



Haddii natiijadu ay sheegayso in aan lagaa helin (ama “aan lagaa arkin”) COVID-19, baro sida caafimaadkaaga loola socdo oona dadka kale looga ilaaliyo:

Miyaad ag joogtay qof qaba cudurka COVID-19?

Haddii aad la nooshahay, aad daryeesho, ama aad wakhti la qaadatay qof laga helay cudurka COVID-19:

Nafsadaada Karantiil Geli

- Haddii adiga aan lagu tallaalin, ama si buuxda lagu tallaalay in ka badan 6 bilood ka hor oo aadan qaadan tallaalka xoojinta ee COVID, waa inaad guriga ku karantiilanaataa 5 maalmood ka dib marka aad qaaday.
- Haddii ay tahay inaad dad kale la joogto 10ka maalmood ee ka dambeeya marka uu ku soo gaaray cudurka, maaskaro xiro.
- Dib-u-eeg macluumaadka ku saabsan ka-reebitaannada karantiilka, iyo kala doorashada muddada karantiilka ee gaagaaban: <https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/Isolation-QuarantineRelease.pdf>

Ka-reebitaanka Karantiilka

- Haddii aad qaadatay tallaalka xoojinta ama dhawaan si buuxda lagu tallaalay (6-dii bilood ee la soo dhaafay gudahood), OO aanad isku arkin calaamadaha, uma baahnid inaad iskarantiisho.
- Si kastaba ha ahaatee, weli waa inaad weli sii qaadataa in aad sii xirato maaskaro marka aad ag joogtid dadka kale ilaa 10 maalmood ka dib marka aad bayla u noqotay ugu dambaysay ee kiis, iyo (haddii ay suurtoagal tahay) is-baari 5 maalmood (ama ka badan) ka dib marka uu ku soo gaaray, xitaa haddii aad caafimaad qabto.

Caafimaadka La soco

- Iska fiiri **qandho, qufac, cune xanuun, caburnaani, iyo neefta oo yaraata** 10-kii maalmood ee ka dambeeyay maalintii ugu dambaysay ee aad xiriir dhow la lahayd qofka qaba COVID-19. **Haddii aad isku aragto astaamo, guriga joog** waxaa laga yaabaa inaad qabtid COVID-19.

Ma jiran tahay?

Haddii aad isku aragto qufac cusub, neefsashada oo kugu adkaata, dhadhamin la'aanta ama urta, qandho, dhaxan, caburnaan/sanka oo dareera, lallabbo/matag, shuban, hungur xanuun, madax xanuun, murqo xanuun, ama daal:

Naftaada Go'doomi (dadka kale iska dhex saar)

- Waa in aad si adag ah aad naftaada guriga ku go'doomisaa.
- Qol gaar ah isaga jir oo dadka kale ka baxsan oo gurigaaga ah intiiba suurtoagal ah. Isticmaal musqul gooni ah, haddii la heli karo. Xubnaha reerka waxay samayn karaan in meel gooni ah ay iska joogaan haddii la heli karo, si loo yareeyo halistooda ah inuu ku dhaco.

Caafimaadkaaga la Soco

- Hel nasasho badan oo cabitaanka badso.
- Haddii loo baahdo, qaado dawooyinka mida la iska soo iibsado si aad u yareeyso qandhadaada ama aad calaamadahaaga u yareeyso.
- Haddii calaamadahaaga ay ka sii daran oo aad u baahan tahay inaad raadsato daryeel caafimaad, hore u wac oo u sheeg daryeel bixiyaha calaamaddahaaga.

Haddii aadan jirnayn oo aadan u dhowaan qof qaba cudurka COVID-19...

Ka Ilaali Cudurka Naftaada iyo Dadka kaleba

- Raac dhammaan tallooyinka masaafu ka fogaanshaha bulshada ee habboon.
- Xiro maaskaro marka aad joogto meelaha bulshada marka ay adag tahay in masaafu ka fogaanshaha bulshada ay adag tahay in la xoojiyo.
- In badan gacmahaaga ku dhaq saabuun iyo biyo in ka ugu yaraan 20 ilbiriqsi, ama isticmaal wax gacmaha lagu nadiifiyo oo aalkohol ku jira oo gacmaha ku rug haddii saabuun iyo biyo heli karin.
- Si joogto ah u nadiifi oo jeermiska ka dil walxaha iyo meelaha, oo uu ku jiro taleefankaaga.
- Ku qufac ama ku hindhis xaashida (tissue) ga ama sharkaaga shaatiisa ama xusulkaaga.

Wax badan ka Baro: Waxaa dhici karta in tilmaamaha ay wax iska bedelaan intiiba wax badan aan ka baranayno. Fadlan ka hubi www.tn.gov/health/cedep/ncov ama www.cdc.gov/coronavirus/2019-ncov si aad u hesho tilmaamaha ugu dameeyay ee ku saabsan cudurka COVID-19.