



COVID-19 EMERGENCY SIGNS

COVID-19 Emergency Signs	COVID-19 Daktwi Nungmari
English	Kokborok (Tripura)
What are symptoms of COVID-19?	COVID-19 ni nungmari tama tama?
<p>There is a wide range of symptoms, but common symptoms include:</p> <ul style="list-style-type: none"> • Fever • Chills • Cough or shortness of breath • Fatigue • Muscle and body aches • New loss of taste or smell • Sore throat • Diarrhea • Nausea or vomiting 	<p>COVID-19 ni kabang nungmari tongo, mator nungthok nungmari ongkha:</p> <ul style="list-style-type: none"> • Kulum • Basak hing ongnai • Kusunai eba hangla kuphungnai • Lengnai • Sakmang sakrunai • Mungsa kathok siyanai akhai bakhai manyanai • Totra sanai • Khitranai • Bokhorok sanai eba kabani ongnai
<p>Sometimes, symptoms are different in Elders. Other signs to look out for include:</p> <ul style="list-style-type: none"> • Decreased ability to do usual daily activities • Racing heart • Dizziness when standing or sitting • Restlessness, hallucinations, confusion 	<p>Jorajorao, okrarokni daio nungmari juda juda nungjao. Arw nungmari bisingo tongo:</p> <ul style="list-style-type: none"> • Samung tangnai phan bainai • Bwkha kwlwinai • Achukjak eba bachajak daio bokhorok sanai • Tongmaya chamaya, mlang chahnai, ubrumjabrum ongnai
Symptoms may appear 2-14 days after exposure to the virus	Bairasni hama phakjagoi 2-14 salni ulo nungmari nungjakmano
When should I go to an emergency room?	Ano baiphuo imarjensi rumo matilangnai?
<ul style="list-style-type: none"> • The warning signs for COVID-19 include: • Increased trouble breathing • Persistent pain or pressure in your chest • New confusion • Inability to stay awake • Blue lips or face 	<p>Koronabairas phakjakhai naijaknai nungmari bisingo tongo:</p> <ul style="list-style-type: none"> • Hangla kuphungnai barinai • Bakha maloi sanai eba sepjaknai • Huk kwrwi chanai • Bachagoi tongni phariya • Makhang eba khukchi somchluchulu ongnai
If you see any of these symptoms you should go to your nearest emergency room or medical provider immediately	In nungmarirok nungjakkhai nono daktwi korekarani hospitalo imarjensi rum eba sagnainaini daio thangni nangno.