó apoiu tomak ba esforsu sira hirak ne'e. Maske vasina sira ne'e la efetivu hodi kontra 2019-nCoV, vasinasaun kontra moras respiratóriu ne'e hetan aas rekomenda hodi proteje ita-nia saúde.

Vasina ba pneumonia bele proteje ita husi virus corona foun (2019-nCoV)?



Ema ne'ebé simu pakote husi Xina la hetan risku hodi hada'et ba virus corona foun (2019-nCoV) ne'e.

Husi analiza uluk liubá, ita hateke katak virus corona sei labele moris iha objetu ka sasan hanesan karta ka pakote.

Seguru ka lae simu karta ka pakote husi Xina?



MANTEIN SAÚDE

WAINHIRA HALO VIAJEN

**Evita halo viajen se
ita-boot isin manas
no me'ar**



**Se ita isin manas, me'ar no
iha difikuldade dada iis buka
kedas tratamentu saúde
sedu no informa mós ho
viajen ikus ba profesionál
saúde sira.**



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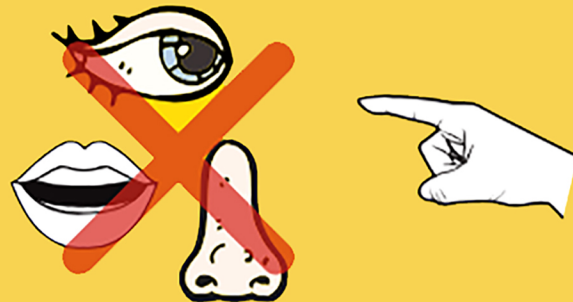
WAINHIRA HALO VIAJEN

Evita hakbesik aan ba ema
ne'ebé isin-manas no me'ar



Fasi liman bebeik uza
dizenfetante alkol ka sabaun
no bee

Evita kaer matan,
inus ka ibun



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WAINHIRA HALO VIAJEN

**Taka ibun no inus wainhira
me'ar no fani ho liman sikun ka
tixu – soe kedas tixu
no fasi liman**



**Se ita prefere atu uza masker, tenki
taka ibun no inus – hodi evita ka'er
inus ka ibun wainhira uza ona masker**



**Soe kedas masker wainhira la uza ona
no fasi liman kedas**



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MANTEIN SAÚDE WAINHIRA HALO VIAJEN

Se ita moras wainhira halo
viajen hela, informa kedas
ba ekipa viajen nian no
buka tratamentu saúde sedu



Se halo tratamentu saúde
ona, fahe mós
informasaun kona-ba
ita-boot nia saúde ho profi-
sional saúde sira



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MANTEIN SAÚDE WAINHIRA HALO VIAJEN

Handeit ai-han ne'ebé
tein tasak didiak



Evita tafui iha fatin públiku

Evita hakbesik aan ka
viajen hamutuk ho animál
ne'ebé moras



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Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



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Reduce your risk of **coronavirus** infection:



Frequently clean hands by using alcohol-based hand rub or soap and water

When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – throw tissue away immediately



Avoid close contact with anyone that has fever and cough



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Shopping in wet markets in China and Southeast Asia? Stay healthy!



Wear protective gowns, gloves, masks and facial protection while handling animals and animal products

Remove protective clothing after work, wash aprons daily and leave at the work site



Avoid exposing family members to soiled work clothing and shoes



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Shopping in wet markets? Stay healthy!

Wash hands with soap and water after touching animals and animal products



Avoid touching eyes, nose and mouth

Avoid contact with sick animals and spoiled meat



Avoid contact with stray animals, waste and fluids in market



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Organization

Shopping in wet markets in China and Southeast Asia? Stay healthy!



Frequently **wash your hands with soap** and water after touching animals and animal products

Clean and disinfect equipment and working area at least once a day



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Wash your hands

Wash your hands with soap and running water when hands are **visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



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Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into a closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water after
coughing or sneezing and when
caring for the sick



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Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough, and difficulty breathing **seek medical care early** and share previous travel history with your health care provider.

Practise food safety

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food



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Practise food safety

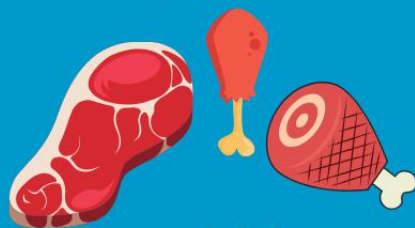
Sick animals and
animals that have
died of diseases
should not be
eaten



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Practise food safety

Even in areas experiencing outbreaks, meat products can be safely consumed if these items are cooked thoroughly and properly handled during food preparation



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