

Coronavirus (Covid-19) em i wanpela niupela na strongpela sik inap kilim yu na mi. Planti samting i mas senis. Nau.

(Dave Askin Community Development Workers Association Inc)

Covid-19 – (Coronavirus) em i wanem kain sik?

Planti gavman lain i bin givim tok save long dispela niupela sik.

Em i wanpela kain kus, tasol, planti lain i kisim traipela bagarap na sik inap kilim yu na mi.

Sik i save ran i go long narapela.

Sik inap hait gut insait long bodi bilong man o meri husat i luk olsem ol i stap gut.

Em i wanpela virus – samting liklik tru.

I no gat wankain kaikai o marasin bilong kilim i dai dispela sik. Sampela lain bai tok – ‘sapos yu kaikai dispela samting,... bihain yu no inap kisim sik’. Sori tru. Dispela em i maus wara tok.

I gat sampela rot bilong daunim strong bilong Covid-19→

1. Wasim han gut, wantaim sop

Sop i gutpela bilong kilim i dai Covid-19. Sop i bagarapim liklik skin bilong virus. Wasim han gut.

2. Ol viles i mas wanbel long niupela, strongpela lo

Sori tru, yumi PNG lain – yumi i gat strongpela na gutpela pasin bilong sindaun klostu, sekhan (shake hands), hug...

Nau, tasol, dispela em i wanpela rot bilong givim sik i go long arapela.

Dispela sik inap hait insait long bodi bilong man o meri, na ol dispela man o meri i luk olsem i nogat wanpela kain sik. People who look healthy can carry the disease.

Long sampela arapela kantri (nations/countries) ol lotu lain bin stap insait long ples lotu na ol bin kisim bikpela bagarap na givim sik i go long planti poroman/meri.

Yumi i mas mekim wanem nau?

Sori tru. Sapos wanpela i go long maket o stua o taun na raun raun bilong baim rais, noodles, oil etc – em inap→

1. Kisim dispela niupela sik (em bai pilim olsem em i orait tru. Em i nogat kus, nogat cough, nogat sot win – tasol em inap kisim dispela sik na em i redi long givim sik i go long ol wantoks).
2. Orait, dispela man o meri husat bin go long taun o maket... i mas stap wanpela tasol long tupela wik (14 dei). You must be isolated, sleeping and eating in a separate place/house and you must keep away from your people in the village for 14 days.
3. Taim 14 dei i go pinis, na yu stap gut olgeta, orait yu inap stap gut wantaim ol poro bilong yu.

Lukautim laip bilong yupela olgeta. Dispela samting em i samting bilong yupela.

3. Planim ol kain kain kaikai bilong halivim family bilong yu

Sapos yu go long gaden bilong yu – bai yu kisim gutpela san, gutpela win, gutpela kaikai.

ORAIT - Go long gaden. Laip i stap long gaden.

Planim planti kaikai long gaden kon, rais, kaukau, kumu, pumpkin, taro, tapiok, banana, ol kankain bin, yam, muli.

- **Daunim tingting bilong painim moni.**
- **Strongim tingting bilong kisim kaikai bilong gaden.**

Nogut ol liklik rat, na binatang (weevil) i kaikai sid i drai – (kon, rais).

Tingting na sindaun, samting olsem ol tumbuna bilong yu.

Beten gut. Liftim upim nem bilong Bikpela, tasol, yu mas mekim dispela kain lotu pasin insait long family na komuniti – sapos nogat wanpela i bin go long maket na kisim bagarap long sik.

4. Lukautim ol lain i kisim sik

Dispela sik i no asua bilong wanpela. Sapos yu yet kisim kus... em i wanpela asua bilong yu? Nogat. Dispela covid-19 em i wanpela strongpela kus tasol. Noken kros long ol lain i kisim sik. Tingim Jisas – yumi i mas i gat bel long dispela man o meri husat i kisim sik. This is not their fault. Be kind. Bel isi.

4. Extension officer Tok save?

Tingting gut. Noken go long longwe ples na tok save long ol!! Yu yet inap givim sik i go long ol...

Tok long sampela lain long maket, na ol bai go bek long ples bilong ol, wantaim tok save, NA OL YET MAS STAP LONGWE LONG OL ARAPELA – tupela wik, long luk save – ol yet i gat dispela covid-19 o nogat?