

COVID-UPDATE, 7 OCTOBER 2020 (ZIMBABWEAN TRANSLATION)

CHII CHITSVA?

KUTARASWA NEVE KEMH

Pakaitwa matesiti 2,682 asi hapana akaonekwa anehutachiwana pamazuva 165 adarika

ZVITVA PAKUTARISWA KWEMA SWABS

Tavakukwanisa kupa nzira nhatu dzekuita maswab muno muFalkland Islands kuitira kuchengetedza hutano zvevanhu vose. Sekuziva kwenyu ,tinoita matesiti kune avo vanenge vaita zviratidzo zvechirwere ichi, zvinovaizvo zvinenge zvedzihwa , kutariwsa uku kunoitwa mushure memazuva maviri kana matatu waratidza zviratidzo zvechirwe ichi.

Tinoitazve yatinoti (surveillance swabbing), zvikuru sei kune avo vose vanoshanda neveruzhinji vanosanganisira vashandi vehutano pamwe nevemunharaunda ,vemuzvipatara pamwe nevemuzvitoro. Mabhizimisi pamwe nevanodawo havo kuitwa matesiti aya munokurudzirwa kunyora tsamba muchikumbira kuitwa matesiti aya pa [:surveillance@kemh.gov.fk](mailto:surveillance@kemh.gov.fk)

Yekupedzisira ,tavakuita (quarantine swabbing) iyi inotanga nerunhare kubva kune veKEMH apo unenge wasvika muno muFalkland Islands kuti muronge zvekuita maswabs aya (48-72 hours) wabva kusvika muno, uye mamwezve kwapera mazuva 7 pamwe ne 13. Kuwanikawa usina hutachiwana (negative results) zvinoreva kuti wavakukwanisa kubuda kubva mukuzvipadzanisa nevamwe. Kana wanga uchigara nevamwe vanhu paimba ipapo vose vanhu vanokurudzirwawo kutaitwa maswabs aya muzuva rechi 7 pamwe nerechi 13.

Kutariswa hutachiwa apo unenge urikuzviparadzanisa nevamwe (Quarantine swabbing) hakumanikidzwe munhu,asi zvinokurudzirwa kuti munhu wese aedze kutevedzera chirongwa ichi, kuitira kuti munhu azive kuti haana chirwe che Covid-19 kunyangwe usina zviratidzo kana unezviratidzo.

Kuita maSwabs kwakatikoshera nekuti kunotibatsira kuchengetedza hutano hwevanhu wese kunyanya avo vanezvimwewo zvirwere .Chirongwa ichi chakatinakira kutiwo tirambe tiine chivimbo chikuru chekuti hatina denda reCovid -19

VANODA HAVO KUITWA COVID – 19 SWAB VASATI VABUDA MUNYIKA MUNO

VEKEMH vanga vachitambira nhare kubva kune vanhu vakasiyana siyana avo varikuda kuita rwendo rwekubuda muno vachikumbira kuitwa maswab .Izvi zvinoitwa nekunyora tsamba pa surveillance@kemh.gov.fk nemusoro wenyaya unoti “Travel Swab”. Kana zvichikwanisika unokurudzirwa kutumira umbowo hunotevaera mazuva gumi (10) usati wafamba rwendo rwako

1. Zita Rizere,paunogara pamwe nezuva rekubarwa zvevanhu arikuda kuitwa swab
2. Nhamba dzako dzenhare kuti veKEMH vakubate
3. Zuva iro unotarisa kubuda muno muFalkland Islands
4. Nyika iyo urikuenda nezvinodiwa nyika iyoyo maererano neCovid-19 , (semuenzaniso maswab anofanirwa kuitwa 72 hrs usati wasimuka munyika yauri)

KEMH ichataura newe kuti vakuone vaererano nechikumbiro chako uye nerubatsiro maererano nezvavanenge vawana muongororo idzi.

KUZVI PARADZANISA NE VAMWE (QUARANTINE) PAMWE NEMUTEMO YEVASHANYI

Hurumende irikuramba ichitarisa mitemo yose yakaiswa maererano nekuzviparadzanisa kweavo vanenge vabva kune dzimwe nyika kuitira kuona kuti mitemoiyi iri kushanda nemazvo here. Munhu wese anoda kuuya muno mu Falkland Islands anopihwa gwaro rine bumbiro remitemo itsva yemuno kubva kune mukuru vezvehutano (Chief Medical Officer), uchiva udza zvizere maererano nekugara kumba uchizviparadzanisa nevamwe. Zvinhu zvikuru zvekurangarira:

- Panguva yekuzviparadzanisa nevamwe unosungirwa kugara mumba mako kana mubindu rako, kusiyakwekuti paita tsaona kana uchida rubatsiro kubva kune vehutano
- Panguva iyi haubvumirwe kusangana neshamwari, kuenda kuchikoro, kubasa kusvika zvimbo dzinongana vanhu pamwe nekushandisa michovha inoshandiswa neruzhinji kusvikira mazuva 14 ako akwana urimukuzviparadzanisa
- Unokwanisa kushandisa runhare kutenga zvose zvaungada kusanganisira zvidyiwa, mafuta anodziisa mudzimba, makadhi emagetsi pamwe nemishonga nezvimwewo, asi zvinhu izvi zvinounzwa kumba kwako asi unovaudza vasiye panze, mupochi kana pazvimbo yakakusunungukira
- Haubvumirwe kuita vashanyi vasvike pamba pako kana mubindu mako, avo vaunogara navo chete ndivo vanobvumirwa pamba pako
- Haubvumire kutasanudza makumbo uchibuda pamba, kuno mhanya kana kutyaira motokari uchienda nyangwe kunzvimbo dzisina vanhu

ZVAUNGAITE UKARWARA

VeKEMH vanokurudzira vanhu nguva dzose kuti ukaita zviratidzo zvedzihwa kana kurwadziwa nekumonyorwa nemudumbu (gastrointestinal illness, **garai pamba penyu ndapota, musaenda kubasa kana kuchikoro.**

Kana ukarwara nechirwere chipi hacho chinotapuriranwa, ve KEMH vanokumbira urove runhare pa nhamba dzinoti 28000 **USAENDE** kuchipatara. Vashandi vekuchipara vachakupa rubatsiro panhare. Yambiro zvakare nezviratidzo zve Covid-19 :

- Gosoro idzva kana kana kunyanya kukosora
- Kupisa kwemuviri
- Kutadza kufema zvakana
- Kukarakata kwepahuro
- Kuhotsira kana kubuda dzihwa rega
- Kutadza kunzwa kuvava kana kutapira kwezvinhu, kushaya kunzwa munhuhwi wezvinhu

ZVAKABUDA MUONGORORO DZAKAITWA MAERERANO NE COVID-19

Zvakabuda mutsvagiridzo yakaitwa maererano ne Covid-19 uye nepfungwawo dzakabva mutsvagirudzo idzi, zvava pedyo kunopiwa ku Government's Corporate Management Team pamwe nema MLAs kutanga kwa Mbudzi (November) naizvozvo kuburitswa kwazvo kuchatevera mushure menhaurarwa idzi dzaitwa.

ZVITSA MAERERANO NE LATAM

Sezvambotaurwa kare , LATUM yataura kuti nzira yekufamba nengege kuenda ku Sao Paolo icharamba yakavharwa kusvika 20 October 2020, asi izvi zvichaongororwazve tisati tasvika kuzuva iri.Zvimwechetewo nezvakataurwa musu 27 August 2020 maererano nenzira ye Punta Arenas-Santiago icharambaze yakavharwa kusvika musu wa 2 January 2021 ,tsvagiridzo idzva pamusoro penhaurwa iyi dzichaitwazve musu uyu usati wasvika.