

di lawan ideg amaḍal merra yettmaggar aṭṭan yecban coronavirus, yettwassnen ḍayen s yisem n COVID-19, yewwi-d yef yal yiwen ad yebdded deg umennuy mgal aṭṭan-a iweeren aṭas. Takadimit tafriqit n Tutlayin, ACALAN, tasudut n Tiddukla Tafriqit d-yelhan s usnerni d usmil n tutlayin tifriqiyin ilmend n usemres-nsent deg yehricen merra n tudert deg tefriqt, tettwali d akken yessefk ad d-nerr i tiyri iwakken ad neqleε wakali coronavirus deg umaḍal.

d acu i d aṭṭan coronavirus ?

yettwassen ḍayen s yisem n COVID-19, d aṭṭan anfafad s sebba n coronavirus d-yennulfan taggara-ya. abirus-a d waṭṭan-a imaynuten ur llin ara ttwassnen send ad d-ibin deg tmedint n Wuhan, di tmurt n Cinwa deg useggas n 2019.

dacu-tent limarat n waṭṭan coronavirus ?

limarat yettuqten d :

tawal, εeyyu d tussut takiwant. kra n yemdanen yezmer ad sεun lqerḥ, argal n wanzaren, tazza n wanzaren, lqerḥ di tayect, d tazza n tεebbuṭ d wuguren n uneffes. limarat-a deg tuget d tifessasin tbanent-d cwiṭ cwiṭ, kra n yemdanen yettantaḍ-iten ubirus maca ur seεεun ara limarat.

azal n 80% n yemdanen iḥuza waṭṭan tejjin, war ma ḍefren kra n ussesfer. yiwen umdan yef setta (6) seg wid yetthaz ubirus yettnerni deg waṭṭan, iseεεu uguren n uneffes. imyaren d yemdanen nniḍen yesεan aṭṭanen nniḍen imezgiyen am uftay unnig (hypertension) d waṭṭan n ssker d nutni i yezmer ad yenṭteḍ ugar waṭṭan-a., imdanen yettussun (yesguḥuyen), yesεan tawla d wuguren n uneffes yewwi-d ad rzun yer umejjay.

di teswiεt-a ur yelli kra n ucraḍ mgal COVID-19, maca kra n tamiwin xeddmen irman ilmend n uslali n ussefser iwatan. tuddsa tamaḍlant n tdawsa (OMS) d wammas n uḥezzeb d uswaḍ n waṭṭanen n Tiddukla tafriqit ad kemmlen ad d-fken yal isalli amaynut yef ayen yerzan asnulfu n ucraḍ.

ihi, dacu i nezmer ad tnexdem iwakken ad nesten iman-nney mgal aṭṭan coronavirus?

1. zwiret s ussired n yifassen yal tikkelt s waman d ṣṣabun l wazal xarsum n 20 tasinin.

1. ssizediget ifassen-nwen yal tikkelt s waman d yiḡisim (alkul)
2. ttanefet i wazal n lmitra gar-awen d yemdanen nniḡen....
3. anefet ur ttnalet ara udmawen-nwen, allen-nwen d wanzaren-nwen d yimawen-nwen s yifassen ur nurad ara, imi ifassen-nwen ttnalen aṡas n tḡawsisin, yezmer ad ten-yenṡṡeḡ ubirus, d ayen izemren ad yaweḡ ḡer wudmawaen-nwen d yimawen-nwen syin ḡer tfekka-nwen merra, ad aken yekcem waṡṡan.
4. qqimet deg uxxam ma yella ṡḡulfam s kra n uqlalqal.
5. ma tescam tawla, tesguḡuyem, ḡur-wen uguren n uneffes, steqsit amejjay, εeggent-as.
6. sguḡḡet εeḡset ḡer daxel n teḡmert n yiḡil-nwen.
7. ḡummet anzaren-nwen d yimawen-nwen timti ara tesguḡuyem neḡ ad tεeḡsem. sqeḡcet amendil n lkayeḡ ara tḡeḡqrem ḡer wanda ilaq. ur sexdamet ara ifassen-nwen ur nḡum ara.
8. llset takmamt ma yewwi-d ad teffeyem seg uxxam
9. tzemrem dayen ad ṡḡebsem azuzer n coronavirus, ma yella ur tesṡṡqutem ara timliliyin timettiyin (d yemdanen nniḡen)

ulac tagnit yifen tin n tura. tezdeg n yal yiwen tesεa azal meḡqren. qaderet tisuraf-a ad tescum tazmert igerrezen.

Ce message est celui de l'Académie africaine des langues, l'ACALAN.

izen-a d win n tkadimit tafriḡit n tutlayin ACALAN.