

Maye etali bokonongono bua nzoto oyo esengeli koyeba yo mutu ovandi na lingomba ya Greater Portland Health

(207) 874-2142

<http://www.greaterportlandhealth.org/>

Misala ya bokonongono bwa nzoto awa na lingomba ya GPH:

- Benga munganga nayo soki utungisamaka mingi na maladi ya mutu, oyo esalaka ete osala mosala malamuru te. Lingomba ya Greater Portland Health ekoki kosungwa ozwa lisalisi na kutungisama ozali na yango.
- Soki obelaka maladi ya mutu mpe ozali kutungisama lolenge ya ko kende bisika ya rendez-vous, esengeli otuna munganga nayo. Munganga nayo ayebi lolenge nini akosalisa yo ata na mosika na lolenge ya singa.
- Okoki kobenga Maine 211 pona koyeba ndenge nini basunganga batu misusu ya lingomba oyo mpe bazali kutungisama, ndenge nini bakoki kosungwa yo na mosika na lolenge ya singa, ndenge nini okoki kozwa lisalisi na biloko ya mutuya ndakisa biloko ya kolia, ba kisi, esika ya kolala.
- Soki okweyi na pasi ya maladi, bengwa etandu oyo esungaka ba beli na kati ya lingomba ya Maine mobimba na numero oyo (207) 774-HELP (4357)

Maye esengeli oyeba oyo ewuti na Etandu oyo ezali kobatela mpe kolandela makambu ya epidemi na egomba ya Maine (CDC):

- Esengeli ko kabola ba sango etali coronavirus mpe koyeba nini ya mabe pona bomoyi buayo mpe ya baninga, bongo nde esengeli kosala pona kosungwa mutu atungisama mingi te na sango ya maladi oyo.
- Maye esengeli koyeba: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/share-facts.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fshare-facts.html

Eloko okoki kosala pona komisalisa

- Tika nanu muke kotala television esika bazali kolobela mingi coronavirus, tika kotanga pona yango, tika koyoka masolo ya coronavirus, mpo koyoka tangu nionso maye etali maladi ekoki ko komisa mutu kanda kanda.
- Batela nzoto nayo. Benda mpe bimisa mupepa pona tangu muke, mibenda nzoto muke tope zwa mua ngonga ya kokanisa. Lia malamuru, bileyi ezala ya malamuru, sala sport mingi, lalaka mingi, mpe komela masanga te, komela mpe biloko ya makasi te.
- Zwa mua ngonga ya kozwa mupepe, mpe meka kosala eloko oyo olingaka kosala mingi.
- Kutana na baninga. Solola na batu oyo olingaka mpe na ba oyo oyebisaka makambu nayo.
- Pona koyeba sango ya Etandu oyo elandelaka makambu ya epidemi na egomba ya Maine (CDC): https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html

Sango ewuti na: [Etandu ya ekolo oyo elandelaka bokono ya pema \(National Center for Immunization and Respiratory Diseases, NCIRD\), Lingomba ya maladi eyaka na virus \(Division of Viral Diseases\).](#)