

# Ha Ahaado Ilmahaaga Mid Caafimaadqab iyo Badqab ah Qaad talaabooyinkaan inta lagu jiro safmareenka COVID-19

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



## Ha u gelin afxir ama gaashaanka wajiga ilmahaaga

Ilmahaaga si joogto ah ayay u dhaqdhaqaaqaan. Dhaqdhaqaaqooda wuxuu sababi karaa in gashaanka wajiga ee caagga ah ama afaabka uu xiro saniisa iyo afkiisa, ama inuu laastiiga ku ceejismo.

- Carruurta ka yar labo sanno waa inaysan xiranin [afxiryo](#) ama gaashaano waji.
- Gashaanka wajiga ama afxirka u xiran ilmahaaga waxay kordhin kartaa halista [cilladda dhimashada lama filaanka ah ee dhallaanka \(SIDS\)](#) ama ceejin karta ama neefta ku xiri kartaa ilmahaaga.



## Xaddid booqdeyaasha arkaya ilmahaaga cusub

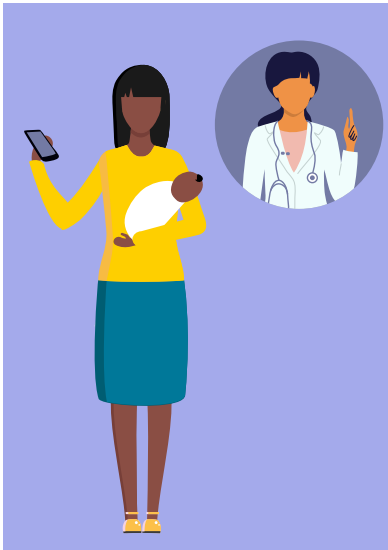
Dhalashada ilmaha cusub waxay caadi ahaan isu keentaa qoysaska si ay u dabaal degaan. Kahor intaadan marti u oggolaan gurigaaga:

- Tixgeli halista COVID-19 kugu yahay adiga, ilmahaaga, dadka kula nool, iyo booqdeyaasha, sida ayeeyooyinka ama dadka kale [halista kordhaysa ugu jira cudurka daran ee COVID-19](#).
  - » Isu keenista dad aan kugula noolayn gurigaaga waxay kordhin kartaa halista faafitaanka COVID-19.
  - » Dadka qaarkood ee aan qabin calaamado ayaa faafin kara fayraska.
- Xaddid kulannada fool-ka-foolka ah oo tixgeli xulashooyinka kale, sida dabbaaldega fogaan-araga ah, ee dadka doonaya inay arkaan ilmahaaga cusub.



## Ha u dhexayso 6 cag ilmahaaga iyo dadka aan degganeyn gurigaaga iyo ilmahaaga iyo dadka jirran

- Tixgeli halista COVID-19 kugu yahay adiga iyo ilmahaaga kahor inta aadaan [go'aansan inaad bannaanka u aado](#) hawlo aan ka ahayn booqashooyinka daryeelka caafimaadka ama daryeelka ilmaha.
- Weydii [barnaamijka daryeelka ilmahaaga](#) wax ku saabsan qorsheyaasha ay u dejiyeen inay ku badbaadiyaan ilmahaaga, qoyskaaga, iyo shaqaalahooda.



## Ogow calaamadaha iyo astaamaha suurtagalka ah ee cudurka COVID-19 ee carruurta

Carruurta ka yar 1 sanno jir waxay u badan tahay inay qaadaan jirro daran oo ka dhalata COVID-19 marka loo eego carruurta waaweyn, balse carruurta badankood ee laga helo cudurka COVID-19 waxay yeeshaan calaamado dhedhexaad ah ama ma yeeshaan wax astaamo ah.

- Astaamaha la soo sheegay ee dhallaanka cusub ee qaba COVID-19 waxaa ka mid ah qandho, daal fara badan ama firfircoonaan la'aan, dilililiq, qufac, matag, shuban, wax cunis la'aan, iyo neef-qabasho ama neefsasho qoto-dheer.
- Haddii ilmahaagu yeesho astaamo ama aad u malaynayso in ilmahaaga laga yaabo inuu baylah u noqday COVID-19:
  - » La xiriir daryeel-bixiyaha caafimaad ee ilmahaaga 24 saacadood gudahooda oo raac [tallaabooyinka daryeelka carruurta qabta COVID-19](#).
  - » **Haddii ilmahaagu leeyahay calaamado digniin oo degdeg ah (sida neef-qabasho), hel daryeel degdeg ah isla markiiba. Wac 911.**



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WAXAA QEYBIYAY:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

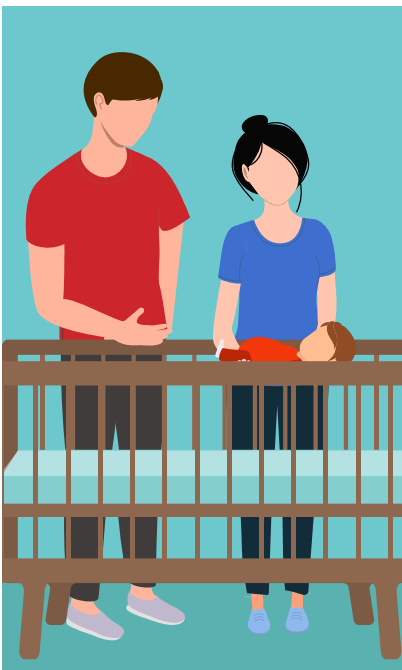


## U kaxee ilmahaaga baaritaanada ilmaha faydaqabka ah

Ha ka baaqan ballamaha daryeelka caafimaadka ee ilmahaaga. Booqashooyinka dhallaanka cusub waa in loo qabtaa fool-ka-fool, haddii ay macquul tahay. Sidaasi ayuu daryeel-bixiyaha caafimaad ee ilmahaaga u:

- Hubin karaa sida aad adiga iyo ilmahaaga tihii guud ahaan.
- Hubin karaa korritaanka iyo quudashada ilmahaaga.
- Ka baar ilmahaaga [cagaarshow](#).
- Hubso in [baaritaanka dhallaanka cusub](#) ee ilmahaaga lagu sameeyay oo samee wax kasta oo ku celis ah ama baaritaan dabagal ah.

Haddii aad u malaynayso in adiga ama ilmahaagu laga yaabo inaad qabtaan COVID-19 ama laga yaabo inaad u-baylah noqoteen qof qaba COVID-19, wac daryeel-bixiyaha caafimaad kahor intaadan booqo u aadin.



## Hubso in ilmahaagu si badqab ah u seexdo

Hurdada badqabka leh waa qayb muhiim ah oo ka mid ah ilaalinta caafimaadka carruurta. Qaad tallaabooyin si aad uga caawiso ilmahaaga inuu si badqab leh u seexdo oo u yaraato halista dhimashada la xiriirta hurdada ee dhallaanka, oo ay ku jirto cilladda dhimashada lama filaanka ah ee dhallaanka (SIDS):

- U seexi ilmahaaga dhabarka xilliyada seexashada oo dhan - hurdada gaaban iyo habbeenkii.
- Isticmaal sagxad adag, fidsan oo lagu seexdo, sida joodariga sariirta ilmaha ee ku goglan go' lagu rakibay. Ilmahaagu waa inuusan ku seexan sariirta dadka waaweyn, joodariga buufsan, sariirta ilmaha ee alwaaxa ah, fadhi carbeed, ama kursi.
- Ilmuhu ha kula wadaago qolkaaga balse yuusan kula wadaagin sariirtaada. Ilmahaagu waa inuu ku seexdaa sagxad u gaar ah, oo ka gaar ah adiga iyo dadka kale ee waaweyn ama carruurta.
- Ka foguee sariirta jilicsan – sida busteyaasha, barkimooyinka, suufka xafaayadaha, iyo alaabalaabeeyda jilicsan aagga jiiifka ee ilmahaaga.
- Ha daboolin madaxa ilmahaaga ama ha u oggolaan in ilmahaagu aad u kululaado. Calaamadaha laga garto in ilmahaagu aad u kululaanayo waxaa ka mid ah dhidid ama xabadka oo uu ka kululaado.
- Sigaar ha ku cabbin ama ha u oggolaan in qof sigaar ku cabo agagaarka ilmahaaga.



## Hubso caafimaadkaaga bulsheed, shucuureed, iyo maskaxeed

Inta lagu jiro faafitaanka COVID-19, waalidiinta waxaa laga yaabaa inay si dheeraad ah u [walaacaan](#) oo u daallan.

- Baro qaababka loola tacaali karo walaaca iyo [tallooyin ku saabsan daryeelka naftaada](#) inta lagu gudajiro safmareenka COVID-19.
- Wac daryeel-bixiyahaaga caafimaad haddii aad u malaynayso inaad dareemayso [niyad-jab](#) uurka kadib.