

Covid-19

CONSEILS AUX PERSONNES EN ISOLEMENT À LA MAISON ET À LEUR ENTOURAGE

BA TOLI TO CONSEILS NA BABELI

OZA KOBELA ?

BATELA BATO NZINGA NZINGA NA YO (PEMBENI NA YO)!



Sokolaka maboko mbala na mbala na mayi pe savon.
Sokola maboko mbala nyonso soki okosoli to osali atchum
pe sima ya longola miyoyo .



Tango nyonso salela mouchoirs papier.
Mouchoir moko na mbala moko pe buaka
yango na poubelle oyo ezipama.



Tango ozokosola to okosala atchum,
bomba monako na mouchoir papier,
na elamba na niveau ya coude na yo.



**Vanda na ndako pe zala mosika ya bato
ata famille na yo moko :** ata na tango ya kolala,
koyamba ba paya kaka soki esengeli, pe kopusana mingi mingi
te pembeni na bato . kokende kelasi te , mosala te pe bisika bato bazali .

TALAKA SOKI OZANA BA SYMPHTHOMES

Soki ba symptômes eye makasi (par exemple :kopema pasi fièvre makasi),
benga monganga na yo na telephone. Soki osengeli kokende lopital,
benga liboso na telephone na accueil pe yebisa bango été ozali
na Covid-19. Lopital ekomibongisa po na kobatali bayike .

BA TOLI NYONSO EZALI NA SITE OYO

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Batoli po na bazinga nzinga ya baye ba kobela (Ba MALADES)

- ✓ Kopusana pembeni ya oyo akobela te, kosimba ye pe te, pe soki esengeli kaka moto moko abatela ye .
- ✓ Bato oy bakobela ba maladies chroniques respiratoires, ba immunodéprimées pe ba mpaka ba simba moto akobela te .
- ✓ Bofongolaka ba fenetres mbala na mbana po mopepe ekotaka esika moto akobela afandi ba 30 minutes.
- ✓ Sokolaka maboko mbala na mbala pe kosimba miso, zolo monoko sima ya kosokola maboko .
- ✓ Kosangisa basani te , ba serviettes te pe kolala mbeto moko te na moto oyo akobela. Kolya na ye pe esika moko te .
- ✓ Sokolaka pe désinfecter (mesa ,mesa ya mbeto, poignée ya porte, pe ba toilettes) mbala moko na mokolo na mayi osangisa na 1% ya eau de javel (lutu ya monene moko ya javel na 1 litre ya mayi).

Ba ndingisa nyonso oyo okosolola na yango na monganga na yo kasi ekowumela kino ba symptômes ekosila .

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