

Kwayar Cutar Korona ko kuma COVID-19 ga mai juna biyu

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Ashirin da takwas ga watan Maris 2020: Ku sani kan cewar bayanan nan da aka samar sun taallaka ne akan binciken da akayi kan mata masu juna biyu kalilan wadanda suke dauke da kwayar cutar nan ta Korona. Kullun sabbin bayanai suna kara fitowa kan wannan cuta. Domin samun sabbin bayanai game da wannan cutar, sai ku tuntubi Likita ko Unguwarzoma.

Mecece COVID-19?

COVID-19 cuta ce da kwayar cuta dangin Korona ke haifar wa. Ita wannan kwayar cuta tana kama da kwayoyin cutar virus da ke sa ciwon mura. Wannan cuta tana kama sosai da ciwon mura in ta kama mutum yadda mafi yawan mutane baza su iya banbance ta da mura, amma mutanen da ke fama da wasu larurorin kamar cututtukan da suka shafi huhu ko masu ciwon shuga [Dayabitis] sunfi zama cikin hadarin kamuwa da wannan cuta kuma tafi saurin jigatasu ko kuma kasawar huhu mafi tsanani. Mutanen da ke da cutar COVID-19 akasari sukan yi fama da zazzabi, tari ko shakewar nunfashi. Idan ta tsananta, masu cutar kan gamu da matsanancin wahalar nunfashi da kan kai akwantar da majiyacin a dakin da ake kwantar da marasa lafiyar da jiyarsu ta tsananta wato ICU.

Tayaya wannan cuta ke yaduwa?

Kwayar virus da ke haifar da ciwon COVID-19 akasari tana yaduwa ta hanyar hada jiki ko taba mai dauke da wannan kwayar cutar ko wanda ciwon ya bayyana a gareshi kokuma taba abubuwan da mai ciwon yayi taamali da su ko yayi atishawa ko tari akansu. Ana iya samun wannan kwayar cutar cikin yawun mara lafiyar ko cikin majinar da yake fitar wa daga hancinsa. Kwayar cutar tana shiga jikin mutum ne in ta shiga baki, hanci ko idanu.

Tayaya zan kaucewa kamuwa da cutar COVID-19?

Wanke hannaye akai-akai bayan taba abubuwa awajen gida da kuma kaucewa taba fuska da hannayen mu sune hanyoyi mafiya kyau wajen kaucewa kamuwa da ciwon. Nisantar juna wajen maamala [akalla tazarar mita biyu wato kimanin kafa shida tsakanin mu da sauran jama'a], da kuma zama cikin gidajen mu mafi yawan lokuta, suna daga cikin hanyoyi mafiya kyau wajen kaucewa kamuwa da wannan ciwon. Matakan kaucewa yada wannan kwayar cutar virus ga sauran jama'a sune; rufe baki da hanci da cikin gwiwar hannu [Bada tafin hannu ba] yayin atishawa ko tari.

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Ya kamata na guji zuwa asibiti, ko gujewa ganin Likitana ko Unguwar zoma?

Mace ai zata dinga ganin Likita ko Unguwar zoma akai-akai yayin da take da juna biyu. Wannan kuma yana da amfani wajen lafiyar ki da kuma ta dan da kike dauke dashi, dan haka zakiyi fashin ganin Likita ko Unguwar zoma ne kawai bayan kin tattauna dasu sun kuma ce kiyi hakan. Wasu lokutan maimakon ziyartar Likita ko Unguwarzoma kina iya tattaunawa da su ta kiran waya ta sauti ko wayar ido da ido [Video call a turance] in Likita ko Unguwarzoma sun ga dacewar hakan. Idan kin sami matsalar juna biyu karkiyi kasa a gwiwa wajen ganin Likita ko Unguwarzoma don tattaunawa da samun hanya mafi dacewa ta samun kulawa. Yayin da kika je asibiti ki dinga wanke hannuwanki inkin taba wani abu, ki kuma guji taba fuskarki da hannuwanki, kiyi kokarin kasan cewa mita biyu ko kafa shida tsakanin ki da sauran jama,a awurin jiran ganin Likita. Ki kuma wanke hannuwanki inkin bar asibiti. Idan kina tari kina isa asibiti ki daura takunkumi [Mask a turance], ki kuma sanar cewa kina tari, ko mafi kyau kafin ki iso asibiti ki sanar domin jamian asibiti su shiryawa zuwan ki domin shirya baki kulawa mafi kyau. In kin kamu da COVID-19 kuma kina zuwa awo ki gana da Likitanki ko Unguwarzoma domin duba yiwuwar cigaba da awo ko kuma aduba yiwuwar baki wani lokacin ganin Likita daban.

Wane hadari mai juna biyu take fuskanta inta kamu da cutar COVID-19 ?

Muna da karancin bayanai akan mata masu juna biyu dake dauke da ciwon COVID-19. Munsan cewa abune mafi kyau gujewa kamuwa da ciwo. Amma daga dan bayanin da muke dashi kan ciwon COVID-19 ana ganin babu wani banbanci tsakanin mata masu juna biyu ta fuskar tsananin cutarin aka kwatanta da matan dake da shekaru daya wadanda basu da juna biyu. Matan dake da wasu matsalolin lafiya , musamman wadanda suka shafi huhu, hawan jinni, ciwon shuga ko cutar kanjamau sunfi zama cikin hatsarin tsanantar cutar. In kina da juna biyu da ciwon COVID-19 za,a dinga sa miki ido sosai fiye da mata masu juna biyun da basu da COVID-19. Akasarin lafiyayyu wadanda gwaji ya tabbatar suna da kwayar cutar za,a kula dasu a gida, amma za,a basu kulwar gaggawa idan alamomin ciwon suka fara tsanani. Kulwar gaggawa yayin da ciwon ke tsananta itace mafi kyau domin kiyaye shiga matsanancin hali ga uwa da abin da take dauke dashi. Likitoci na iya bada shawarar yin gwajin hoto na X-Ray. Wani lokacin yana da muhimmanci aiwa mata masu juna biyu magani idan ciwonsu yana taazzara. Idan jami'an lafiya sun san kina da juna biyu, dole su dauki matakan da suka kamata su tabbatar anyi miki magani ta hanyar da bata da hadari gareki ko ga abinda kike dauke dashi. Uwaye da ciwon su ke kara tsananta kuma ke bukatar kulwar asibiti suna fuskantar hadarin fara nakuda kafin lokacin ta don haka dole asa ido akansu sosai. Acetaminophen ko Paracetamol sune magungunan da basu da hadari ga mai juna biyu idan kina jin zazzabi.

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Wane hadari jariri na yake ciki inna kamu da COVID-19 yayin da nake da juna biyu?

Akwai karancin bayanai kan cewa ko mace mai juna biyu na iya yada wannan kwayar cutar zuwa ga abinda da take dauke dashi. Zuwa yanzu gwajin jinni akan jarirai guda uku ya nuna cewa akwai yiwuwar wannan kwayar cuta ta shafe su tun suna ciki. Babu alamun da ke nuna cewa kwayar COVID-19 na kara hadarin haddasa tawayar halitta, ko dayake mata kalilan ne akasan sun kamu da kwayar cutar a wannan lokaci mafi hadari kuma tuni sun haihu. Zazzabi mai tsanani a cikin sati shida da samun juna biyu ko sati hudu da shigar ciki ana danganta shi da karin hadarin tawayar laka da kwakwalwa. Wannan bai kebanta ga kwayar cutar COVID-19 kawai ba domin hakan kan iya faruwa da zazzabi ko menene sanadin sa. Amma hadarin ba mai yawa bane. Kimanin mata biyu daga cikin dubu dake da zazzabi a farkon ciki na haifar jarirai masu wannan matsala in aka kwatanta da mace daya cikin mata dubu masu juna biyu wadanda basuyi zazzabi ba lokacin da suke da karamin ciki. Ana bada shawarar yin binciken hoton ciki na sikanin [ULTRASOUND] tsakanin sati goma sha takwas zuwa sati ashirin da biyu domin gano irin wadannan matsaloli. Mafi girman hatsari ga jariri shine idan uwa bata da lafiya sanadin haka kuma ta fara nakuda yayin da cikin ta bai isa haihuwa ba, ko kuma Likitoci da Unguwarzoma suka bada shawarar haihuwa domin yaron ya sami matsala a cikin uwa saboda ciwon da uwa ke fama dashi kuma cikin ta bai kai lokacin haihuwa ba. Gwargwadon kusanci da lokacin haihuwa, gwargwadon raguwar hatsari ga jariri. Idan kina da ciwon COVID-19 kuma nakuda ta zo miki jikin ki ba zai samu wadatacciyar iskar da jiki ke bukata ta "Oksijin" ba kamar yadda ya saba. Wannan yakan sa jaririn ki ya kasa jurewa zafin nakuda. Domin haka a irin wannan hali shawara shine idan maiyiwuwa ne mace ta haihu a asibiti inda za, a kula da jaririn duk tsawon nakuda, kuma in ta kama ayi aiki a cire yaron. Cutar COVID-19 ga mai juna biyu ba dalili bace na yin aiki dan a ciro yaro maimakon mace ta haihu da kanta sai dai in akwai wasu dalilan da ba na ciwon ba. Daga dan bayanan dake akwai a halin yanzu ga mai cikin dake da cutar COVID-19 a lokacin haihuwa, yana nuna cewa daya cikin kowadanne yara ashirin da aka haifa zai nuna alamun kamuwa da cutar cikin kwanaki kadan da haihuwa. Akwai matukar yiwuwar cewa irin wadannan yara sun kamu da ciwon ne a daida lokacin haihuwa. Mun sami wadannan bayanai ne daga yara uku wadanda akai musu jiyyan ciwon kuma suka samu lafiya daga wannan ciwon na COVID-19.

Wasu binciken da akai akan wadansu kwayoyin cutukan virus masu kama da COVID-19 suna nuni da cewa jariri a cikin uwa ba zai girman da ya kamata ba bayan kamuwa da kwayar cutar a cikin uwa. Mafi yawan kwararru na bada shawarar yin hoton sikanin akalla sati biyu zuwa hudu bayan warkewa daga ciwon COVID domin tabatar da cewa yaron yana girman da ya

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kamata. Kuma Kwararru na kara bada shawarar yin hoton sikanin na ciki akalla kowane sati hudu a duk tsawon ciki domin gane ko yaron yana cigaba da girma.

Ko akwai hadari ga jariri na inna kamu da cutar COVID-19 jim kadan bayan na haihu?

Babu wani tsayayyen mataki kan ko iyaye masu ciwon COVID-19 ya kamata a rabasu da jariran su ko kuma a'a. Yankuna da daban daban na daukan mataakai mabanbanta ta la'akari da yawan ciwon a yankunansu da yanayin cutar COVID-19 da yake a yankunan. Mafi yawan lokaci akan bada shawarar uwa ta kasance da danta in lafiya take, koda yake tana dauke da kwayar cutar COVID-19. Wasu yanayin na bukatar raba uwa mai dauke da ciwon da danta. Iyaye saisu tambayi Likitoci ko Unguwarzoma in haka ne mafi kyau a garesu. Dole kiyi taka tsantsan domin karki yada kwayar cutar ga jaririn ki. Hanya mafi kyau tayin wannan kuwa shine wanke hannayen ki kafin daukan yaronki, kaucewa taba fuskar yaron, kaucewa yin tari ko atishawa a jikin yaro, da kuma saka takunkumi lokacin rainon yaro. Lokacin da yaro ke bacci to ki zama nisan da ke tsakanin ku yakai kimanin mita biyu ko kafa shida domin rage hatsarin watsa ciwon ga jaririn.

Zan iya shayar da yaro nono in ina da cutar COVID-19?

Kadan daga cikin matan da suka kamau da wannan kwayar cuta an gwada ruwan mamansu amma ba'a ga alamun kwayar cutar a ciki ba. Saboda haka yana nuni da cewar ba hatsari kina iya shayar da danki ruwan mama koda kina da ciwon COVID-19. Kiyi taka tsantsan domin karki yadawa yaron ki wannan kwayar cutar. Hanya mafi kyau tayin haka shine, wanke hannu kafin daukan yaro, kaucewa taba fuskar yaro, kaucewa yin tari ko atishawa a jikin yaro, saka takunkumi lokacin da kike shayar da jariri mama. Wata Kyakkyawar hanya itace amfani da famfon zuko ruwan nono ko tatso ruwan mama da hannu, sa, innan abaiwa wanda lafiyarsa kalau ya shayar da shi. Idan zaki zuko ruwan mama da famfon zuko mama ko zaki tatso maman to ki tabbata kin wanke hannunki kafin yin hakan.

Me ya kamata ayi in wani a gida yana da alamun cutar COVID-19 bayan na haihu?

Idan masu alamun cutar a gidan suna daga cikin masu rainon yaron, dole suyi taka tsantsan domin kiyaye yada kwayoyin cutar ga yaron. Hanya mafi kyau tayin wannan kuwa shine wanke hannayensu kafin daukan yaron, kaucewa taba fuskar yaron, kaucewa yin tari ko atishawa a jikin yaron, da kuma saka takunkumi lokacin rainon yaro.

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In babu bukatar kusantar yaron, to mafi kyau su kasance akalla mita biyu ko kafa shida tsakanin su da yaron a kowane lokaci. Ku tuna da wanke hannayen ku kafin kulawa da yaron ko da lafiyarku kalau saboda ta iya kasancewa kun taba wasu abubuwa a gidan wadanda akwai kwayar cutar ajikinsu. Kuma akasance akalla mita biyu ko kafa shida tsakanin ku da marasa lafiya kuma ku dinga wanke hannayen ku akai-akai domin gujewa kamuwa da ciwon. In a baya kunyi fama da COVID-19 kuma kun warke, binciken baya bayan nan na nuni da cewa jikin ku zai iya yakar kwayar cutar ba tare da sake kamuwa da ciwon ba. Amma ko da a hakan ma, wanke hannaye kafin taba yaron ki itace hanya mafi kyau ta kaucewa yada kwayar cutar ga yaron ki daga mai cutar ko kuma wani abu da masu cutar suka taba.

Tambayoyi da zaki tambayi Likitanki ko Unguwarzoma, tun da ka'idojin kiyayewa sun banbanta daga wannan bangaren duniya zuwa wancan:

- Nayi taammali da wanda ke da alamomin cutar COVID-19. Ya kamata ayimin gwajin cutar?
- Inada alamomin ciwon COVID-19. Ya kamata ayimin gwajin cutar?
- Dani da iyalina muna iya killace kammu a gida?
- Na kamu da kwayar cutar COVID-19 a farkon ciki
Yaushene ya kamata nayi hoton ciki na sikanin domin binciken lafiyar yaron dana ke dauke dashi?
- Ya kamata a killace ni daga jaririna lokacin da bani da lafiya?

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Last updated 28th March 2020