

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

- Waa inaad guriga joogtaa 14 maalmood laga bilaabo maalintii aad xiriir la samaysay qof laga helay cudurka COVID-19.
- 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/IsolationQuarantineRelease.pdf>

Caafimaadkaaga la Soco

- Haddii aaddan jiranayn, waxaad la socotaa 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.
- Haddii aad isku aragto mid ka mid ah calaamaddahan 14 maalmood gudahood markii ugu dambaysay ee aad la xiriirto qof qaba COVID-19, waxaa laga yaabaa inuu kugu dhacay cudurka COVID-19. Tallaabooyinka hoos ku qoran raac.

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 yareyso qandhadaada ama aad calaamadahaaga u yareyso,
- Haddii calaamadahaaga ay ka sii daraan 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.
- 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 fiiri www.tn.gov/health/cedep/ncov ama www.cdc.gov/coronavirus/2019-ncov wixii tilmaamo cusub ee dheeraad ah ee ku saabsan COVID-19.