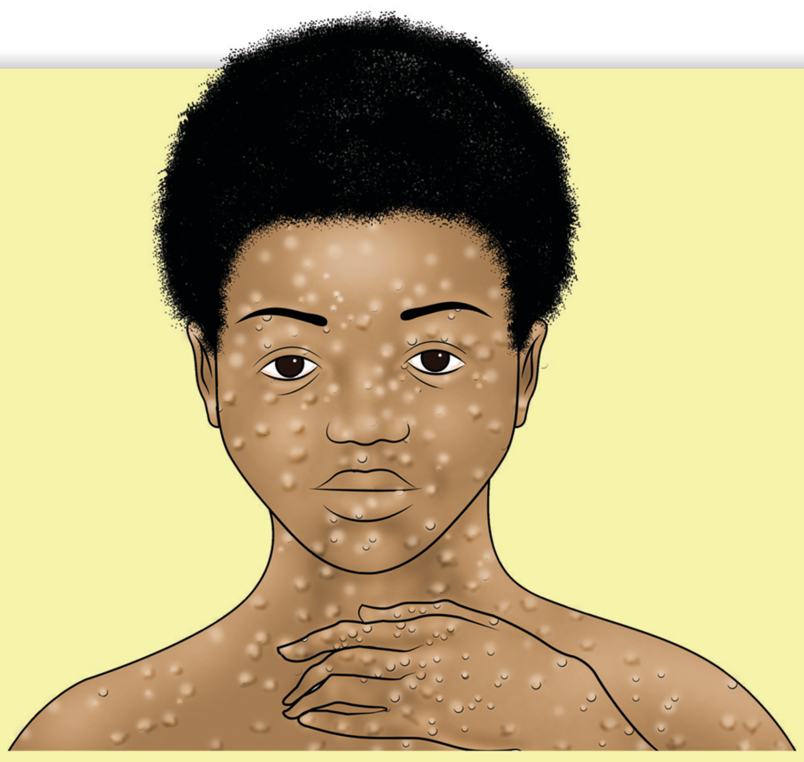
# TIDZIWE ZA MPOX

## 1



### Kodi Mpox ndi chiyani?

Mpox ndimatenda omwe amayamba kudzera mutizirombo tamtundu wa vayirasi tomwe timapezeka mu nyama za kutchire komanso anthu. Munthu yemwe akudwala matenda a Mpox amatuluka matuza ambirimbiri pa khungu. Padakali pano palibe mankhwala ochizira matendawa. Mankhwala omwe alipo ndiwochepetsa ululu ndi zina osati kuchiza.

## 2

### Zizindikiro za Mpox

- Kutentha thupi,
- Kutuluka matuza pa khungu,
- Kutuluka mwanabele,
- Kupweteka kwa mutu,
- Kufooka.

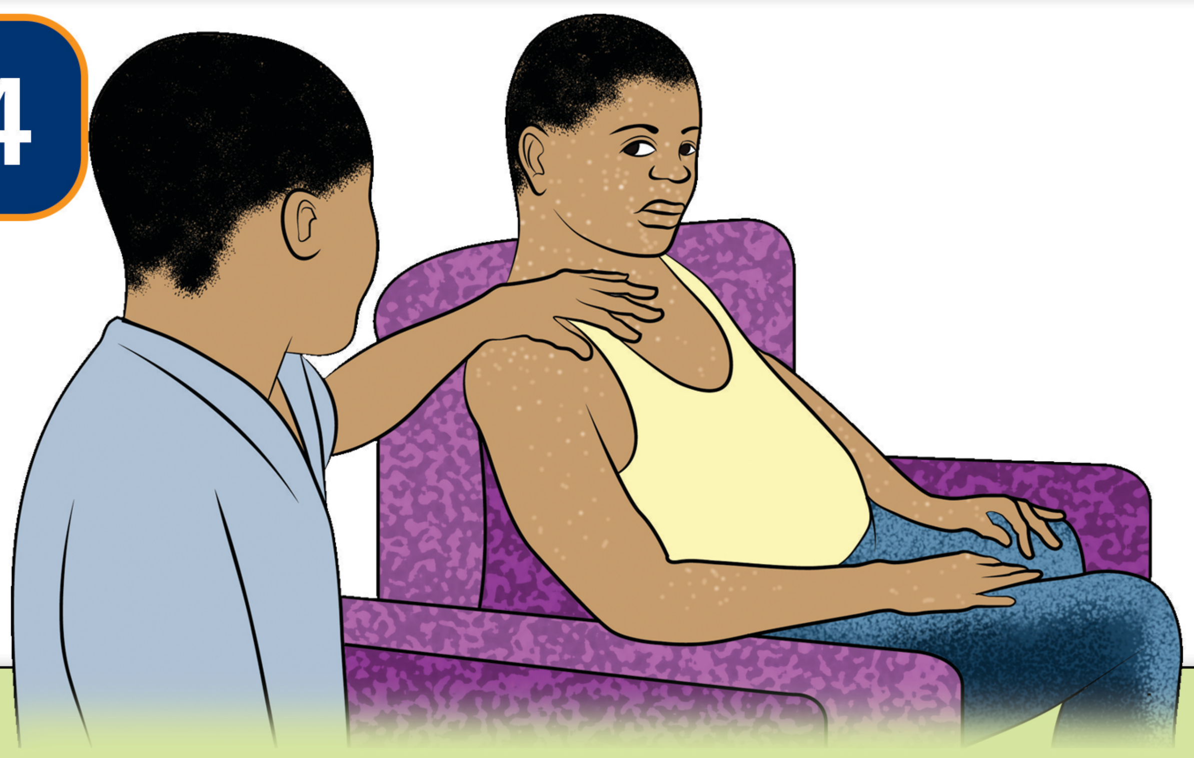
## 3

### Ali pa chiopyezo ndani?

Aliyense akhoza kudwala Mpox koma amene ali pa chiopsezo chachikulu ndi magulu awa;

- Ana,
- Amayi oyembekezera,
- Amene ali ndi chitetezo cha mthupi chotsika,
- Azaumoyo,
- Amene akhudzana ndi munthu wodwala matendawa,
- Oyenda maulendo opita kapena kubwera ku mayiko omwe kuli matendawa,
- Anthu amene ali paubwenzi ndi kugonana ndi anthu ambirimbiri.

## 4

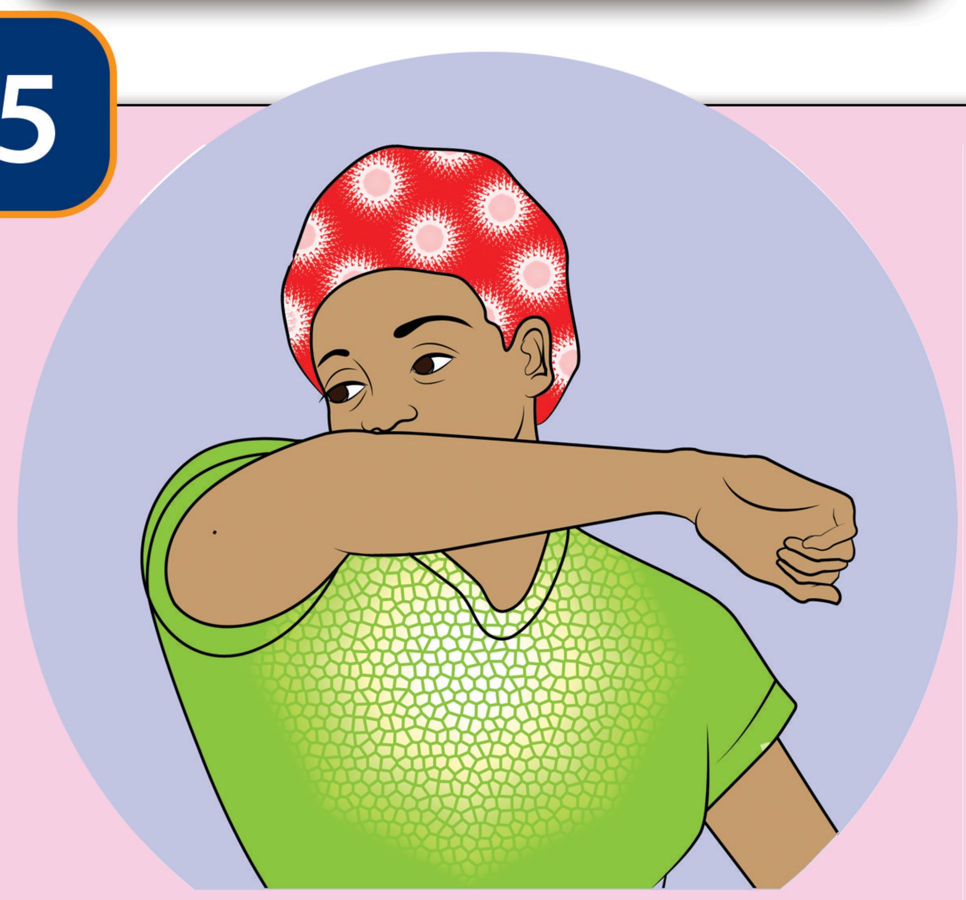


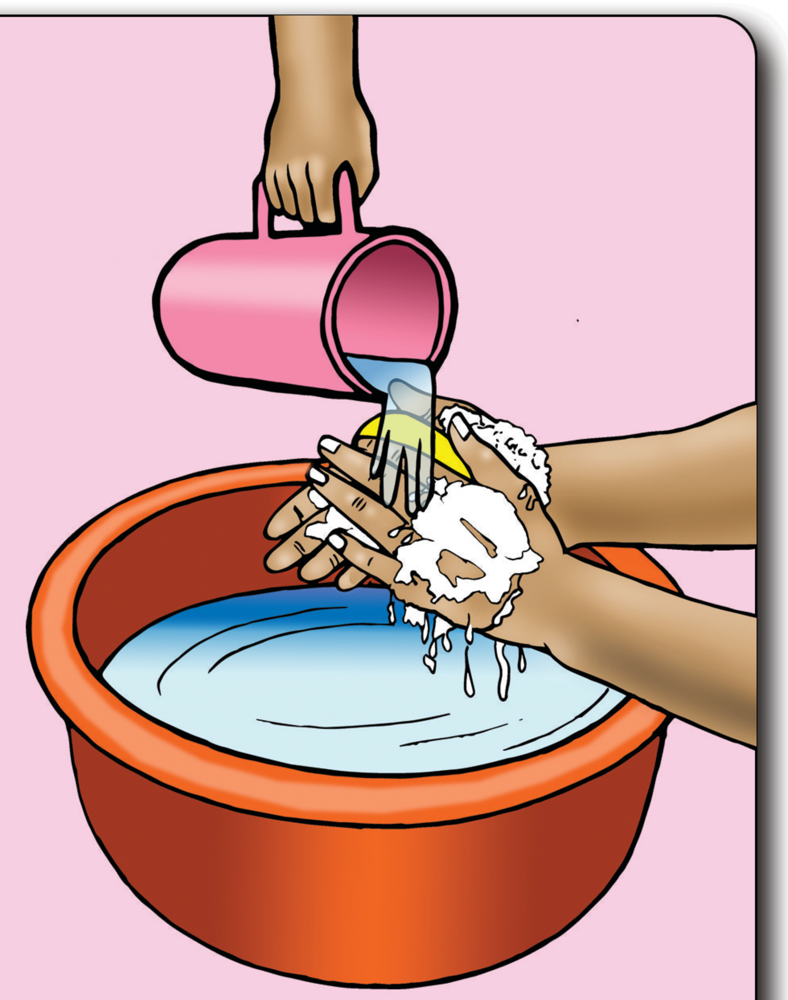
### Kufala kwa Mpox

Matendawa amafala pakati pa anthu kudzera mnjira izi:

- Kudya nyama kapena zinthu zina zochokera kunyama zakutchire.
- Kukhudzana ndi zilonda kapena za madzimadzi zochokera m'thupi la munthu amene akudwala matendawa.
- Kukhudzana ndi zotuluka m'thupi pamene wodwala akupuma, kuyetsemula kapena kutsokomola.
- Kukhudza zinthu zomwe zili ndi tizirombo toyambitsa matendawa monga zofunda, ziwiya kapena zovala.

## 5





### Kapewedwe ka Mpox

Pewani Mpox potsatira izi:

- Pewani kudya nyama kapena zinthu zina zochokera kunyama zosaphikidwa mokwanira.
- Pewani kukhudzana ndi munthu yemwe wapezeka ndi Mpox kapena zinthu zimene zakhudzana ndi odwala monga zovala ndi zofunda.
- Gwiritsani ntchito mkati mwachigong'ono cha mkono wanu potsokomola kapena kuyetsemula.
- Sambani m'manja ndi sopo pafupipafupi
- Khalani motalikilana ndi anzanu pamtunda wosachepera 1 mita
- Pewani kupita kudera komwe kwagwa matendawa

## 6

### Zoyenera kuchita mukaona zizindikiro za Mpox

- Pitani ku chipatala msanga kuti mukalandire thandizo
- Khalani modzipatula ndi anzanu kufikira mutachira
- Odwala matendawa akhale ndi ziwiya zawo zawo zogwiritsira ntchito monga zofunda, zosambira, zodyera ndi zovala