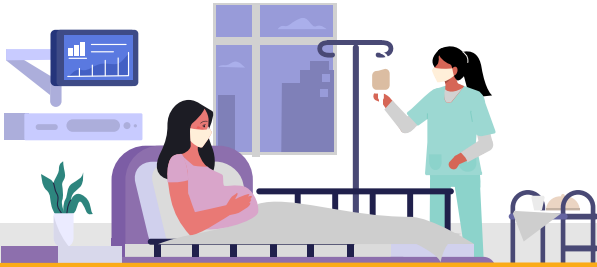


Ma leedahay uur? Qaad tallaabooyinkaan si aad uga ilaaliso naftaada iyo tan ilmahaaga COVID-19

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

Dadka uurka leh ee qaba COVID-19 waxay halis dheeraad ah ugu jiraan jirro daran ama geeri ka dhalata COVID-19 marka loo eego dadka qaba COVID-19 ee aan uurka lahayn.



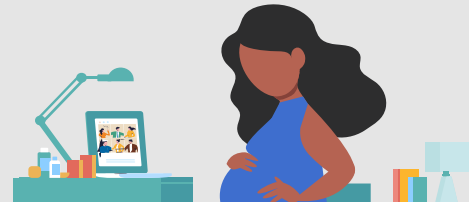
Jirro daran waxaa loola jeedaa in qofka qaba COVID-19 uu u baahan karo:

- Isbitaal seexin
- Daryeel degdeg ah
- Neefsiiye si uu uga caawiyo inay neefsadaan

Dadka uurka leh ee qaba COVID-19 sidoo kale waxay u badan tahay inay dhallaan ilmo shinkiisa aan gaarin.

Haddii aad uur leedahay, waa tan waxa aad sameyn karto si aad u ilaaliso naftaada:

Ka fogow la macaamilka dadka laga yaabo inay u-baylah noqdeen ama qaadeen COVID-19 inta suurtagal ah, oo ay ku jiraan dadka kula nool.



Haddii aad banaanka u baxdo ama aad la macaamisho dadka aan kula nooleyn, waa inaad:

- [Xiro afxir.](#)
- Ka fogow ugu yaraan 6 cag qof kasta oo aan kula nooleyn.
- Ku dhaq gacmahaaga si joogto ah saabuun iyo biyo ugu yaraan 20 il-biriqsi. Haddii saabuun iyo biyo aan la heli karin, isticmaal gacmo-nadiifiye ugu yaraan ka kooban aalkolo 60% ah.
- Ka fogow goobaha camiran ee aan la kala fogaanshaha bulshada la joogteyn karin iyo goobaha gudaha ah ee aan hawada nadiifka ah ka helin dibadda.



✓ **Aad dhammaan ballamahaaga daryeelka caafimaadka ee lagugula taliyay xilliga iyo kadib uurkaaga oo ay ku jiraan ballamaha daryeelka kahor uurkaaga.**

- Qaar ka mid ah ballamahaan waxaa lagu qaban karaa fogaan-arag, sida iyadoo la adeegsanayo telefoonka ama kumbuyuutarka.

✓ **[Hel tallaalka lagu taliyay](#), oo ay ku jiraan tallaalka hargabka iyo tallaalka xiiqdeerta (Tdap).**

✓ **Haddii aad ka mid tahay koox lagula taliyay inay qaadataan tallaalka COVID-19, waxaad dooran kartaa inaad iska tallaasho.**

- La hadal dhakhtarkaaga si uu kaaga caawiyo inaad gaarto go'aan wargal leh.

✓ **Weydii daryeel-bixiyaha caafimaadkaaga haddii aad heli karto daawadaada oo 30 maalmood ah (ama ka badan), si aad safaro yar ugu tagtid farmashiyaha.**

- Haddii ay suurtagal tahay, ka codso qof inuu booqdo farmashiyaha.

✓ **Wac daryeel-bixiyahaaga caafimaad haddii aad wax welwel caafimaad ah qabto.**

- Haddii aad u baahan tahay caawimaad degdeg ah, wac 911 isla markiiba. Ha ka raagin inaad hesho daryeel degdeg ah COVID-19 awgiis.



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WAXAA QEYBIYAY:

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