

Joint MBMC/IBTN/Can-Change COVID-19 Arikkay patri: Sirantha seekiechaiyanathu thaduppu aakum

Thayarithavar:

Kim L. Lavoie, PhD 1,2 and Simon Bacon, PhD 2,3
Co-Directors, Montreal Behavioral Medicine Center (MBMC)
Co-Leads, International Behavioral Trials Network (IBTN)
Founding Members, Canadian Network for Health Behavior Change and Promotion (CAN-Change)

1 Department of Psychology, University of Quebec at Montreal (UQAM)

2 Montreal Behavioral Medicine Center (MBMC), CIUSSS-NIM Hopital du Sacre-Coeur de Montreal

3 Department of Health, Kinesiology and Applied Physiology, Concordia University

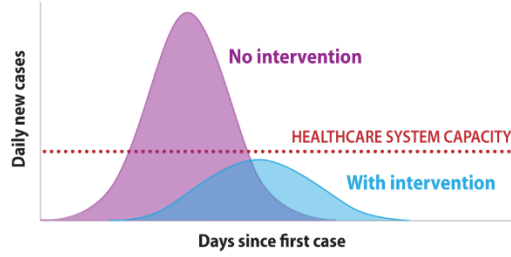
COVID-19 thottrunoi naveena varalaatril miha mukkiyamaana (athan ulagalaaviya azhivil) suhaathaara nerukkadi. Indru varai naam eluntha ulagam, oru sila kurukiya vaarangalukku munpu naam eluntha ulagattai pondrathu illai. Ulagam thideerendru miga siriyathaaha unarhirathu. Intha nerukkadi ulagengum ulla sila velinaaduhail nadapathillai, athu nammudaiya sontha muttratil thaana nadakirathu. Ithu avaiyalukku mattrum illai, aanaal anaivarukkum nadakirathu. Enave, ippoluthu intha ulagalaaviya nerukkadiyai samaalikka naam ondrupada vendum. Namathu vaalkai murai, vaalkai tharam aahiyavattrai paathukaappathey engaludaiya kurikol. Aanal eppadi?

Intha thottrunoyin miha mukkiyaama amsam ennavendraal marunthuhai mattrum aruvai sihitchaihal pondra paarambariya maruthuva anuhumuraihal intha noyai theerka mudiyathu enpathuthaan. Ulahengilum ulla ulaga suhathaara athikaarihal oppu kolvathu ennavendral: Intha virusukku oru sikitchaiyum illai, ithu thaduppu, athaavathu ulaga alavil saandruhal saarntha nadattai anuhumuraihalai payanpaduthal. Intha nadathai anuhumuraihal "Behavioral medicine" endru azhaikapadam.

COVID-19 pattriya mukkiya pirachanai paravalin veham (thaduppu oosi illaathathaal) mattrum athan mukkiya arikuri: moochu thinaral. Intha kuripidda virus nuraiyeeralai thaakkuhirathu. Kadumaiyaana swaasa sikkalai uruvaakum aanal paathikkapaddavargal irakka vaaypillai enendraal engalidam oru sirantha suthaahaara amaippu mattrum maruthuva karuvihalum undu. Pirachanai ennavendraal virus miha viraivaaha paravinaal, athika aapathulla noyaalihallukku (vayathanavarkal, ithaya noyalihal, puttru noy, nuraiyeeral noy ullavarhal) thevaiyaana kavanippu, swaasa karuvihal pothumaanathaaha irukaathu. Ithanaal thaana thottrunoy valaivai thaddaiyaakuvathil kavanam seluthavendrum (padam paarkavum), ithu virus paravuhira vegathai thirambada kuraikirathu.

FLATTENING THE CURVE

A look at the importance of slowing the spread of a virus, so that the rate of infection doesn't outpace the resources to fight against it.



SOURCE: CDC

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Ithanaal than sihitchaiyai vida thaduppukku mukkiyathuvam kudukkapaduhirathu. Thaduppu oosi ilaathathaal viraivaaha paravuvatatkaana aapattu miha athihamaaha ullathu. Melum intha oosiyai poduvathan mukkiyathuvatthaiyum, mathippaiyum ninaivoodukirathu. Kaaichal pondra noyhal utpada, ithu ovoru aandum Americavil, 140,000-810,000 per maruthuvamanaiyil anumathikkapaduhirathu mattrum Canadavil 12,000 per serkapadukiraarhal. Enendral palar thaduppu oosi poda marukiraarhal, ithu athika aapatthil irupavarai kadumaiyaana sikkalkalukku aalagirathu.

Engal pirachanai ennavendraal naam varuttathil irukum pothu engalai sari seyya engal suhaathaara amaippai perithum nambiyirukirom. Arokiyamaana vaalkai muraiyai pinpattruvatatkum nalla samooha nadathaihalai kadaipidippathatkum

Arokiyamaana vaazhkai muraiyai pinpattruvatatkum, nalla samooha nadattaikalai kadaipidipathatkum thanipadda mattrum samooha unarvai ilanthuviddom. Samooha tholaivu pondravai kai kaluvuthal, mulangaiyil irumal, noyvaaypaddirukumpothu veedilaiye iruppathu, thaduppu oosi poduvathu (athu kidaikum pothu).

Antha vahaiyil, COVID-19 nalla aarokiya nadattaikalai kadaipidipathan mukkiyathuvatthai namakku ninaivoodukirathu.

Nalla seythi ennavendral marunthuhai, aruvai sihitchai, hospital varuhaihalai vida, nalla arokiya nadattaikalai kadaipidipathu ilavasum mattrum mihavum malivaanathu.

Ungal udal nilai nadattaikalum melum nalla aarokiya nadattaikalum ungal andraada vaalkai muraiyin oru pahuthiyaaha aakavendum.

Enave payapadavendum. COVID-19 pattiya tagavalgalai Public Health Agency of Canada, the Centers for Disease Control, and the World Health aahiyavattrilaiye peralaam. Mattrum, behavioural medicine aahiyavattrai oru periya alavil eduttu kollungal.

1 Samooha thoorathai payitchi seyungal. Athaavathu mattavarhaludan nerungiya (1 meter) thodarpu kollakoodiya soolnilaihalai thavirpathu allathu paathikapadda naparai thoduvathai thadupathu. Ithil pinvaruvanai adangum:

- Velai, pallikoodam
- Pothu pokuvarattu (bus, taxi, uber)
- Suhaathaara vasathigal
- Nambikkai adippadaiyilaana nadavadikkaihal (thevalayam, kovil, tevalayam)
- Kadaihal (porudkalai ungalidam kondu vara mudiyuma endru paarungal)

- f Anaittu pothu nivalvugal (vilaiyaadu thiruvizhaakkal, maanaadukal, isai nicalchihal)
- g Thanipadda koodangal (iravu unavu, piranthanaal vizhaakkal).
- h Vimaanattil anaitu thevaiyatra payanangal (payana echarikaikal overu naalum maarikonde irupathaal avattrai pattri therinthukollungal. Neengal payaam seythal, entha neratilum ellaihal mooda thayaaraaha irungal).
- 2 Veliye selvathatku munpum pinpum kurainthathu 20 vinaadigal ungal kaikalai soap mattrum thaneeril kaluva vendum (mattrum 60% alcohol sanitizer payanpaduthungal).
- 3 Ungal kaikalaal muhattai thoduvathai thadukkavendum.
- 4 Thummal allathu irumal vanthaal ungal mulangaiyil thumma vendum.
- 5 Ungalai kaapatrikolla samooha reethiyaaha ungalai thanimai paduthungal. Allathu kulai kaaychal, moochu thinaral pondra arikurikal irunthaal, ungal ulloor suhaathaara athikaariyai azhaikkavum.
- 6 Ungal mana aarokiyatthai paatukaakkavendum.

Ethaiyum viraivaaha semikka vendiya avasiyam illa. Canadavilo allathu Americavilo porutkalai valanguvatatku oru aapathum illa. Mattrum mugamoodigal ungalai paathukaapathil payan illa, avai suhaathaara paniyil irupavargalai noyaalihalidamirunthu paathukaaka maddume payanpaduthukirathu.

Engal mukkiyathuvam ipoluthu virus paravalin vegatthai kuraipathu mattrum sihitchai alikkum suhaathaara amaippin thiranai paathukaapathu enpathu aahum.

Aagave nalla vivegamana suhathaara nadattaikalai pinpattrungal. Ithu COVID-19 mattrum illa , matta periya noykal (ithayam mattrum nuraiyeeral noy, puttru noy aahiyavattraiyum thadukkum.

Kim Lavoie, PhD, FCPA, FABM

Chair of Behavioral Medicine, Department of Psychology, University of Quebec at Montreal
Co-Director, Montreal Behavioral Medicine Center (MBMC), CIUSSS-NIM, Hopital du Sacre-Coeur de Montreal

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