

የኮሮና ቫይረስን ወረርሽኝን በዕውቀት
/በመረጋጋት /በዘመናዊ መረጃ እንከላከል

ይህን እንወቅ ቫይረሱ
ሁሉንም ያጠቃል



የኢትዮጵያ አትሌቲክስ ፌዴሬሽን የስልጠና እና ህክምና ዳይሬክቶሬት

መጋቢት 2012



Speak loudly

Our only chance to win

- sharing resources,
- sharing experiences
- sharing lessons,
- real remedy for pandemic is not isolation, but cooperation.

ኮሮና/ ኮቪድ-19

- Faced with an unknown virus,
- All countries are at risk
- This is an unprecedented global war
- mankind is facing the same enemy,
- This pandemic is a common challenge faced by mankind in the age of globalization
- This war has just begun
- አለም አቀፍ ክስተት
- አለም አቀፍ ወረርሽኝ
- መርገምት
- ሁሉንም ያሸነፈ
- ሁላችንንም አንድ ያደረገ
- ለሁሉም እኩል የሆነ
- ለሰይጣንም የማይመለስ



የኮረና መምጣት ጥሩና መጥፎ ጎኖች

- ፖለቲከኞችን ፀጥ ያሰኘ
- ቀለም፣ ጎሳ፣ ሃብት የማይለይ
- ህብረተሰብ መንግስትን መታዘዝ መጀመሩ
- አንድ ዓይነት ኢትዮጵያዊነት የታየበት
- ለወደፊቱ ጥንቃቄ ለማድረግ
- የህብረተሰብን መረጃ የመቀበል አቅም ማጠናከሩ
- አብሮ መሆን እንደሚቻል የተረጋገጠበት
- ሌላው ጉዳይ ትርፍ መሆኑ የተረጋገጠበት

ኮሮና/ኮቪድ-19

- አዲስ ቫይረስ ወለድ
- ፈጣን ዘመን
- ክትባት አልባ
- ህክምና አልባ

ኮሮና/ኮቪድ-19

- ከ200 ሀገሮች በላይ
- ከ1,349,584 በላይ ተጠቂ
- ከ74,806 በላይ ሞት
- 988,123 በሽተኞች
- ሁሉንም ዕድሜ የሚያጠቃ
- ሌላ በሽታ ያላቸው ላይ ያሚያከር
- ህፃናት ላይ የማይጨክን
- ወጣቶች ላይ እየታየ የሄደ

ኮሮና/ኮቪድ-19

- Viral infections are the most frequent infectious diseases and are common triggers for constituting major biological, clinical, and socio-economic problems worldwide.
- These coronaviruses are zoonotic, and can be transmitted from animal to animal, animal to human,
- and human to human.
- Coronaviruses are found in avian and mammalian species.
- They resemble each other in morphology and chemical structure: for example, the coronaviruses of humans and cattle are antigenically related.

- There is no evidence, however, that human coronaviruses can be transmitted by animals

ኮሮና/ኮቪድ-19

- ሀገራችን ውስጥ ያለ
- 44 ህመማን የተገኙበት
- ሁለት የሞተበት
- በመንግስትና ህዝብ የሚታወቅ
- ርምጃዎች የተጀመሩበት
- የህብረተሰብ ግንዛቤ እንዲጎለብት ሁሉም የበኩሉን እያደረገ ያለበት

ተጋላጭነት:-

ኮሮና/ኮቪድ-19

- በዕድሜ የገፉ ሰዎች
- በሌሎች በሽታዎች የተጠቁ ሰዎች
 - ደም ግፊት /ስኳር
 - ልብ / አስም
 - ብሮንካይቲስ / ካንሰር

አትሌትና የኮሪና ወረርሽኝ ተጋላጭነት፣

የተጋላጭነት ደረጃ

- Are athletes more resistant to COVID-19??

- Athletes participating in sports may be at higher risk of viral spread due to **common practices and close contact with other individuals.**
- Many people assume athletes are strong and healthy enough to fend off the coronavirus. However, athletes, including those on the A-list in **competitive sports, are not more resistant to the novel coronavirus than ordinary people, according to an expert.**
- Athletes may develop **weaker immunity** than ordinary people under some circumstances, according to Yang Zhigang, an associate professor of sport education at Fudan University.
- **Respiratory diseases are among the most commonly seen conditions among athletes.**

What causes this?

- Research shows the human body is more vulnerable to virus infection for a **period between three to 72 hours after heavy exercise.**

• Studies also suggest intensive exercise increases the risk of players catching respiratory diseases.

•• The lack of balance between over exercise and recovery also heightens the risk of infection and illness.

• In addition to heavy exercises and intensive matches, physical contact, traveling and busy fixtures and weak awareness of necessary precautions are also to blame for coronavirus infections in athletes.

• Athletes, along with ordinary sport lovers, are suggested to increase exercise intensity gradually.

○ **ከቤት ይጀምራል**

- ✓ በጠባብ ቤት በጋራ መኖር
- ✓ በጠባብ ቤት በጋራ መብላት ፤ መጎራረስ
- ✓ በጠባብ ቤት ውኃ በጋራ
- ✓ በጠባብ ቤት ዕቃ በጋራ
- ✓ በጠባብ ቤት ዘመድ ጎትቶ መኖር
- ✓ በጠባብ ቤት ጉርብትና
- ✓ በጠባብ ቤት ቡና ጠጡ

✓ በጠባብ ቤት ጠበል ቅመሱ

✓ በጠባብ ቤት ዘመድ ክገጠር

• **የስፖርተኞች አኗኗር /በእኛ ሀገር**

✓ በካምፕ / በሆቴል

✓ በመኝታ ክፍል በጋራ

✓ የምግብ ቤት ጥራት

✓ የመኝታ ቤት ጥራት

✓ የመመገቢያ ዕቃዎች ጥራት

✓ በጋራ ሊፍት መጠቀም

• **በስልጠና፤ በውድድር ጊዜ**

✓ በመኪና አብሮ መጓዝ

✓ በእግር አብሮ መጓዝ አብሮ ልብስ መቀየር

✓ ልብስ መዋዋስ፤ ጫማ መዋዋስ

✓ ቅባት መዋዋስ

✓ ተጠጋግቶ ማሟሟቅ

✓ ተጠጋግቶ መሰልጠን

✓ ተጠጋግቶ ማሳሳብ

✓ ማሳጅ በጋራ

✓ ማለቀቅ በጋራ

✓ ሀክታ፤ ምራቅ፤ ንፍጥ አወጋገድ

- ✓ ሶፍት አጠቃቀም ፤ መፀዳጃ
- ✓ በሻወር አወሳሰድ
- ✓ የስልጠና ጫማ ፤ ትጥቅ

○ የአትሌቶች የአመጋገብ ባህል

- ምግብ በጋራ ፤ ጭኮ ፤ ቆሎ ፤ ንፍሮ
- ውኃ በጋራ ፤ ሙዝ በጋራ ፤ ቼኮላት በጋራ ፤
- ቆሎ በጋራ ፤ ቂጣ በጋራ ፤ ምግብ በጋራ
- ሀዘን በጋራ

○ ኢትዮጵያዊነትና አትሌቲክስ

- ማዘን ፤ መቆርቆር
- መርዳት ፤ መተጋገዝ

○ ንክኪነት ያላቸው የአትሌቲክስ ስፖርቶች

- መጠቻ ኮዳ
- አሎሎ ፤ መደሻ ፤ ዲስክስ
- ጦር ፤ መሰናክል ፤ መነሻ
- የመሮጫ ጫማ መለዋወጥ
- ኳስ ፤ መጫወቻ ቦታ
- ጓንት ፤ ጥርስ መከላከያ
- ባንዴጅ ፤ ጆኒኬራ

○ የአትሌቶች ንቃት ደረጃ ፤ ዘመናዊነት

- መደበኛ ትምህርት
- ንቃት ፤ አለም አቀፋዊነት
- አካባቢን መቃኘት
- መረጃን የመቀበል ፤ የማረጋገጥ ፤ የመተንተን ፤ የመጠቀም አቅም
- ከእኔ ውጪ ምን አለ የሚል መንፈስ
- የአትሌቶች በራስ የመተማመን / የመመካከት አቅም
- የአትሌቶች በራስ የመመራት አቅም

ኮሮና/ኮቪድ-19

- መተላለፊያው በጣም ቀላል
- በንክኪ / እጅ / ሰውነት
- በትንፋሽ / ጠብታዎች
- ሳል / ማስነጠስ/ ሀክታ / ንፍጥ

የመተላለፊያ መንገዶች:-

- መነሻው ከእንስሳት ነው ተብሎ ይታመናል
- the Severe Acute Respiratory Syndrome Coronavirus-1 (SARS-CoV-1) is transmitted to humans from civet cats
- አሁን ግን የተረጋገጠው ከሰው ወደ ሰው በፍጥነት ይተላለፋል

- በበሽታው የተያዘ ሰው ወዲያውኑ ለሁለት ወ/ ሶስት ሰዎች ማዳረስ ይችላል
- የሚተላለፈው ከአፍ / አፍንጫ በማንጠስ ፤ በመሳል ፤ በትንፋሽ ነው
- ቫይረሱ በጠረጴዛ ላይ ፤ በበር መያዣዎች ላይ ለብዙ ሰዓቶች በሕይወት መቆየት ይችላል
- ሰዎች በበሽታው ቫይረስ በተጠቁ ከ2 እስከ አስራ አራት ቀናት ውስጥ ምልክቶች (flu-like symptoms) ይታዩባቸዋል
- የበሽታው ምልክት ሳይታይባቸው ከሰው ወደ ሰው የሚያስተላልፉ አሉ

Definition of contact

- A contact is a person who experienced any one of the following exposures during the 2 days before and the 14 days after the
- **How severe is COVID-19 infection?**
 - Preliminary findings indicate that the mortality rate for COVID-19 is 20-30 per thousand people diagnosed

ይህ ይቻል ይሆን?

- ፊትን መነካካት :- አይን ፤ አፍንጫ ፤ አፍ ሳታጠቡ ሁሉ መነካካት

- ስለዚህ ከመታጠቡ በተጨማሪ አልኮል ፤ ሳኒታይዘር በብልቃጥ መያዙ መልካም ነው
- “It’s a virus that we’re still learning about, so some of this is in flux,” Olin explains. “But like every virus, it attaches to the body in a certain place.”
- With this novel coronavirus the point of infection seems to center on cells in the upper respiratory tract — “the upper airway, nose and throat.” This is why we’re frequently being reminded not to touch our faces, noses or eyes, especially with unwashed hands

Being Fit Won’t Inoculate You

- But sticking as best you can to your training routine doesn’t mean you won’t get this virus or can’t pass it on.
- In fact, stubbornly refusing to alter your approach, especially if you typically must come into contact with others to train, could mean you’re more likely to contract or spread the coronavirus.
- Rutland says it’s important that your athletic pursuits don’t fool you into thinking it can’t happen and even if it does, it won’t be bad.
- “Athletes need to feel like they can still get this illness. I don’t want them to think they are invincible. They’re not invincible.”

ኮሮና፤- መከላከል ፡- ልዩ መነሻ

ፕሮቪንቲቭ ስትራቴጂ WHO

- መተላለፉን መቀነስ / ማቋረጥ
- ቅርብነትን ማስፋት
- ለጉዳዩ ቅርብነት ያላቸውን የጤና ባለሙያዎች መጠበቅ
- ጉዳዩን የሚያባብሱ ሁኔታዎችን ማስወገድ
- አለም አቀፍ መስፋፋትን ማቆም/ መቀነስ
- በሽተኞችን መለየት / ማግለል /መደገፍ /መከታተል
- ከእንስሳት አካባቢ ምንጩን ማድረቅ
- የወረርሽኝን ያልታወቁ ጎኖች መለየት /ማሳወቅ /
- ታማሚዎች የሚያሳዩት ባህሪዎች
- የበሽታው ክብደት
- የመተላለፊው መንገድ
- የሚሰጠው ህክምና ዓይነትና አዋጪነት
- በሽታውን የማግኛ ምርመራዎች
- ክትባት
- መረጃ / ኢንፎርሜሽን መከላከል
- ወረርሽኝ በማህበራዊ እና በኢኮኖሚ ላይ ያለውን ተፅዕኖ መቀነሻ ስትራቴጂ
- መነሻ ርምጃዎች
 - የጋራ መሪ /የነቃ መሪ
 - በጠዋት ደጋግሞ ቀድሞ የሚገኝ መሪ /የሚያረጋጋ

- የታላላቆች / የጀግኖች / የአባቶች ፊት አውራሪነት
- ቀጣይ ርምጃዎች
 - ስክነት፤ መረጋጋት
 - መኖሩን ማመን
 - የጋራ ወጥ ጉዞ
 - በራስ ወገን ላይ ወንጀልን ማቆም / መከላከል
 - ዋናውን ኮረና እንከላከል ወይስ ሰው ሰራሽ ኮረናን
 - ለፈጣሪ ፀሎት /ምልጃ /ልመና
 - ኢትዮጵያዊ አገል ወኔን ወደ ጎን

CONCERNS REGARDING COVID-19

- Food Safety Concerns
- While practicing home food safety and good personal hygiene are always important,
- hand washing is especially critical in reducing the spread of COVID-19 and should be done often
- Keeping raw and cooked foods separate and heating food to the appropriate internal temperature.
- ጥሬ ምግቦችን ከመብላት መቆጠብ
- ጥሬ ስጋስ እንዴት ይሁን
- ዱሎትስ እንዴት ይሁን
- አሳ ፍሌቶስ ታዲያ

Remind all athletes of the main disease prevention messages:

Take Care of Yourself and Each Other

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- መረጃ /ንፁህ መረጃ
 - Explain the symptoms of influenza and other respiratory viruses to athletes (fever plus cough or fever plus sore throat).
 - Explain to athletes how flu and other respiratory viruses spreads (coughs, sneezes, hand contact, etc.).
 - **Cough and sneeze into your elbow**, not your hand.
 - **Do not share** eating or drinking utensils (e.g. cups, straws, water bottles).



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- If sick, stay home and self-isolate
 - People are most contagious when they are sick, or 48 hours before they show symptoms
 - **Limit contact** with household members
 - Refer to fact sheets on how to self-isolate
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 - People who are sick should stay home until they have been fever free (100° F / 37.8° C or lower) for 24 hours without the use of fever-reducing medications.
 - **Tell athletes to stay home and out of practice** or games if they're feeling ill or have a fever and if they show up to practice sick, send them home.
 - Do not share mouth guards.
 - **Do not shake hands** after games; suggest fist or elbow bumps.



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- Remind athletes not to share towels or other fabric items that have come into contact with hands or faces.

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- To reduce the spread of COVID-19, we need **everyone to stay home**, as much as possible. **Avoid close contact** and keep a distance of 6 feet (2 metres) from others.
- **Everyone has a role to play.** The actions you take will protect you, loved ones and those most vulnerable in our community. It's time to step up, not out
- "Stay at home and when out, remain physically apart," is an essential message,
- **Social and physical distancing** measures aim to slow the spread of disease by stopping chains of transmission of COVID-19 and preventing new ones from appearing.
- These measures secure physical distance between people (of at least one metre), and reduce contact with contaminated surfaces, while encouraging and sustaining virtual social connection within families and communities.



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- **Limit your trips outdoors**
 - **Minimize trips** for groceries, medication and other essentials, ideally to once a week
 - **Avoid crowded places** when exercising or walking outdoors
 - Consider doing aerobics or online exercise classes at home
 - Limit the number of people in elevators to keep distance and use an elbow to press buttons

- Wash or sanitize your hands when entering and exiting buildings
- Greet others from a distance with a wave or a nod
- **When taking transit or taxi**
 - Travel during non-peak hours to avoid prolonged close contact with others
 - Take shorter trips rather than one long trip
 - With taxi and ride share, sit in the back and open windows
 - Wash or sanitize your hands often and avoid touching your face
- **Avoid physical gatherings**
 - Work from home, if possible
 - Facilitate virtual meetings (video or teleconferencing)
 - Cancel all group gatherings, parties or play dates with others
 - Gatherings with more than 5 people are not allowed (excluding people who live together)
 - Do not go to playgrounds
 - Connect with loved ones by phone, email video or social media

- Do not visit loved ones in long-term care homes, retirement homes or other care settings



- አብሮነትን መቀነስ
- What is physical distancing?
 - Physical distancing means keeping our distance from one another and limiting activities outside the home.



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- When outside your home, it means staying at least 2 metres (or 6 feet) away from other people whenever possible.



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- Physical distancing, when combined with proper hand hygiene and cough etiquette, has been shown to limit the spread of COVID-19. If you are self-isolating because you have symptoms of COVID-19 or you may have been exposed to COVID-19, see How to Self-Isolate.

- **የእጅ ንፅህና** :- Wash your hands often with soap and warm water. If soap and water are not available, use alcohol-based hand gel
- Have alcohol hand gels readily available on the field, in the locker rooms, on the bus, etc.
- Thoroughly clean surfaces and sports-related equipment frequently.
- **በእጅ ሁሉንም ነገር መነካካት ቅነሳ**
- As well as continuing to follow the guidelines on physical distancing, other preventative measures, such as **washing hands thoroughly, covering coughs and sneezes, and refraining from touching your eyes, nose and mouth, should still be adhered to.** If you experience a fever, cough, and difficulty breathing, you should seek medical attention and follow the guidelines to self-isolate.
- **Stay connected while staying away.** It is very important to stay in touch with friends and family that don't live in your home. Call, video chat, or stay connected using social media.
- **Everyone reacts differently** to stressful situations and having to socially distance yourself from someone you love can be difficult

While Social Distancing, You Should Not:

- Take unnecessary trips into public

- Host gatherings at your home
- Take your children on play dates
- Dine in at restaurants or bars

• የአፍ መሸፈኛ

- Encouraging everyone to wear a face covering over their mouth and nose when in public:
- Face coverings should be worn anytime someone is outside the home, including on walks or other passive recreational activities
- Face coverings can include a cloth, scarf, bandana, etc. that covers a person’s mouth and nose.
- Homemade face coverings should be made of intact, close-weave cloth and allow comfortable breathing
- Face coverings should be frequently washed using a washing machine with detergent and hot water and dried on a hot cycle. They can also be hand washed with soap and warm water and left to dry.
- It is advised that residents use a face covering, as opposed to a medical grade facemasks, in order to preserve protective equipment for health workers and those

serving on the front lines in response to COVID-19.

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- አፋቸውን የሸፈኑ የሚያሳዩት ባህሪ



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Before putting on a mask,
clean hands with alcohol-
based hand rub or soap
and water**




HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Avoid touching the mask
while using it;
if you do, clean your
hands with alcohol-based
hand rub or
soap and water**



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Cover mouth and nose
with mask and **make sure**
there are no gaps
between your face and
the mask**



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

**Replace the mask with a
new one as soon as it is
damp and do not re-use
single-use masks**



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



World Health Organization

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FACT:
The new coronavirus can be transmitted in areas with hot and humid climates

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.




World Health Organization #Coronavirus #COVID19 9 March 2020

Cold weather and snow CANNOT kill the new coronavirus.

FACT:
Cold weather and snow CANNOT kill the new coronavirus

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather. The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.




World Health Organization #Coronavirus #COVID19

ወረርሽኝ እኩማንን ያጠቃል

Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus (nCoV-2019). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



World Health Organization #Coronavirus

COVID-19: The Questions Your Athletes Are Asking, and How to Answer Them

Where do things stand at this time?

- The status of the outbreak around the world is dire.
- Although the number of infections and the number of deaths remains low, relative to the total population, the fact that we still don't have a handle on how many are truly infected is very concerning.
- Because infected people shed the virus for days before they show symptoms, and because in many cases the virus only causes mild illness, not knowing who is infected allows for the virus to be transmitted rapidly to large numbers of people.
- As a result, the spread of the contagion has been growing exponentially.
- Since 10-20% of those infected become seriously ill, health care systems are becoming rapidly overwhelmed, leaving patients unable to get the care they need to survive.

- Additionally, mortality rates are shooting up and not just from COVID-19.
- In many cases people with easily treatable conditions are not receiving proper care, because hospitals are overwhelmed by COVID-19 cases.

How long is this likely to last?

- At this point, it is still very hard to say for how long the outbreak will disrupt our lives.
- Because the United States and other western nations were so slow to react, and because the populations of those countries continue to resist necessary measures to contain the spread of the virus, it is difficult to see how this is going to be controlled anytime soon.
- In a best-case scenario, we hope that social distancing and self-quarantining are taken seriously and the health care system can handle this outbreak.
- Another scenario has cases continuing to move through the population unchecked for months, stretching into well over a year. There is simply no way to predict right now.

How can athletes train without putting themselves at risk?

- As mentioned in the first article, some modifications can mitigate the spread of this disease and protect individual athletes.
- As much as possible, [athletes should train in their own home](#) or outside by themselves—at most, accompanied by one or two other athletes.
- Social distancing is of the utmost importance.
- When training together, athletes should keep adequate space between them so as to avoid accidental infection by an asymptomatic training partner.
- Similarly, sharing water bottles or nutrition is strongly discouraged.
- Recent preliminary data suggests that the use of non-steroidal anti-inflammatory drugs (NSAIDs) may worsen the clinical course of patients infected with COVID-19

What can athletes do to protect themselves?

Apart from social distancing and maintaining good hand hygiene, there is really very little that athletes

can do to protect themselves from COVID-19 infection. Maintaining vigilance and awareness of those around them, so as to avoid people showing symptoms, is also a good idea. Unfortunately, there are many theories percolating on the internet and social media, several of which lack any veracity. Here are a few examples:

- There are no nutritional supplements or specific diets that boost immune function or promote immunity from viral infection of any kind.
- Regular training will not suppress the immune system and make you more likely to contract COVID-19. It is true that higher intensity, longer duration efforts MAY transiently suppress immune function but if the athlete maintains appropriate social distancing and hand hygiene then it does not matter.
- Being physically fit does not confer protection from either infection nor from serious illness if infected by a novel Coronavirus. Athletes must not assume that because they are in better shape they are somehow safe. While it is true that older people with pre-existing illnesses are more likely to get sick and die from COVID-19, being physically fit does NOT protect you from infection, prevent serious illness or help you avoid resulting death.

Info for Athletes

We know you may be facing the challenges of COVID-19; including its impact on your day-to-day life, your training, and juggling the two. As schools and

businesses close, your training can take a backseat as you navigate these uncharted waters.

- Chat with our Training Peaks Level 2 coaches about training ideas, advice and support in our [Pain Cave Facebook Group](#)
- Join a community of indoor cyclists and runners with our friends over at [Zwift](#). Their [group workouts](#) and [events](#) can help you stay fit.
- Find a [base training](#), [strength training](#), or [virtual training app compatible](#) plan to help you maintain your fitness.
- If you need to adjust your current training plan because of an event cancelation, this [help article](#) will show you how to quickly remove/reapply your plan.
- Stay up-to-date with the latest training tips and how to keep your motivation high while [#training-through-covid-19](#)

Info for Coaches

- We know you are facing difficult decisions as COVID-19 is impacting your athletes, their events, and ultimately your coaching business.
- We're here to help support you and your athletes as this global pandemic continues to develop, starting with some useful resources to guide you through the months to come.
- Connect with other Training Peaks coaches for ideas, advice and support in our [Training Peaks University Facebook Coach Group](#)
- Stay up-to-date and keep your athletes informed with the latest training tips while [#training-through-covid-19](#)

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No, antibiotics do not work against viruses, only bacteria.
 The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.
 However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

World Health Organization #Coronavirus

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 - መተሻሻት
 - መሳሳም
 - መተቃቀፍ
 - ተጠጋግቶ ኑሮ
 - ተጠጋግቶ መብል
 - መጎራረስ
 - ተጠጋግቶ ቡና /መጠጥ
 - ዕምነት ቤቶች /መሳሰም / መስገድ
 - ምሽት ቤቶች
 - ብር ሽልማት በአዝማሪ ቤት
- ተጠጋግቶ ጉዞ /ምናልባት የእግር ጉዞ አትራፊነት
- በመጨረሻ የኦሮሞ ተቋም በዓል ዝግጅት ልዩ ንክኪ ይፈጠራል

● **መከላከል**

- የመሪዎች ቀድሞ መንቃት
- ለስፖርቲቾች ህይወት ቅድሚያ መስጠት
- ኢትዮጵያዊ ውድ እንደሆነ ማሰብ
- የጋራ ቁመና መያዝ
- በጋራ መውጣት
- ከውጤት በፊት ጤንነት
- ከውድድር በፊት ህይወት
- ከፕሮግራም በፊት ኢትዮጵያዊነት
- ከግል ሀሳብ በፊት ለሁሉም
- ከራስ ዕርካታ በፊት የብዙሃኑ ሰላም
- ብቻ ከማጨብጨብ በጋራ ማልቀስ

● **ምን አሉን ?**

- ክለቦች /ቡድኖች
- አካዳሚዎች
- ጂምናዝየሞች
- መዋኛዎች
- ሴንተሮች/ ማዕከላት
- ካምፖች
- ፕሮጀክቶች / ፕሮግራሞች

● **ስፖርቱን በየደረጃው የሚመሩ**

- ስክነት/ አብሮነት /ውህደት
- እኔነትን አምርሮ መዋጋት
- መሰልጠን /መዘመን
- መረጃ /አለም አቀፋዊ

- ብሩህ / ሩቅ አሳቢ አእምሮ
- የተጋላጭነት ፈጣን ዳሰሳ
- ሁሉንም ክልል ማየት
- የመከላከያ ስትራቴጂ
- ርምጃ

● **ምን ይደረግ ?**

- እንደ ኢትዮጵያ አትሌቲክስ ፌደሬሽን
- ተጋላጭነት ልየታ
- ቅድሚያ ልየታ
- የመከላከል ስትራቴጂ
- ርምጃ
- ክትትልና ድጋፍ
- ግንኙነት

● **ማጠቃለያ**

- ኢትዮጵያችንን ፈጣሪ ይጠብቃት
- ሁላችንም ለዚህ ዘመነኛ አለም አቀፋዊ መቅሰፍት በጋራ እንነሳ
- ሁላችንም ለዚህ ዘመነኛ አለም አቀፋዊ መቅሰፍት በአንድ ድምፅ እንጨቃህ
- ሁላችንም ለዚህ ዘመነኛ አለም አቀፋዊ መቅሰፍት በቆራጥነት እንራመድ
- ሁላችንም ለዚህ ዘመነኛ አለም አቀፋዊ መቅሰፍት በብሩህ አስተሳሰብ እንጓ