

COVID-19 na Ụkwara Nta

Ntiwapụ ọrịa coronavirus (ma ọ bụ COVID-19) emeela ka anya agbadoro na mgbochi/ogwugwo ụkwara nta (ma ọ bụ TB) di oke mkpa ma chọọ enyemaka ngwangwa na Maryland.

Gini bụ COVID-19?

- COVID-19 bụ ọrịa iku ume nke nje nwere ike ikesa n'etiti mmadụ na mmadụ na ebute. Nje a nwere ike ibute ọrịa joro oke njo, ọ daputala n'ọnụogụ nde nke onwu na gburugburu uwa. Enweghi ogwugwo ọ bula ama maka COVID-19.

Gini bụ Ụkwara nta ma ọ bụ TB?

- TB bụ ọrịa iku ume joro njo, oge ufodu ọ na egbu mmadụ (nke ahuhu na ebute) nke na amakpukari ngu ime ahụ mmadụ, ọ nwekwara ike imetuta akuku anuahụ ndi ozo.
- **Enwere udi TB abuo — ọrịa ofufe TB zoro ezo na ọrịa TB di ire.**
 - Ọ buru na i nwere **ọrịa ofufe TB zoro ezo**, i gaghị enwe ike ikesa ya ndi ozo.
 - Ọ nwere ike imubanye buru ọrịa TB di ire.
 - Ọrịa TB nwere ike ifesa ndi ozo ma ọ buru na agwoghị ya.
 - Enwere ike igwo udi TB abuo ahụ nke oma.



Ihe Mgbaama Enwekoritara

- COVID-19 yana TB nwere ike ibute:
 - ụkwara
 - ahụ oku nhiahu
 - n'iku ume
 - oyi
- Efesa mgbe mmadụ bu ọrịa ahụ zere uzere, kwaa ụkwara, wdg.

Ihe Mgbaama COVID-19 ndi ozo

- nwere ike igosiputa **ka ubochi 2-14 gachara ka onye ahụ biachara ya nso.**
- Ihe mgbaama ndi ozo:
 - enweghi uto ma ọ bụ isi bidoro oheru
 - onya akpiri na nsuchi/ezi imi
 - inu agboọ ma ọ bụ igbo
 - agboọ mgbu anuahụ ma ọ bụ ahụ
 - afọ osisa

Ihe mgbaama Oria TB Ndi Ozo

- Ihe mgbaama nwere ike igosiputa ka izu ruo afọ gachara ma ọ buru na agwoghị onye ahụ maka ọrịa ofufe TB zoro ezo.
- Ihe mgbaama ndi ozo:
 - okpomoku abali yana mgbu mkpuruobi na anagide
 - ikwaputa obara ma ọ bụ ikwaputa ụkwara
 - ita ahụ ma ọ bụ ike ogwugwu akowanwughi

Kedu Onye Nwere Ike Ibute TB?

- Ndi mmadụ **bigoro ma ọ bụ gara obodo ozo** na abughị US, Canada, Australia, New Zealand, ma ọ bụ Akuku Owuwa Anyanwu/Ugwu nke Europe.
- Ndi nwere ihe mgbochi ime ahụ na esighi ike (djika, HIV, mbughari ngwa ahụ, kansa, ọrịa mamiri, ndi na eji ogwu na emetuta ihe mgbochi ime ahụ, wdg.).
- Bjara nso n'akuku mmadụ nwere ọrịa TB.
- Akuko nke enweghi ebe obibi/mkpochi n'ulo nga.

Otu esi Ekpuchido Onwe Gi na Ezinulo Gi

- Ọ buru na i no **n'ihe egwu nke TB**, ọ di mkpa imata okwa gi ma nweta ogwugwo ma ọ buru na i nwere TB zoro ezo ma ọ bụ nke di ire.
 - Ibute **ọrịa COVID-19 ka i nwere TB** nwere ike ibute nsogbu di egwu.
 - **Sochie ogwugwo TB gi nke oma di ka onye nlekota ahuike si duzie.**
- Mee ihe mkpachapụ anya maka COVID-19 (inopu n'akuku mmadụ yana ikpuchi ihu).
- Sachaa aka ugboro ugboro ma gbuo nje di n'elu akurungwa.
- Zere iji aka na asachaghị emetu ihu gi aka.
- **Kpoo onye na ahụ maka nlekota ahuike gi ma ọ bụ ngalaba ahuike mpaghara gi** ma ọ buru na i nwere ihe mgbaama.
- Zaghachi ajuju nsochi mmetuta oso oso.

Ebe A Ga-enweta Nyocha/Ozi Ndi Ozo

- **Nyocha COVID-19:** Kpoo 211 ma ọ bụ Gaa na <https://coronavirus.maryland.gov/pages/symptoms-testing#locator>
- **Ihe ndi ozo maka COVID-19 na Maryland:** <https://coronavirus.maryland.gov/>
- **Ihe ndi ozo maka TB na Maryland:**
 - <https://phpa.health.maryland.gov/oidpcs/ctbcp/pages/home.aspx>

