

# Daryeelida Ilmahaaga Haddii Aad Qabto COVID-19

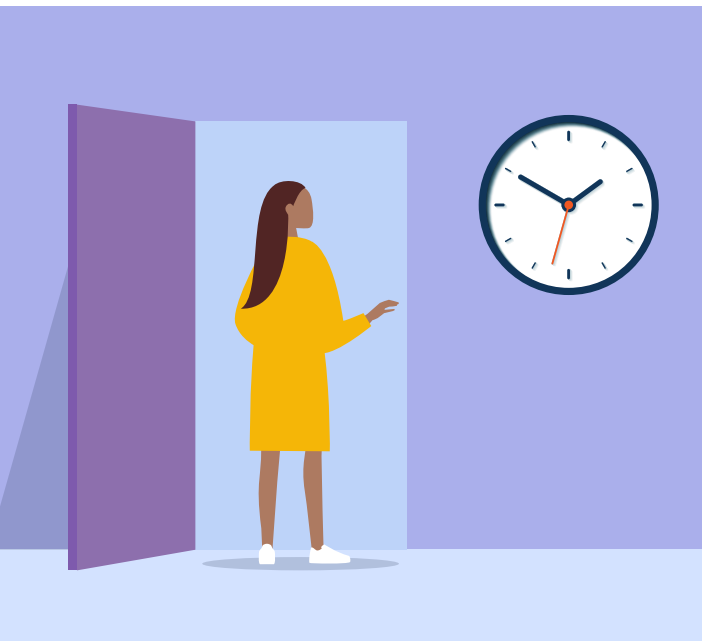
Xiriiriyaha La Heli Karo: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

**Haddii aad dhawaan dhashay cunug oo aad ugu jirtid go'doon COVID-19, samee taxaddaro marka aad ku daryeeleyso ilmahaaga dhasha isbitaalka iyo guriga.**



## Haddii aad qol kula wadaagayso ilmahaaga isbitaalka:

- Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 il-biriqsi kahor intaadan qaban ama daryelin ilmahaaga. Haddii saabuun iyo biyo aan la heli karin, isticmaal gacmo-nadiifiye ugu yaraan ka kooban aalkolo 60% ah.
- Xiro afxir markaad 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.
- Ka fogow ilmahaaga in ka badan 6 cag sida ugu macquulsan.
- Kala hadal daryeel-bixiyahaaga caafimaad wax ku saabsan isticmaalka xannibaad jireed inta aad ku jirto isbitaalka, sida inaad ilmahaaga geliso kululeeyaha.



## Ogow marka ay badqab tahay in la joojiyo go'doonka iyo taxaddarada dheeraadka ah

- Haddii aad qabto astaamo, waa badqab inaad go'doonka ka baxdo markaa kadib
  - » 10 maalmood kadib tan iyo marka astaamahaaga ay soo muuqdeen iyo
  - » 24 saacadood bilaa qandho iyadoo aan la isticmaalin xanuun-baabi'iyeyaal sida ibuprofen iyo
  - » Astaamahaaga kale ee COVID-19 ay soo roonaanayaan
- Haddii aadan marnaba qabin astaamo, waxaa badqab ah inaad joojiyo go'doonkaaga 10 maalmood kadib taariikhda baaritaankaaga ugu horreeyay marka lagaa helay COVID-19.

Kadib go'doonkaagu markuu dhammaado, waa inaad weli gacmaha iska dhaqdaa kahor intaadan daryelin ilmahaaga, balse uma baahnid inaad taxaddarrada kale ee dheeraadka ah qaadid.



## Haddii aad qabto COVID-19 oo aad ku daryeelayso ilmahaaga guriga:

- Guriga joog.
- Ka fogow dadka kale ee kula nool ee ah aan qabin cudurka.
- Ku xiro afxir goobaha la wadaago. Afxirka ayaa kaa caawinaysa kahortagga ku faafinta cudurka dadka kale.
  - » Ha u gelin gaashaan waji ama afxir ilmahaaga. Gaashaanka wajiga ama afxirka ayaa kordhin kara halista ah cillada dhimashada lama filaanka ah ee dhallaanka (Sudden Infant Death Syndrome, SIDS) ama neef ku dhega iyo ceejiska shilka ah.
- Lahow daryeele caafimaad oo aan halis sii kordheysa ugu jirin jirrada daran ee daryeelka COVID-19 ee ilmahaaga.
  - » Daryeelaha waa inuu gacmahiisa dhaqaa ugu yaraan 20 il-biriqsi kahor inta uusan taaban ilmahaaga. Haddii saabuun iyo biyo aan si fudud loo heli karin, waa inay isticmaalan gacmo-nadiifiye ugu yaraan ka kooban aalkolo 60% ah.
  - » Haddii daryeelaha ku nool yahay isla guriga ama kuu dhow yahay adiga, waxaa laga yaabaa inaad u-baylah noqotay. Waa inay xirtaan afxir markay u jiraan 6 cag ilmahaaga mar kasta oo aad go'doonka ku jirto iyo inta lagu jiro karantiilkooda kadib marka go'doonka dhammeyso.
- Haddii daryeele caafimaad aan la heli karin, waad daryeeli kartaa ilmahaaga haddii aad caafimaadqab tahay.
  - » Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 il-biriqsi kahor intaadan taaban ilmahaaga. Haddii saabuun iyo biyo aan la heli karin, isticmaal gacmo-nadiifiye ugu yaraan ka kooban aalkolo 60% ah.
  - » Xiro afxir marka aad u jirto 6 cag ilmahaaga iyo dadka kale inta aad go'doonka ku jirto oo dhan.



## Ogow marka ay badqab tahay in la joojiyo go'doonka iyo taxaddarada dheeraadka ah

- Haddii aad qabto astaamo, waa badqab inaad go'doonka ka baxdo markaa kadib
  - » 10 maalmood kadib tan iyo marka astaamahaaga ay soo muuqdeen iyo
  - » 24 saacadood bilaa qandho iyadoo aan la isticmaalin xanuun-baabi'iyeyaal sida ibuprofen iyo
  - » Astaamahaaga kale ee COVID-19 ay soo roonaanayaan
- Haddii aadan marnaba qabin astaamo, waxaa badqab ah inaad joojiso go'doonkaaga 10 maalmood kadib taariikhda baaritaankaaga ugu horreeyay marka lagaa helay COVID-19.

Kadib go'doonkaagu markuu dhammaado, waa inaad weli gacmaha iska dhaqdaa kahor intaadan daryeelin ilmahaaga, balse uma baahnid inaad taxaddarada kale ee dheeraadka ah qaadid.