

Kheresko dikhipe vash pacientya e COVID-19 kola silen kovle simptomya thay menajipe olenge kontaktyengo

Yekhvahtuno godideipe
17 Marti 2020



Andripe

LSO kergya akava yekhvahtuno godideipe te arakhel o mangipya vash rekomandipya vash siguruno kheresko dikhipe vash pacientya e undripye vash COVID-19 kola silen kovle simptomya^a thay vash publikune sastipeske mase vash menajipe olenge kontaktyengo.

Akava dokumenti adaptisalo kotar yekhvahtuno godideipe ano Mashkar Ratoriguno respiratorengo sindromi koronavirus (MERS-CoV) infekcia kay publikisalo pe Yuni 2018¹ thay sito informimo kotar evidenca publikimi kotar LSO, leindoy kotar Infekciaki prevencia thay kontrola e epidemikune androne akutune respiratorune nasvalipesko ano sastipesko dikhipe,² thay bazirimo pe momentesko informipe vash COVID-19.

Akava sigutno godideipe laqhardilo e palune informaciencar thay sile mangipe te del godi e publikune sastipeske thay infekciaka prevenciake thay kontrolake (IPC) profesionalya, sastipeske dikhipeske menajerya thay sastipeske dikhipeske butikerne (SDB) kana adresinena o puqipya phanglo e khereske dikhipeya vash pacientya e undrime COVID-19 kola silen e kovle simptomya thay kana menajinena olenge kontaktya. Akava godideipe sito bazirimo ani evidenca vash COVID-19 thay ano vizibiliteti e implementipesko e IPC masengo khere. Vash o mangipe akale dokumenteske, “dikhutne” referingyona ko dadalarya, roma e dadalaryenge, thay yaver familiake jene vay amala bizo formaluno sastipesko dikhipesko treningo.

Ruyjina tumen referingyoveni pe [Globaluno Dikhipe e manushenga infekciako e koronaviruseske nasvalipeya \(COVID-19\)](#) vash surengo definipe. Ruyjina tumen referingyoveni pe [Infekciaki preventiva thay kontrola ano sastipesko dikhipe kana COVID-19 undringyola](#) vash godideipe pe IPC ano sastipeske dikhlaripeke institucie.

Kote te menajine e COVID-19 pacienteyenca

LSO rekomandinla kay sah laboratoriae konfirmime sure te oven izolime thay te dikhlon kotar sastipeske dikhipeske institucie. LSO rekomandinla kay o sah personya undrime e COVID-19 kola silen nesave akutune respiratorune infekcie te dikhlon ano angluno thavd e kontaktesko kotar sastipesko dikhipesko sistemi thay emergentuno dikhlaripe musay te shrdel bazirimo pe pharipe e nasvalipesko. LSO laqhargya [treteripeske godideipya vash pacientya e ARI phanglo e COVID-19](#), kola astarena o godideipe vash qlavdi populacia (misal, phure, khamne juvla thay qhavore). Ani situacia kote izolacia ano sastipeske dikhipeske institucie vash sah sure na siton shayutne, LSO vakerla kay prioritizipe odolengo e uqe shaipyencar e bilaqe avipyengo: pacientya e nesave thay kritikune navslaipyencar thay

^a Kovle nasvalipya shay astarna: nakomplikime respiratorune trakteske viralune infekciake simpomya sar si tresipe, qhindipe, kuhibe, (e vay bi qulinyengo), anoreksia, nashukaripe, dukh ano muskulya, krleski dukh

odola e kovle nasvalipyenca thay irizko e bilaqe avipyencar (bersha >60 bersha, sure e hramime khetane morbidipya, misal, hronikune kardiovaskularune nasvalipya, hronikune respiratorune nasvalipya, diabeti, kanceri).

Te sine kay savore kovle sure nashti te izolingyon ano sastipeske institucie, odole e kovle nasvalipeya na manglape te izolingyon ano na tradicionalune institucie, sar si gatisarde hotelya, stadionyay vay gimnazie kote on shay te aqhon ji kay olenge simptomya nakhna thay laboratoriae testa vash COVID-19 virusi siton negativune. Alternativune, pacientya e kovle nasvalipyencar thay na rizikime faktoryencar shay te menajingyon khere.

Kheresko dikhipe e pacientengo e undripeya vash COVID-19 kola silen kovle simptomya

Vash odola kola silen kovlo nasvalipe, hospitalizipe shay nashti ovla shayutno vash o sebepi e pharipyengo ano sastipesko dikhipekso sistemi, vay sito manglo ji kana sito manglo vash pharipe e situaciako.³ Te sine pacientya numaye kovle nasvalipeya, kheresko dikhipe shay te konsideringyol, abokar dur kovar on shay dikhlona kotar familiake jene. Kheresko dikhipe shay te konsideringyol kana o pacientesko dikhipe na sito shayutno vay na siguruno (misal. Kapaciteti sito limitimo, thay resursya sito nashayutne te pheren vay mangan sastipeske dikhipeske servisya).

Ani koya te ovel situacia, pacientya e kovle simptomsencar¹ thay bizo kronikune kondicie – sar si kolineske vay viloske nasvalipya, bubrekosko nasvalipe, vay na kompromisime kondicie kay sile o patienti ano bayripe e rizikosko e komplikipeske bayripesko – shay te dikhlol khere. Akaya decisia rodela shukar klinikuno krisipe thay musay te informingyol kotar notadeipe vash siguripe e pacientesko ano kheresko thanipe.^b

Ano sure kote o dikhipe ka kergyol khere, te sine shayutno, trenirime SDB musya te kerel rodlaripe vash te verifikinel o thanipe sito shuakrno vash dikhlaripe; o SDB musay te musyarel sito o patienti thay familia jande vash te adikeren o mase kay ka rekomandingyol sar kotar e kherune izolipesko (misal, vastengi higiena, respiratoruni higiena, thanipekso shusharipe, limitipya thay phiripe ano thay kotar kher) thay shay te adresinel siguripeske darakeripya (misal, riziko kotar nakhavipe thay yag phanglo e vastipeya e vastumnengo ani baza e alkoholeya).

Te sine thay kote si shayutno, musay te qhiven komunikipe e sastipeske dikhipeske deutnesko vay publikune sastipesko personeli, vay khetane, musay te formiringyol vash o vahti e khereske dikhipesko – kay sito, andar o pacientesko sistemi kompletune alosarde. May buhle informacie krlo, dispneja, phanipe nakesko vay shereski dukh. Na buti ver, pacientya pacientya shay te oven e diarea, bilaqipe, thay qhadibe.

^b Kotar e kontrolaka listako vash notadeipe e thanipeske kondiciengo ano kher sito shayutno ano Annex C e referencako 2.

vash COVID-19 thay olekso phiripe sito manglo te defininel vash khereske izolipeske mangipya.

Pacientya thay khereske jene musay te oven edukime vash personaluni higiena, bazikune IPC mase, thay sar te dikhen vash siguripe sar shayutno vash personi undrimo kay sile COVID-19 vash te angloaqhaven e infekcia vash phiravipe ko kheresko kontakti. Pacienti thay khereske jene musay te den o manglo phikoipe thay edukipe, thay monitoripe musay te lungyaren vash lungyaripe e khereske dikhipesko. Khereske jene musay te phiraven o avutne rekomandipya.

- Qhiveni e paciente ani shukar ventilimi soba (misal e putarde penjerencar thay putarde vudarencar).
- Limitineni o phiripe e pacientesko ano kher thay tiknyarena o ulavde thana. Sigurineni kay o ulavde thana (misal. kuyna, nangipekso than) siton shukar ventilime (adikereni penjere puterde).
- Khereske jene musay te beshen ani yaver soba vay, te sine kay akava na sito shayutno, adikereni e distanca kotar 1 metro kotar nasvalo manush (misal ano ulavdo kreveti).^c
- Tiknyar o gendo e dikhutnengo. Idealune, alosareni yekh persone kova sile shukar sastipe thay na sile hronike thay imunokompromisyune kondicie.³ Vizitorya na manglape te ovel mekhle ji kay o pacienti sasutne saslola thay na sile signalya e simpomyenge e COVID-19.
- Kerani vasteski higiena palo sasavo kontakti e pacientencar vay olengo sigutno thanipe.⁴ Vasteski higiena shay te ovel kerdi anglo thay palo gatsiaripe e maresko, anglo hape, palo vastipe e toaletesko, thay savaht o vasta kana si melale. Te sine kay o vasta na dikhlona melale, alkoholeska baza shusharno shay te vastingyol. Vash dikhle melale vasta, vastin sapuni thay pani.
- Kana shusharena o vasta e sapuneya thay panyea, sito preferimo te vastinen manglo lil thay te shukaren tumare vasta. Te sine kay akala nane, vastineni shushe sheya thay yaverin olen regularune.
- Vash te adiekren respiratorune sekrecie, medikaluni maska^d musay te dengyol e pacientenge thay te adikergyol so may buderi, thay te yaveingyol sako dive. Individya kola nashti te tolerinen medikaluni maska te vastinen rigorozuni respiratoruni higiena; kay si, muy thay nak musay te uqhargyol e mangle lileya kana kuhinena vay hastrinena. Materialya vastime vash te uqharen o muy vay nak te frdingyon vay te shushargyon sar manglape palo vastipe (misal marame thoveni regularune e sapuneya thay deterjenteya thay pani).
- Dikhlarne musay te vastinen medikaluni maska kay uqharela olengo muy thay nak kana siton ani yekhuni soba e pacienteya. Maska na manglape te qalavgyol thay vastingyol ano olako vastipe. Te sine kay e maska sapangyola vay ovla melali kotar sekrecie, musay te yaveringyol sigate e neva, shuka maska.

Cide e maska vastindoy mangli teknika – kay sitoy ano qalavipe e fronteya, pedral olate. Cide e maska yekhatar palo vastipe thay shusharola.

- Nash e direktune kontaktestar e truposke qulinyencar, parikalune oralune thay respiratorune sekrecie thay beshlin. Vastineni yekhverutne vastumne thay maske kana dena oraluno thay respiratoruno dikhipe thay kana vastinena o qalavipe, urina, vay yaver vastipya. Vastineni vasteski higiena anglo thay palo cidipe vastummenge thay maskako.
- Ma vastin palem o maske thay vastumne.
- Vastineni manglo qarshafi thay hape vash pacientya; akala sheya musay te shushargyon e supa thay panyea palo vastipe thay shay te revastingyon thay shay te vastingyon desar te frdingyon.
- Sako dive shushareni thay dezinfektineni o thanipya kay siton buti ver qalavde ani soba kote o pacienti dikhlargyola, sar si sobake ormarya, soipeske thana, thay yaver soipeske sheya. Regualruno kheresko dikhipesko sapuni thay detergenti musay te vastignyol vash shusharipe, thay palo odova, palo thovipe, regularune kheresko dikhipeske dezinfektipe kova sile 0.1% sodium hypochlorite (misal ekvivalentuno e 1000 ppm) musay te aplikingyol.
- Shushar te dezinfektine o banyo thay toaleti may hari yekh ver ano dive. Vash shusharipe musya te vastinen sapuni thay deterjenti vash angluno shusharipe, palo odova, palo thovipe, regularune dezinfektipesko shey kova sile 0.1% sodium hypochlorite.
- Shushareni pacienteske uravipeske sheya, soibasko shey, thay vastumne thay peshkirya vastindoy regularuno sapuni thay pani vay thoipeski makina ano 60–90 °C (140–194 °F) e mangle khereske detejenteya, thay shuakreni. Kontaminimo soipesko than qhiveni ano than vash shusharipe e sheyengo. Ma tresineni o melale sheya thay nasheni kotar kontaminime materialya koal avena ano kontakti e morkya thay sheyencar.
- Vastumen thay garavipeske sheya (misalake. Plastikake sheya) musay te vastingyon kana o shusharipeske thana vay uravipeske sheya sito qalavde e truposke qulinyencar. Sar si pe konteksti, shay te vastingyon o vastumne. Palo vastipe, vastumne shay te shushargyon e sapuneya thay panyea palo dekonamipe e 0.1% sodium hypochlorite solucia. Yekh ver vastime vastumne (misalake nitril vay lateksi) musay te frden palo sakova vastipe. Kerani vasteski higiena anglo qhivipe vay palo cidipe e vastummengo.
- Vastumne, maske thay yaver sheya kola ovena ko kheresko dikhipe manglape te qhiveni ani kanta vash gunoy e kapakoa ani saslaripeski soba anglo se te frden vash infektipesko vastipe.^e Dikhlaripe e infektipe sheyengo sila e lokalune sanitariako autoriteti.
- Nasheni kotart yaver ovipya e ekspozipesko ano kontaminime sheya kotar pacienti beshipe (misal ma ulav dandenge shusharne, cigarya, habaske sheya, tenjere, piyipya, peshkirya, krpe vay spipeske sheya).

^c Yaveripe shay te ovel vash o daya kay dena quqi. Konsiderindoy o benefitya e quqyake deipesko thay vasni rola e dake thudesko ano phiripe e yaver respiratorune virusyengo, e day shay te lugyarel o quqyako deipe. Day musay te lel e medikaluni maska kana sitoy pashe e bebake thay te adiekren vastengi higiena anglo thay palo pashe kontakti e beba. Oy ayekha vi musay te dikhlarel yaver higienake mase mothavde nao akava dokumenti.

^d Medicinake maske sito hirurgiake vay procedurake maske kola siton yekhune vay yaverune (nesave siton sar tahtay); on adikergyona ano than kote astargyona ano shero.

^e Lokaluni sanitariako autoriteti musay te adaptinel mase vash te sigurinel kay vastime sheya te nakhen ani sanitaruni deponia, numay na ano biarakhli deponia.

- Kana o SDB dena azhutipe khere, on musay te keren rizikosko notadeipe vash te alsoaren o manglo perosnaluno garavipeske sheya thay te dikhen o rkeomandipya vash dikhipeske qulinya thay kontaktya.
- Vash kovle laboratoriakke konfirmime pacientya kola dikhlargyona khere, te realizingyol kotar kheruno izolipe, ovipya musay te testirinyon negativune vastindoy PCR testipoe duy ver kotar misalya kedime ko 24 orya. Kote o testipe na si shayutno, LSO rekomandinla kay konfirmime pacientya vash pherune duy kurke palo cidipe e simptomnyengo.

Menajipe e kontaktyengo

Personya (o dikhlarne thay SDB) kola sine ekspozime e individyenge kolenge si undripe kay silen COVID-19 siton konsiderime kontaktya thay musay te godideingyon vash monitoripe olenge sastipesko vash 14 dive kotar paluno dive e shayutne kontaktesko.

Kontakti sito personi kova sito astardo ano nesavo e 2 divengo anglo thay 14 dive palo dikhipe e simptomnyengo e pacientesko:⁵

- Kontakt muy pe muy e COVID-19 pacienteya andar 1 metro thay vash >15 minutyay;
- Deipe e direktune dikhipesko vash pacientya e COVID-19 nasvalipesko bizo manglo personalune garavipeske sheya;
- Beshipe ano yekhune pashe thanipe e COVID-19 pacienteya (leindoy kotar ulavipe e butyake thanesko, klasako vay kheresko vay ovindoy ano yekhuno thanipe) vash yekh vahti;
- Dromipe ano pashipe e (kay si, andar 1 m ulavipe e) COVID-19 pacienteya ano nesavo ovipe e dromipesko;
- Thay yaver situacia, sar si dendo pe lokalune rizikoske notadipeya.

Manglape te qhiven o ovipe e komunikipesko e sastipeske dikhipesko e sastipeske dikhipeske deutneya vash o vahti e dikahlripeske periodesko. Ayekha vi, sastipesko dikhipesko personeli musay te redikhlarel o sastipe e kontaktyengo regularune e telefoneya, idelaune te sine kay si qalavdo, prekal divuno ko personeski vizia, e specifikune diagnozake testyencar shay te oven te sine kay mangle.

Sastipesko butikerno musay may angle te del instukcie ko konakti vash kana thay kote te rodel azhutipe te sine kay ovla nasvalo, may shukar ovipe e transportipesko te vastinel, kana thay kote te khuven ano sastipeski institucia, thay koya IPC mase musay te dikhalrel.

Te sine kay o kontakti sile simpomya, o avutne bajakya musay te lelon.

- Informinen e leipeski sastipeski institucia kay ka avel simptomatikuno kontakti.
- Ji drominena te roden dikhipe, kontakti musay te uravel medicinaki maska.
- Kontakti musay te nashel kotar leipe e publikune transportesko ji ki institucia te sine shayutno; ambulanca shay te khargyol, vay nasvalo kontakti shay te transportingyol ani privatuni vrda e sah putarde jamyencar, te sien shayutno.
- Simpotmatikuno kontakti musay te godideingyol te kerel respiratoruni higiena thay vasteski higiena thay te beshel abokar dur e yaverenda kobar si shayutno (may hari 1 metro) kana sito ano transproti thay ano sastipeske institucie.

- Sah thana kola ano transporti melalona e respiraturne qulinyencar vay yaver truposke qulinyencar musay te shushargyon sapuneya vay deterjenteya, palo odova te dezinekingyon normalune produkteya kova sile 0.5% thavdipe vash parnipe.

Naysipya

Originaluni verziya e MERS-CoV IPC godideipe (*I*) kay sila baza akale dokumenteski kerdili ano konsultipe e LSO e Globaluna Rafinya vash Angloaqhavipe e Infekciako thay Kontrola thay yaver internacionalune ekspertya. LSO nays kerela odolen kola lele kotar ano keripe e PCK dokumetyengo vash MERS-CoV.

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LSO lungyarela te monitorinel e situacia pashe vash nesavo yaveripe kay shay te qalavel akava yekhvahtuno godideipe. Te yaveringyon yaver faktya, LSO ka ikalel yaver laqharipya. Yaverune, akava yekhvahtuno godideipesko dokumenti ka nakhel o vahti 2 bersh pali data e publikipeski.

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