

Sida Si Badqab Leh Loo Naasnuujiyo Haddii Aad Qabto COVID-19

Xiriiriiriyaha La Heli Karo: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

Si dhab ah uma ogin in hooyooyinka qaba COVID-19 ay u gudbin karaan cudurka carruurta ku jirta naasnuujinta, balse iyadoo lagu saleynayo waxa aan ognahay, tani uma badna.



Haddii aad qabto COVID-19 oo Aad Doorato Inaad Naasnuujiso

- Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 il-biriqsi kahor naasnuujinta.
- [Xiro afxir](#) marka aad naasnuujinayso IYO mar kasta oo aad wax ka yar 6 cag u jirto ilmahaaga.
 - » Ha u gelin gaashaan waji ama afxir ilmahaaga. Gaashaanka wajiga ama afxirka ayaa kordhin kara halista ah [cilladda dhimashada lama filaanka ah ee dhallaanka \(Sudden Infant Death Syndrome, SIDS\)](#) ama neef ku dhega iyo ceejiska shilka ah.



Haddii Aad Qabto COVID-19 oo Aad Dooratid Inaad Bamka ama Gacanta Isaga Listid Caanaha Naaska

- Isticmaal bamka naaskaaga (ha wadaagin bamka naaska).
- Xiro afxir marka aad naaska bam ku lisayso.
- Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 il-biriqsi kahor intaadan taaban wax ka mid ah bambka ama dhalada.
- [Nadiifi bamkaaga](#) kadib markaad isticmaasho, mar kasta.
- Isku day in qof kula deggan uu ilmaha siiyo caanaha bamka lagu lisay. Hubso inaysan qabin COVID-19 oo aysan ugu jirin [halis sii kordheysa](#).
- Daryeel-bixiye kasta oo kula nool ayaa laga yaabaa inuu u-baylah noqday cudurka, waana inuu xirto afxir marka ay u jiraan 6 cag ilmaha inta aad ugu jirto [go'doonka](#)* oo dhan COVID-19, iyo inta ay ku jiraan [karantiilka](#)**.

* Go'doon waxaa loola jeedaa ka ilaalinta qof qaba cudurka dadka kale, xitaa gurigiisa.

**Karantiil waxaa loola jeedaa in laga fogaado qof laga yaabo inuu u-baylah noqday COVID-19 dadka kale.



Naasnuujinta Haddii Aad Ka Go'day Ilmahaaga Dhashay

Haddii aad qabto COVID-19, waxaad dooran kartaa inaad si kumeelgaar ah uga go'do ilmahaaga dhashay si loo yareeyo halista ku faafitaanka COVID-19 ilmahaaga. Si kastaba ha noqotee, waxaa kugu adkaan karta inaad bilowdo ama aad sii wado naasnuujinta. Waxa jira tallaabooyin aad qaadi karto oo kaa caawin kara badashada caanahaaga:

- Ku lis bam ama quudi 2-3 saac kasta (ugu yaraan 8-10 jeer 24 saac gudahooda, oo ay ku jirto habeenkii), gaar ahaan maalmaha ugu horreeya. Tani waxay u seenyaale sinaysaa naasaha si ay u soo saaraan caano waxayna kahortagtaa marinnada caanaha ee xiran iyo caabuqyada naasaha.
- Haddii aadan awoodin inaad caano keento ama aad si kumeelgaar ah u joojiso naasnuujinta sabab kasta ha noqotee, tixgeli inaad caawimaad ka hesho [bixiyaha taageerada naasnuujinta](#).



WAXAA QEYBIYAY: