

Blood pressure wangbagi laina, Esing-pukchat amadi Thamoigi laina na naraba meeoisingdamkta Coronavirus/ COVID-19 laichat ka mari leina na yamna toina hangba wahangsing (FAQs)

Thamoigi laina leiraba, esing-pukchat na naraba nttraga blood pressure wangbagi laina na naraba meeoisingda na henna thuna coronavirus infection oiganbra?

Lalli, madudi thamoigi anaba leiraba, esing-pukchat na naraba nttraga blood pressure wangba meeoisingda na henna thuna coronavirus infection oigani haiba leite attopa nadaba meeoisinga yengnabada.

Mathakta pnkhriba lainasing asina naraba meeoisingda karigumba virus asina hakchangda amuktang changkhiba tarabadi henna khudong thi-na-ngai oigadra?

COVID-19 na naraba meei ayamba (80%) icham chamba nungsa shor-honbaga mari leinaba laionsing (arum laiyou houba, khanao naba, lok khuba) utli aduga ayambana fagathnbasu ngammi. BP wangbagi laina leiraba, esing-pukchat amadi thamoigi laina leiraba (thamoi sonba) meeoising gi markta gi meei kharadana henna khudong thi-na-ngai amadi aruba maong gi laiong sing utpa thengnei. Maram aduna hairiba meeoising asi ka henna cheksin na leiba mathou tai.

Esing-pukchat na naraba meei singda na henna COVID-19 infection oiganbra?

Ayambana blood sugar chang chap chana thamba ngmdaba meeoising asi makhal khudingmak ki infection thokpa yabagi chang yamna wangee. Adum oinamk blood sugar wangbagi laina leiraba meeoising dana henna

COVID-19 infection oigani haibadi leite. Adubu hairiba meei kangbu asi karigumba amuktang nakhiba thoklabadi yamna khudong thi-na-ngai oi amadi pak fagtlkpa ngmgande. Maram aduna adomgi hannadagi charkliba chinjaksing chang naina chabiyu amadi chang naina angamba changda hakchang sajel toubiyu. Hidak-langthak chang naina chabaga laina-na toina esagi blood sugar gi chang yengthokpiduna chang chap chana thambinaba hotnabiyu.

Karigumba esing-pukchat na naraba meei sing asina narklabadi makhoigi blood sugar gi chang yamna toina yengsinba ga loinana makhoina chariba hidak langthk (insulin) singsu chang yengduna kupna senabiduna pija-pithakpa mathou tai. Masigisu mathkta chang yamdabida yamna toinna chak pijabigadbane amadi chap chana mahi-manai su pithakpigadabani.

Esing-pukchat, BP wangba amadi thamoigi laina leiraba meeoising gidmk maruoiba paotak khara:

Matang matam chana hidak chabiyu – Masi yamna maru oi

Adomgi laina laionsing thoidokna ludre haidunasu hidak langthak pumnamak matang matam chana chang naina hanagumna chaba lep-piganu. Adomgi yengliba doctor na hidak chaba leppu haidriba faoba hidak chaba leppiroidabani. Karigumba doctor gi manakta chtpa ngmdrabasu hannadagi

charkliba hidaksing makha tana adum chabigadabani. Cholestrol (statin) chang chap chana thmnaba hidak langthak sing makha tana adum chabigadabani.

BP wangba gi hidak langthak charibasingda COVID-19 na henna knna hkchang naba hengat halli haibagi matangda kari pao leibano?

Houjik faobada hiram asiga mari leinaba pao sing, bigyan kangbu amadi cardiologist experts sing gi amata oina yanabagi matung inna hidak makhal ani madudi ACE inhibitors (khudm oina Ramipril, Enalapril na chingba) amadi angiotension receptor blockers (ARBs) (khudm oina Losartan, Telmisartan na chingba) asina COVID-19 na nahnnlkpa yaba amadi henna sokhanlkpa yabagi khudam amata thengnadi.

Hairiba hidak makhal sing asina adomgi thamo bu mathou chang naina touhanduna blood pressure chang naina thm-bada yamna chaona mateng pangee. Hairiba hidak sing asi doctor gi paotak yaodana esana tokningee haiduna chaba leppirabadi khudong thi-na-ngai oirkpa yai. Loina-loinana adomgi thamo gi anaba bu amuka henna khudong thi-hn-lkpa yai.

Chikpa-Naba amadi arum-laihou hourabadi ei kari hidak chaba yabage?

Pain killers makhal khara (NSAIDs hairaga khngnaba) madudi Ibuprofen asina COVID-19 gi laina asibu amuka henna lusinghalli amadi khudong thi-na-ngai oi. Hairiba hidak makhal sing asi thamoigi laina naraba meeosingdana henna sokhanli amadi kidney bu henna shokhaningai oi. Maram aduna NSAIDs drug chabiganu natraga adomgi doctor gi paotak ki matung inna hairiba hidak asi sijinabiyu. Paracetamol asi sijinabada khwaidagi faraba amadi soktraba hidak asi

sijinabiyu karigumba pain killer gi hidak chadaba yadragadi.

Adom gi blood pressure (BP) amadi blood sugar chang chap chana thambiyu loinana hakchang sajel chang naina toubiyu

Adomgi hakchang bu khudong thibasingdagi ngakthoktuna thmba haibasi yamna maru oi khudam oina – Churup amadi yuna chingba thakpidaba, BP amadi blood sugar chang chap chana thmbiba amadi hakchang sajel chang naina toubiba asini. (Adum-oinamak, chanbiduna yumgi mapangi thabk thouram singda semdokpiduna meeyam punba mafamdagi laphokpiyu). Machi oiba chinjak chabiyu amadi thum gi chang hnnta-na hanagum chabiyu. Karigumba adom na non-vegetarian oibiragadi hannagi matou gum adum chabiba yai adubu fibre, protein yamna yaoba chinjak amadi mana masing, amadi uhei-wahei oina henna chabiyu haijaningee.

Karigumba ei ngoda COVID-19 oiba yaba laina laionsing leirabadi ei kari toubu yai?

Karigumba ei ngonda arum laihou leiraba, lok khuraba, hakchang gi muscle sigda chikpa-naba faoraba adubu sor honba da awaba di leitraba, doctor da call toubiduna phone gi khuthangda paotak loubigani. Yaribamakhei yumda leibigani (yamdrabada numit tara ga marini) amadi yum gi meeosing dagisu laphoklaga leigadabani. Khut sa lu nanna matam chupada thambigadabani amadi niyom chumna medical mask upigadabani.

Karigumba sor-honbada wasinlk-laba amadi ka henna choktharaklaba di doctor da contact toubiyu nttraga hospital da chtpiyu (makha taba paotak singdi adom gi doctor na takpibagi matung inna toubiyu).

COVID-19 da gi ngakthok nanaba adom kari kari tougadage?

COVID-19 asi lok-khuba amadi hak-thi khanbada thoklakpa lok, nap-tin (droplets) amadi sokna-thengnarubadagi sandorkee. Karigumba adomna virus asi pakpa pot-chei sokluraba natraga thenglurabadi virus adu adom gi khut ta pklkpa yai. Mahik asi pklaba khut-sa na adomgi maida soklu-thenglurabadi adom su COVID-19 na narakpa yai. Virus sing asi numit humni gumba pot-chei singda pktunna hingba ngammi marm aduna esagi nak-yek akoibasing lu-nanna thambigadabani. Yaribamkhei yum gi ka, table, amadi attopa yumgi pot-chei khudingmk ka-sengdoknaba hidak mahi ntrraga sapon na chingba sing sijnabiduna toinna teithok nanthok-pigadabani amadi esagi khut-sa su hand sanitizers sijnabiduna lu-nanna thmbigadabani. Karigumba maskk khngdaba ntrraga chingna-ningai oiba pot-chei pairurabadi sapon sijnabiduna yamna toinna khut-sa hamdkpigadabani.

Adomna matou karamna Corona virus tagi ngakthoknaba amadi laina asibu sandokpadagi thingna-nabagi dmka kari kari toubayabage

1. Meeyam punbidaba – Khwaidagi Maru oiba

A. Kanagumba COVID-19 infection ga manaba laiong sing leiba meeosing amadi arum-laihou, lok-thungba, lok-khuba meeosinga punbidaba amasang lapna leibiba.

B. Yaribamakhei thoidokna maru oidaba oiragadi lam chathokpiganu amadi meeyamgi oina chelliba gari sing sijinnabiganu.

C. Meerak tinba, meeyam punba mafamsing amadi emung manungi oiba mee yamna punba thabk thouramsing leppiyu. Marup-mapangsing amadi mari-mata singga phone

da, internet ta amadi social media singda oina pao faonabiyu.

D. Ka henba aruba laina natragadi hospitals/labs na chingbada chatpiganu. Hospital amadi HF Clinic singga phone natraga helpline number da oina yaribamakhei pao faonabiyu. Karigumba adomna chang naina INR checking toubiba amadi blood thinning medicine sijnabiragadi, chanbiduna phone da oina adomgi doctor ga pao faonabiyu. Yaribamakhei madugidamak ta hospitalda chatpa leppiyu.

2. Khut sa sengna thamba

A. Khut soknaba amadi maida khutna sokpana chingba toubiganu.

B. Khut-sa sapon amadi esing sijnabiduna toina hamdokpiyu - khut-sa hamba matamda macha-naina yamdrabada second 20 dagi 30 muk chngna khutsa-khudingmak sengna hambiyu.

C. Alcohol yaoraba hand-sanitisers sijnabibasusu yamna kannei.

D. Yaribamakhei COVID-19 infection thokhnba yai haina chingnaba pot-chei amadi mapham sing sokpi-thengbiganu khudam oina - meeyamagi mapan-thokpam, amangsang, thong gi khutpaiphamsing na chingba.