

Haddii baaritaanka laga waayo (ama "aan lagaa helin:) cudurka COVID-19.

Baro sida loola socdo caafimaadkaaga oo dadka kalena 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

- Waa inaad guriga joogtaa 14 maalmood laga bilaabo maalintii aad xiriir la samaysay qof qaba cudurka COVID-19.
- Qol gaar ah isaga jir oo dadka kale ka baxsan oo gurigaaga ah intiiba suurtoagal ah. Isticmaal musqul gooni ah, haddii la heli karo.
- * Haddii lagu tixgeliyo inaad tahay shaqaalaha daruuriga ah, waxaa lagu ogolaan karaa inaad shaqeyso inta lagu gudajiro muddada aad karantiile tahay adigoo wakhti kasta maaskaro xiranaya.

Caafimaadkaaga la Soco

- Haddii aadan xanuunsanayn, waxaad iska ilaalisaa qandho, qufac iyo neefta oo ku qabata ama neef gaabsi.
- Haddii aad qabto qandho, qufac ama neefta gaabsi, waxaa laga yaabaa inaad qabtid COVID-19.
- Haddii calaamaddahaaga dhexdhexaad yihiin, guriga iska joog oo caafimaadkaaga la soco. Haddii aad u baahan tahay qiimeyn caafimaad in lagugu sameeyo, wac rugta caafimaadka ama isbitaalka kahor intaadan iman oo daryeel bixiyaha oo u sheeg in lagaa helay cudurka COVID-19.

Ma jiran tahay?

Haddii aad qabto qandho, qufac, neef gaabasho ama calaamado kale:

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 daraan oo aad u baahan tahay inaad raadsato daryeel caafimaad, hore u wac oo u sheeg daryeel bixiyaha calaamadahaaga.

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

Badbaadi Naftaada iyo Dadka Kale

- Raac dhammaan tallooyinka masaafu ka fogaanshaha bulshada ee habboon.
- Xiro waji daboole oo dhar ah 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.
- Qufacaaga ama hindhishidaada ku dabool xuqulkaaga dhexdiisa ama istiraasho/naabkin.
- Haddii aad isku aragto astaamo ama calaamado ama aad qabto welwel dheeri ah oo ku saabsan caafimaadkaaga, la xiriir daryeel bixiyahaaga caafimaadka.

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.