



Prevensen mo kontrol blong KOVID-19 long ol skul



Ministri blong Edukesen mo Trening
Gavman blong Vanuatu

FAKT ABAOT KOVID-19

Aotbrek blong korona vaeras disis (KOVID-19) oli bin diklareme olsem wan Pablik Helt Emerjensi blong Internasionol Konsern (PHEIC) mo vaeras ia i spred long fulap kantri raon long wol.

Wanem ia KOVID-19?

Emi wan disis we emi kam from wan niufala stren blong korona vaeras. CO i stanap blong corona, VI blong vaeras mo D blong disis. Ofiosili nem blong disis ia emi “2019 novel korona vaeras” o “2019 nCoV”. KOVID-19 emi wan niufala vaeras we emi kolosap olsem Severe Acute Respiratory Syndrome (SARS) mo sem taep blong komon kold.

Wanem nao ol saen blong KOVID-19?

Saen emi save inkludim fiva, kof mo shot wind. Samtaem, disis ia emi save kosem ded. Ol saen oli olsem flu (influenza) o komon kold we emi mo komon pitim KOVID-19. Long risen ia nao i nid blong mekem test blong konfirm sapos samwan i kasem KOVID-19.

Olsem wanen nao KOVID-19 hemi spred?

Vaeras ia i spred taem yu gat kontakt wetem ol respiratori droplet blong wan person we i kasem finis (taem emi kof o sniz). Wanwan man emi save be kasem taem emi tajem wan samting we emi gat vaeras i stap long em mo taem emi tajem fes (olsem ae, nos, maot). KOVID-19 i save laef long ol surfes bitim wan haosa be yu save kilim wetem medesin olsem echoes.

Hu nao i stap long risk?

Yumi stap lanem evri dei hao KOVID-19 emi stap afektem ol pipol. Ol olfala mo ol pipol we oli gat ol narafala sik olsem sik suga mo sik blong hat oli gat mo risk blong developem ol sivere saen. From emi wan niu vaeras, yu stil stap lanem how emi afektem ol pikinini. Yumi save se emi posibil blong ol man mo ol woman blong eni ej i save kasem vaeras ia, be so far i no gat tumas kes blong KOVID-19 i afektem ol pikinini. Vaeras is emi save kosem ded samtaem be so far emi blong ol olfala we oli gat sam medikol kondisen finis.

Wanem nao tritmen blong KOVID-19?

I no gat stik meresin blong priventem em mo medicine blong tritim KOVID-19. Be yumi save tritim fulap blong ol saen mo taem yu kasem kea erli from wan heltkea provaeda emi save mekem disis ia emi less dangerous. I gat sam klinikol trial we oli stap mekem blong assessem posibol tritmen blong KOVID-19.

Hao yu save slowem daon o stop spred blong KOVID-19

Olsem eni narafala respiratori infeksiens olsem flu o komon kold, ol desisen blong pablik helt oli kritikol blong sloem spred blong sik. Ol pablik helt desisen oli mas stopem spred wetem aksens olsem:

- ✓ sapos yu sik yu stap long haos;
- ✓ kaveremap maot mo nus blong yu long elbo blong yu we yu benem o usum wan tisu taem yu kof mo sniz. Sakem sopsop pepa tawel we yu bin usum kwik taem;
- ✓ wasem han blong yu often wetem sop mo wota; mo
- ✓ klinim evri taem ol surfes mo ol objekt we yu bin tajem .

From bae yumi lanem mo abaot KOVID-19 long ol taem we i kam, bambae ol pablik helt ofisiol oli save rekomandem mo aksens.

MESEJ MO AKSENS BLONG OL ADMINISTRETA, TIJA MO STAFF BLONG OL SKUL

Folem sam basik prinsipol i save helpem ol studen, tija mo staf blong oli sev long skul mo i save helpem stopem spred blong disis ia. Ol rekomendesens blong ol helti skul i go olsem:

- ✓ **Ol skul long Vanuatu oli shud open bakegen stat long Mandei 18 Mei 2020** sipos TC Harold i no bin afektem olgeta.
- ✓ **Ol skul we TC Harold i bin aktem olgeta bae oli open bakegen long spesel taem**, olsem Prinsipol i talem.
- ✓ **Ol studen, tija mo ol narafala staff we oli sik, oli no shud kam long skul o wok.**
- ✓ Ol skul oli mas enforsem regular hanwasing wetem sef wota mo sop, oli mas kilim wetem medesin olsem alkohol evri dei mo klinim ol surfes blong skul.
- ✓ Skul oli mas provaedem wota, sanitesen mo waste manajmen mo folem ol prosidja blong klinim mo dikontaminatem envaeronmen.
- ✓ Ol ofisa blong Ministri blong Helt we oli stap promotem helt long ol skul oli mas mekem ol inspeksens visit long ol skul we oli open.

JEKLIS BLONG OL ADMINISTRETA, TIJA MO STAF BLONG OL SKUL

- 1. Promotem mo soem regular han was mo positiv haejin bihevia mo monitorem implementesen. Mekem sua se i kat inaf klin mo separet toalet blong ol gel mo ol boe.
 - Mekem sua se i gat sop mo wota long evri hanwasing stesen
 - Enkurajem blong evriwan i wasem han blong em evri taem mo fulwan (20 sekond olsem)
 - Putum medesin blong wasem han long toalet, klasrum, halls mo ol exit point sapos i posibol.
 - Mekem sua se i gat inaf, klin mo separet toalet o bus toalet long ol gel mo ol boe.
- 2. **Klinim wetem medisin olsem alkohol ol bilding blong ol skul, ol klasrum mo spesieli ol wota mo sanitesen fasiliti** minimum wan taem long wan de mo klinim gud ol surfes we fulap pipol i bin tajem (railing, tabol blong lunch, ekwipmen blong sport, handel blong ol doa mo windows, toys, tijin mo laning aids, etc.). Usum wan medesin olsem alkohol sapos i possibol (exampol: blij).
- 3. **Mas gat enav spes we i gat fulap ae long hem** (openem ol windows mo doa, etc.).
- 4. **Putum ol posta we i enkurajem gud ol haejin praktis blong wasem han mo pulum wind long bodi blong skul mo long komyuniti.**
- 5. **Mekem sua se yu rimuvum evri dei ol rabis** mo sakem olgeta sefli.
- 6. **Mekem sua se evri pikinini i go bak long skul** sipos TC Harold i no bin afektem skul blong olgeta.
- 7. Enkurajem tija, staf blong skul, paren mo komyuniti blong **oli lisen long ol apdeit blong Gavman blong Vanuatu** usum radio, TV, fone, niupepa mo sosial midia.

JEKLIS BLONG OL PAREN, GADIAN, KEAGIVA MO KOMYUNITI MEMBA

Ol prinsipol, tija mo staf blong skul oli shud givim jeklis ia long ol paren mo ol memba blong komyniti blong oli redi blong fesem pandemik blong KOVID-19.

- 1. **Mekem sua se ol pikinini blong yu oli go bak long skul** sipos TC Harold i no bin afektem skul blong olgeta. Ol skul we TC Harold i bin aktem olgeta bae oli open bakegen long spesel taem, olsem Prinsipol i talem.
- 2. Tijim mo soem ol gudfala haejin praktis long ol pikinini blong yu.
 - Praktisim gud han wasing:
 - i. Wasem han blong yu wetem sop mo wota evri taem.
 - ii. Wasem han blong yu evri taem wetem sop mo wota sapos han blong yu i klirli doti.
 - iii. Wasem han blong yu oltaem even e no toti.
 - iv. Sapos i no gat sop mo wota, usum wan sop blong wasem han we i gat alkohol long em wetem minimum 60% alkohol.
 - Mekem sua se i gat klin wota blong drink.
 - Mekem sua se ol toalet oli klin mo stap oltaem redi blong man i save usum.
 - Mekem sua se yu kolektem rabis mo storem mo sakem rubbish sefli.
 - Kof mo sniz long wan sopsop pepa tawel, handajif mo elbo blong yu mo no tajem fes, ae, maot o nus blong yu.
- 3. **Enkurajem** ol pikinini blong yu blong emi askem kwesten mo expresem filing blong em. Rimemba se pikinini blong yu emi save gat ol difdifren we blong behav long kaen taem olsem; bae yu mas stap kwaet mo understanem pikinini blong yu mo bi positiv.
- 4. Lukluk wetem skul **blong risivim informesen mo hom-skul pakej**. Askem hao yu save sapotem laning blong pikinini blong yu long haos.
- 5. **Enkurajem lening blong pikinini blong yu long haos** wetem ol aktiviti we yu mekem insaed long haos nomo mo edukesen aktivitis. Spendem taem tugeta.
- 6. **Lesen long ol apdeit blong Gavman blong Vanuatu** usum radio, TV, fone, niuspepa o sosiol midia.

JEKLIS BLONG OL STUDEN MO OL PIKININI

Ol prinsipol, tija mo staf blong skul oli shud givim jeklis ia long ol studen blong oli redi blong fesem pandemik blong KOVID-19.

1. **Protektem yu mo ol narafala pipol**

- Wasem han blong yu oltaem mo usum sop mo wota long 20 sekon olsem.
- Rimemba se yu no shud tajem fes, ae, maot mo nus blong yu wetem ol narafala man.
- Yu no shud serem ol kap, ol tul blong kaekae, kaekae mo drink wetem ol narafala man.

2. **Bi wan lida** mo kipim yu, skul blong yu, famili mo komyuniti blong yu i helti.

- Serem wanem yu bin lanem abaot prevensen blong disis wetem ol famili mo frens blong yu, espesieli wetem ol smol pikinini.
- Soem ol gudfala praktis olsem sniz mo kof long elbow blong yu mo washem hand blong yu espesieli long ol yangfala memba blong famili.

3. **Talem** long ol paren, gadian mo keataka **sapose yu filim se yu sik.**

4. **Mekem sua se yu mekem ol lening aktiviti** blong yu long haos wetem sapot blong wan memba blong famili.

5. Long wan kaen situasen olsem, emi stret taem yu harem nogud, yu tingting tumas, no save wanem yu stap mekem mo yu kros. Yu mas save se yu no stap yuwan nomo long situasen ia mo yu shud toktok long samwan we yu trastem olsem ol paren mo ol tija blong yu kipim yu mo skul i sef mo helti.

6. **Askem kwestien, eduketem you mo kasem ol informesen** from ol gudfela sos olsem ol tija, paren mo ol gudfala websaet.

REKOMENDED SOS BLONG INFOMESEN ABAOT KOVID-19

MbET emi wantem enkurajem ol prinsipol , tija, paren, studen mo skul komyuniti blong oli save ol taem abaot develomen blong situasen KOVID-19 situation wetem:

- ✓ Websaet blong MbET: <https://MbET.gov.vu/>
- ✓ Facebook pej blong MbET: <https://web.facebook.com/MbETvanuatu/>
- ✓ KOVID-19 websaet blong Ministri blong Helt: <https://covid19.gov.vu/>
- ✓ Facebook pej blong Ministri blong Helt : <https://www.facebook.com/Health-Promotions-Vanuatu-1674266679566197/>
- ✓ Imel blong KOVID-19 Helt Emerjensi Operesen Senta: covid19@vanuatu.gov.vu
- ✓ Hotlaen blong KOVID-19 infomesen long 119
- ✓ Radio
- ✓ TV
- ✓ Mobael fone – tru long ol ofisiol SMS we Gavman blong Vanuatu i stap sendem
- ✓ Ol ki mo prisaes websaet is:
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Plis note se yu shud ridim ol stret mo prisaes infomesen nomo. Emi impotent blong yu stopem ol kliaman infomesen long taem blong emergjensi.