

Waxa Aad Sameyn Karto haddii Aad Halis Sarreysa ugu Jirto Jirrada Daran ee COVID-19

Miyaad Halis Sarreysa ugu Jirtaa Jirro Daran?



Iyadoo lagu saleynayo waxa aan ognahay hadda, dadka halista sarreysa ugu jira jirrada daran ee COVID-19 waa:

- Waayeelada
- Dadka da'aad kasta ah oo qaba waxyaabaha soo socda:
 - Kansarka
 - Cudurka kelyaha ee raaga
 - COPD (cudurka bararka sambabada ee raaga)
 - Xaalada difaaca jirka wiiqmo (habdhiska difaaca jirka oo daciifo) ee ka dhalata tallaalka xubin nudo adag
 - Cayilka (cabbirka cufnaanta jirka [BMI] oo ah 30 ama ka sarreeyo)
 - Cudurrada daran ee wadnaha, sida hawlgabka wadnaha, cudurka halbowlaha wadnaha, ama cudurka murqaha wadnaha
 - Cudurka beddela qaabka unugta dhiigga
 - Nooca 2 ee sonkorowga

Naga Caawi Ilaalinta Naftaada iyo Dadka Kale:



Kahor bixitaanka



Booqo daryeel-bixiyahaaga caafimaad oo diyaari diiwaanadaada caafimaad.



Soo qaado tas'hiilaad 12 bilood ah oo daawooyin ah.



Xilliga safarka



Xiro maaskaro.



Dhaq gacmahaaga inta badan ama isticmaal gacmo-nadiifiye aalkolo ka sameysan.



Iska ilaali u dhowaanshaha (2 mitir/ 6 cag) dadka aan kula nooleyn adiga.



Kadib imaanshaha



Guriga joog inta aad awoodo ee suurtagalka ah 10-ka maalmood ee ugu horreeya kadib imaanshaha. Kala xiriir shaqaalaha kiiskaaga ee hay'adda dib-u-dejinta wixii macluumaad ah ee ku saabsan shuruudaha gaarka ah ee aaggaaga.



U fiirso calaamadaha COVID-19. Qaad xararadaada haddii aad jirrato.



Sii wad inaad sameyno tallaabooyinka qoran 'Xilliga safarka'.



Haddii aad jirrato oo aad u maleyso in laga yaabo inaad qabto COVID-19:



Guriga joog. Iska ilaali inaad dad kale u dhowaato intii suurtagal ah.



La xiriir daryeel-bixiyahaaga caafimaad iyo shaqaalaha kiiskaaga ee hay'adda dib-u-dejinta. Haddii aad u baahantahay turjubaan si aad ula hadasho bixiyahaaga caafimaadka, shaqaalaha kiiskaaga ayaa kaa caawin kara.



Wac 911 oo raadso daryeel caafimaad sida ugu dhakhsaha badan haddii aad qabto calaamadaha digniinta degdega ah (oo ay ku jirto naaf-qabasho).



Wac xirfadlaha daryeelkaaga caafimaad haddii aad jirran tahay.

Wixii macluumaad dheeraad ah oo ku saabsan tallaabooyinka aad qaadi karto si aad isku ilaalisoo eeg [Sida la isku ilaaliyoo CDC](https://www.cdc.gov/coronavirus).

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