

KU SOO DHAWOOW

Macluumaad ku saabsan COVID-19



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

Ku soo dhawoow!

Xirmadan waxaa loogu talagalay inay idinku caawiso adiga iyo qoyskaaga inaad ku sii jirtaan caafimaad-qab inta lagu jiro cudurkan aduunka ku faafay ee COVID-19. Hayso xirmadan maadaama uu kujira macluumaad muhiim u ah adiga iyo qoyskaaga oo ah inaad raacdaan oo aad wax ka ogaataan COVID-19.

COVID-19 waa cudur oo uu keeno fayruus ay dadku isqaadsiin karaan. Keesaska iyo dhimashada COVID-19 ayaa waxaa laga soo sheegay gudaha bulshooyinka badankood ee Mareekanka gudahiisa. Dowladaha gobolka iyo kuwa maxalliga waxay leeyihiin sharciyo kala duwan oo khuseeya COVID-19 oo qaar waxay uga baahan karaan dadka dhawaan socdaalka ahaa inay gurigooda joogaan wakhti xaddidan. Shaqaalaha kiiska ee hay'adaada dib-u-dejinta ayaa kaa caawini kara inaad hesho macluumaadka cusub ee bulshadaada ee ku saabsan COVID-19 iyo macluumaad ku saabsan meesha aad ka qaadan karto tallaalka COVID-19.

Waad qaadi kartaa COVID-19 inta aad ku jiro safarada. Waxaad laga yaabaa inaad dareemtid fiicnaan oo aadan lahayn wax calaamado ah, laakiinse weli waad qaadsiin kartaa COVID-19 dadka kale. Adiga iyo dadka safarka kugula jiro (oo ay ka mid yihiin carruurta) waxaad qaad siin kartaan COVID-19 dadka kale oo ay ka mid yihiin qoyskaaga, asxaabtaada, iyo bulshadaada gudaha 14 maalmood kadib markii aad qaaday fayraska.

Qaad tallaabooyinkan is-ilaalinta si aad naftaada iyo dadka kale u ilaaliso:



Guriga joog sida ugu suurtagalka ahi 10-ka maalmood ee ugu horreeya imaanshahaaga ka dib. Kala xiriir shaqaalaha kiiskaaga ee hay'adaada dib u-dejinta macluumaadka ku saabsan shuruudaha u gaarka ah ee goobtaada.



Ilaali caafimaadkaaga: Iska eeg calaamadaha COVID-19 oo eeg heerkulkaaga haddii aad xanuun dareento.



Ka fogow joogida agagaarka dadka ugu jira halis sare inay si daran ula bukoodaan COVID-19. Si aad u ogaato dadka ku jira halista sare, ka eeg "Dadka Halis Sare Ugu Jira Inuu Ku Dhaco Cudur Daran" ee luqadaada ku qoran. <https://bit.ly/nativelanguage>



Marka aad joogtid agagaarka dadka kale, u jir dadka kale ee aan ahayn reerkaaga ugu yaraan 2 mitir (6 fuud). Waa wax muhiim ah inaad tani ku sameyso meel walba, gudaha iyo banaanka labadaba.



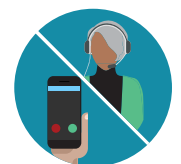
Gasho maaskaro markaad joogto dibadda gurigaaga. Maaskarada waa inuu si buuxda u daboolaa sankaaga iyo afkaaga oo uu si hagaagsan ugu dhagnaadaa dhinacyada wajigaaga.



Dhaq gacmahaaga had iyo jeer ama isticmaal gacmo nadiifiye leh ugu yaraan 60% aalkolo.



Haddii aad la xannuunsato astaamaha COVID-19, taleefanka ka wac ka hor intaadan la kulmin dhakhtar.



La xiriir shaqaalaha kiiska ee hay'adaada dib-u-dejinta haddii aad wax su'aalo ah qabtid.



Markaad timaado, weydii bixiyahaaga daryeelka caafimaadka ama shaqaalaha kiiska ee hay'adda dib udejinta waxii ku saabsan helida tallaalka COVID-19 haddii aan weli lagu tallaalin. Marka si buuxda lagu tillaalo, waxaad raaci kartaa tallooyinka CDC ee loogu talagalay dadka si buuxda loo tillaalay. bit.ly/fullvaccination

LA SOCO CALAAMADAHA COVID-19, OO AY KA MID NOQON KARAAN KUWA SOO SOCDA:



Calaamadaha waxay udhaxayn karaan kuwa sahlan ilaa iyo xanuun daran, waxayna ku soo bixi karaan 2-14 maalmood gudahood kadib marka aad qaado fayruuska keena COVID-19. Liistadan ma aysan koobin dhammaan calaamadaha suurtagalka ah. Fadlan u waco dhakhtar wixii calaamado kale oo daran ama walaac kugu abuuraya.

Ilaali caafimaadkaaga: Iska eeg calaamadaha COVID-19 oo eeg heerkulkaaga haddii aad xanuun dareento. **Qandho ah 100.4°F/38°C ama ka sareeysa.**



Marka aad qabto COVID-19, qandhada way imaan karta wayna tagi kartaa, oo dadka qaarkood waxaa laga yaabaa inaysan lahaan qandho haba yaraatee. Qandhada waxay aad ugu yar tahay dadka qaba xaaladaha caafimaad ee kale, dadka waaweyn, ama dadka qaata dawooyinka yareeya qandhada sida acetaminophen, paracetamol, ama ibuprofen.

***Islamarkiiba raadso daryeel caafimaad haddii qof leeyahay calaamadaha digniinta ee xaaladaha degdega ah ee COVID-19.**

- Neefsashada oo dhib kugu ah
- Xanuun ama cadaadis joogto ah ee laabta/shafka
- Jahawareer cusub
- Hurdo ka kicid la'aan ama soo jeedid la'aan
- Maqaarka leh midabka baraxa, midabka qalinka ah ama bushimaha, ama ciddiyaha oo midab buluug ah lahaada, waxay ku xiran tahay midabka maqaarka

Hadaad la xanuunsato qandho, qufac, ama calaamadaha kale ee COVID-19:



Guriga joog. Iska ilaali inaad ku dhawaato dadka kale illaa marka ay noqoto baadqab inaad joojiso go'doominta guriga.



Waxaa laga yaabaa inaad qabto COVID-19; dadka badankood waxay awoodaan inay ku bogsadaan guriga iyagoon u baahan daryeel caafimaad.



Wac shaqaalaha kiiska ee hay'adaada dib-u-dejinta haddii aad u baahan tahay caawimaad, sida u baahnaanta turjubaan si aad ula hadashid dhakhtar.



Joogtee la xiriiridda dhaqtarka. Haddii aad ka walwal qabto calaamadahaaga, wac ama qoraal u dir ka hor intaadan aadin xafiiska dhakhtarka ama qolka xaaladaha degdegga. U sheeg safarkaagii ugu dambeeyay iyo calaamadahaaga xanuunka.



Haddii aad leedahay calaamad digniin deg-deg ah (oo ay kujirto neefsashada oo kugu adag), wac 911 si aad u hesho islamarkiiba daryeel caafimaad oo deg-deg ah. U sheeg safarkaagii ugu dambeeyay iyo calaamadahaaga xanuunka.



Haddii aad ku nooshahay meel ay dadka kale kaa ag dhaw yihiin, qaad taxaddar dheeraad ah si aad iyaga u ilaaliso.

Ogow marka aad ag joogi kartid dadka kale ka dib markii aad qaaday ama ay u badan tahay inaad qaaday COVID-19.

Ka ogow wax dheeraad ah <https://bit.ly/endhomeisolation>.

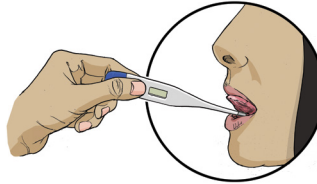
Wixii macluumaad dheeraad ah oo ku saabsan COVID-19 oo luqaddaada ah, booqo <https://bit.ly/nativelanguage>.

1



Daar qalabka heerkulka qiyaasa adiga oo riixaya badhonka shaashadda u dhow.

2



Ku hay caarada qalabka heerkulka qiyaasa carrabkaaga hoostiisa ilaa uu dhawaaqo. Ha qaniinin qalabka heerkulka qiyaasa.

3



Ka akhri heerkulkaaga shaashadda.

4



Qor heerkulkaaga.

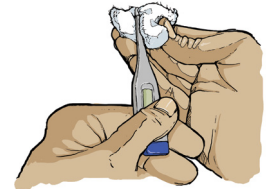
5



Fadlan ogsoonow: ilmaha ka yar 4 sano jir, geli qalabka heerkulka qiyaasa hoosta gacanta ilmaha bartamaha kilkisha.

U sheeg shaqaalaha caafimaadka dadweynaha ama dhakhtar inaad u eegayso heerkulka ilmahaaga sidaa.

6



Ku nadiifi qalabkaaga heerkulka qiyaasa saabuun iyo biyo ama warqad alkolada leh.

HALKEE CAAWIMAAD LAGA HELAA

Wac shaqaalaha kiiska ee hay'adaada dib-u-dejinta haddii aad wax su'aalo ah qabtid ama aad wax uun caawimaad uga baahan tahay. Hoos ku qor macluumaadkooda xiriirka.

Macluumaadka Xiriirka ee Shaqaalaha Kiiska ee Hay'adda Dib-u-dejinta

Magaca:

Lambarka taleefanka:



Wixii macluumaad dheeraad ah oo ku saabsan COVID-19 oo luqaddaada ah, booqo <https://bit.ly/nativelanguage>.

