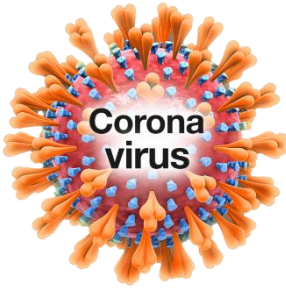
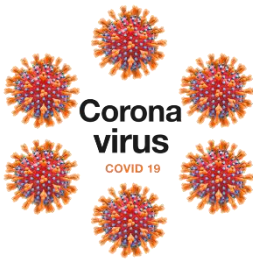


**कोरोना भाइरस तथा कोभिड - १९ भनेको के हो ?  
What is coronavirus and COVID-19 ?**

**१६ मार्च २०२० को अपडेट  
16 March 2020 update**



**कोरोना भाइरस** भनेको भाइरसहरूको ठुलो समूह हो, जसले मानिस तथा पशुहरूमा रोग सार्छ।  
**Coronaviruses** are a big group of viruses that can make people and animals sick.



भाइरस भनेको मानिसहरूमा रोग/बिराम सार्ने एक किसिमको जीवाणु हो।  
A **virus** is something that can make people sick.

मानिसहरूलाई बिराम सार्ने एक किसिमको कोरोना भाइरसलाई नै **कोभिड - १९** भनिन्छ।  
1 type of Coronavirus that can make people to sick is called **COVID-19**.



कोभिड-१९ एक व्यक्तिबाट अर्को व्यक्तिमा सर्न सक्छ।  
COVID-19 can pass from person to person.



कोभिड - १९ भएका मानिसहरुमा निम्न लक्ष्यण हरु देखा पर्न सक्छन् ।

People with COVID-19 may:

- have a cough. खोकी लाग्नु ।
- have a fever - this is when you get really hot. उच्च तापक्रमको ज्वरो आउनु ।
- find it hard to breathe. सास फेर्न गाह्रो हुनु ।



जान्नै पर्ने महत्वपूर्ण कुरा यो पनि हो कि, सामान्य रुगा-खोकी लागेका मानिसका पनि यस्तै लक्ष्यणहरु हुन सक्छन् ।

It is important to know that people who get a cold or flu may also have these things.



कोभिड-१९ भएका कोहि मानिसहरु बिरामी नहुन पनि सक्छन् ।

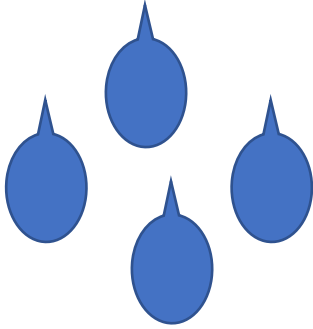
Some people with COVID-19 may not get sick.



तर अरु मानिसहरुलाई भाइरस भने सार्न सक्छन् ।  
But they can still pass the virus to another person.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

कोभिड-१९ भएको व्यक्तिसंग सम्पर्क भइसके पछि पनि बिराम देखिन १४ दिन सम्म लाग्न सक्छ ।  
It can take up to 14 days from the time a person has been around someone with COVID-19 to when they get sick.



जब कोहि व्यक्तिसंग कोभिड-१९ को जीवाणु/किटाणु हुन्छ, उसले नाक/मुख बाट निस्कने छिटाहरु बाट निम्न किसिमले आफु वरपर भएका बस्तु/ब्याक्तिहरु लाई सार्दछ ।

When a person has COVID-19 they can spread **droplets** onto things or people around them when they:



- cough. खोकीबाट ।

- sneeze. हाछिउंबाट ।

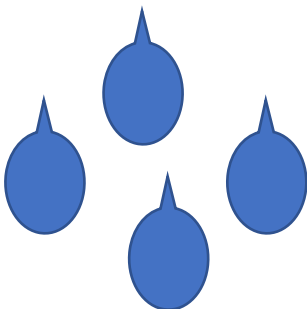


- talk. कुरा-कानीबाट ।

- touch other people like shaking hands सम्पर्कबाट , जस्तै - हात मिलाउँदा ।

- touch **surfaces or objects** that someone else then touches

अरुले छोएका बस्तु तथा सतह छुँदा ।



कोहि पनि व्यक्तिको मुख वा नाकबाट निस्कने सुक्ष्म तरल पदार्थ लाई छिटा/थोपा भनिन्छ ।

**Droplets** are very small bits of liquid that come out of a person's nose or mouth.

यिनै छिटामा कोभिड-१९ भाइरस हुन सक्छ

The droplets could have the COVID-19 virus in them.



छोड़ने बस्तु वा सतह निम्न प्रकारका हुन  
सक्छन :

**Surfaces** and **objects** are things like:

Tables. टेबल ।



• bathroom sinks. बाथरूमको पानीकल ।

• kitchen benches. भान्सा घरमा प्रयोग हुन बस्तुहरु ।



• door handles. ढोकाका ह्यान्डलहरु ।



यी तथ्य पृष्ठमा उल्लेख भएका जानकारी अनुरूप  
नियम पालना गरेमा कोभिड-१९ भाइरसको संक्रमण  
न्यून हुनेछ ।

This factsheet will tell you what you can do to  
have less chance of getting COVID-19.

कोभिड-१९ बाट आफू बच्ने र अरुलाई बचाउने उपायहरु ।

Things you can do to protect yourself and others from COVID-19



कोभिड -१९ को फैलावट रोक्नका लागि हरेक व्यक्तिले गर्नुपर्ने महत्वपूर्ण दायित्व ।

There are some important things that everyone can do to stop the spread of COVID-19.



You should: जुन तपाईंले गर्नुपर्ने ।

- रुगा-खोकी लागेका व्यक्ति बाट टाढै रहनुपर्छ ।  
stay away from people who are unwell with a cold or flu
- रुगा-खोकी वा अस्वस्थ्य भए घरैमा बस्नु पर्छ ।  
stay home if you feel unwell
- खोक्ता वा हाछिउं गर्दा आफ्नु नाक मुख पूर्ण रूपले छोप्ने गर्नुपर्छ ।  
cover your mouth and nose with a tissue when you cough or sneeze
- प्रयोग भइसकेका टिस्सुयुहरु फ्याँक्ने गर्नुपर्छ ।  
throw away any tissues that you use
- टिस्सुयु नभएको बेलामा खोकी वा हाछिउं आएमा आफ्नो हात- पाखुराले नाक-मुख छोप्नु पर्छ ।  
cough or sneeze into your elbow if you have no tissues.





निम्न कार्य गरि सकेपछि साबुन पानीले कम्तिमा  
पनि २० सेकेन्ड सम्म लगाएर हात धुनुहोसः  
Make sure you **wash your hands with  
soap and water** for at least **20 seconds**:



- खोकि या हाछिउं गरे पछि ।  
after coughing or sneezing
- सिंगान पुछेपछी ।  
after blowing your nose



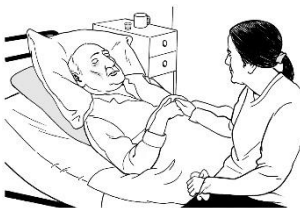
- खानेकुरा खानु या छुनु भन्दा अगाडी ।  
before eating or touching food



- चर्पी /ट्वाइलेटको प्रयोगपछि ।  
after using the toilet



- बाल-बछाहरुको नाक सफा गरेपछि ।  
after helping children wipe their  
noses

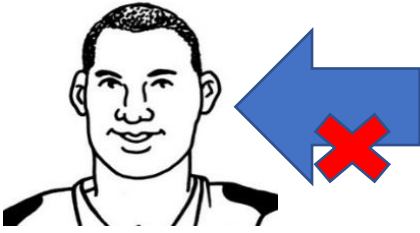


- बिरामीको चेक/जांच गरिसकेपछि ।  
after caring for sick people.



हात धुने साबुन पानी नभएमा स्यानीटाइजरले हात सफा गर्नुहोस ।

If there is no water or soap you can use **hand sanitiser**.



तल उल्लेखित सरिरका अंगहरु बारम्बार नाछुनुहोस  
Another important thing you can do is try not to touch your:

- eyes. आँखा ।
- Nose. नाक ।
- mouth. मुख ।



बारम्बार प्रयोग हुन बस्तु र सतहहरुलाई पटक-पटक सफा गरिरहनु पर्छ ।

It is also a good idea to clean **surfaces** and **objects** that you use a lot.



कोभिड-१९ को बारेमा सोधपुछ या जानकारी  
लिनुपरेमा तल दिएको फोनमा सम्पर्क गर्नुहोस ।  
If you have any questions about COVID-19  
you can call Healthline on:

**0800 358 5453**



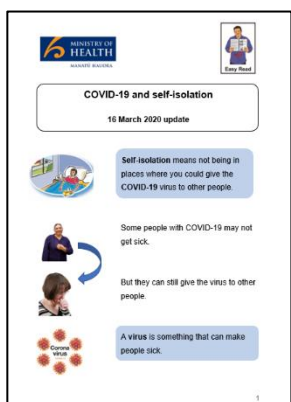
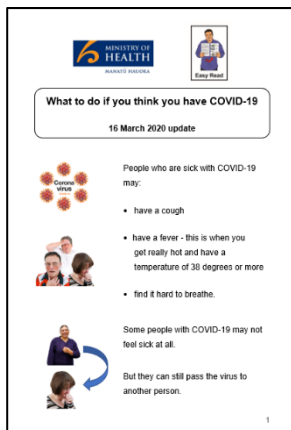
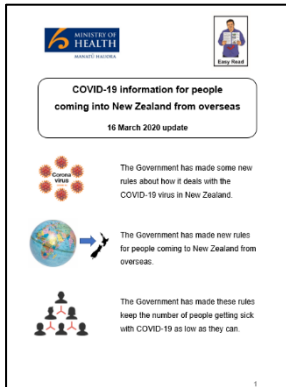
हेल्थलाइनमा फोन गर्न कुनै शुल्क लाग्ने छैन ।  
It will not cost you any money to call  
Healthline.



हेल्थलाइनको फोन सेवा २४घण्टानै उपलब्ध छ ।  
Healthline is open all the time – day and  
night.



# Where to find more Easy Read information about COVID-19



There are some more Easy Read factsheets called:

- COVID-19 information for people coming into New Zealand from overseas
- What to do if you think you have COVID-19
- COVID-19 and self-isolation.

You can find these Easy Read factsheets on the Ministry of Health **website**:



[www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus](http://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus)



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- Sam Corliss



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