

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



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

- Waayeelada

Dadka da' kasta ah oo qaba waxyaabaha soo socda:

- Kansarka
- Cudurka kelyaha ee raaga
- Cudurada sambabada oo raaga, oo ay kujiraan COPD (cudurka sanbabada xaniba ee raaga), neefta (dhexdhexaad-ilaal-darnaan), cudurada sanbabaha dhaxdooda kudhaca, cudurka la iska dhaxlo iyo dhiig karka sanbabaha
- Xaaladaha waalida iyo xaaladaha kale ee neerfaha
- Sonkorowga (nooca 1aad ama nooca 2aad)
- Cudurka hidaha hormarka
- Xaaladaha wadnaha (sida wadnaha oo istaaga, cudurka halbawlayaasha wadnaha, wadnaha iyo dhiig karka)
- Infekshanka HIV
- Xaalada difaaca jirka wiiqmo (habka difaaca jirka oo daciifa)
- Cudurka beerka
- Cayil xad dhaaf ah iyo cayilnaan
- Uurka
- Cudurka unugyada ama dhiiga hooseeyo
- Sigaar cabid (mid hadda ama mid hore)
- Xubinta adag ama beerista unuga jiridka dhiiga
- Faaligu ama cudur maskaxda ku dhaca, oo saameeya socodka dhiigga ee maskaxda
- Dhibaatooyinka isticmaalka maandooriyaha



Soo wac bixiyaha daryeelkaaga haddii aad jirran tahay.

Wixii macluumaad dheeraad ah oo ku saabsan tallaabooyinka aad qaadi kartid si aad isku ilaaliso eeg **Sida Loo Difaaco Naftaada ee CDC.**

cdc.gov/coronavirus

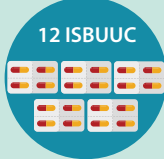
Naga Caawi Ilaalinta Naftaada iyo Dadka Kale:



Kahor bixitaanka



Booqo daryeel-bixiyahaaga caafimaad oo diyaari diwaanadaada caafimaad.



Hel Saamiga 12-isbuuc oo daawo ah.



Kala hadal dooqyada tallaalka COVID-19 xulashooyinka daryeel bixiyahaaga caafimaad.



Waxaad ubaahaneysaa baaritaanka caabuqa COVID-19 oo aan ka badnayn 3 maalmood safarka ka hor amadukumiintiyada soo kabsashada ee COVID-19.

*Dukumiintiyada soo kabsashada waxaa ka mid ah caddeynta baaritaanka fayraska ee aan laga helin 3 dii bilood ee la soo dhaafay iyo warqad ka timid bixiye daryeel caafimaad ama sarkaal caafimaad dadweyne oo sheegaya in lagu fasaxay safarka.



Xilliga safarka



Xiro maaskaro oo gebi ahaanba daboolaya sankaa iyo afkaaga isla markaana si fiican ugu habboon dhinacyada wejiga, xitaa haddii lagaa tallaalay.



Dhaqo gacmahaaga inta badan ama isticmaal gacmo-nadiifiye aalkulo ka sameysan.



Iskailaali u dhowaanshaha (2 mitir/ 6 fiit) dadka aan kula nooleyn adiga.



Ogeysii IOM iyo shaqaalaha diyaarada haddii aad jirato xilaga safarka.



Kadib imaanshaha



La xiriir hay'addaada dib u-dejinta shaqaalaha kiiskaaga oo shuruudaha iyo tallooyin gaar ah ee aagaaga ah.



U fiirso calaamadaha COVID-19. Qaad heer kululkaaga haddii aad dareento jirato.



Weydii bixiyahaaga daryeelka caafimaadka ama shaqaalaha kiiska ee hay'adda dib udejinta wax ku saabsan helida tallaalka COVID-19 haddii aanan weli lagu tallaalin.



Sii wad inaad sameysa talaabooyinka ku qoran "inta lagu guda jiro safarka" illaa inta si buuxda lagaaga tallaalayo COVID-19 (2 toddobaad garoojadaada ugu dambeysay).



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



Guriga joog. Iska ilaali inaad dad kale u dhowaato intii suurtoagal 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.



Soo wac 911 oo raadso daryeel caafimaad sida ugu dhakhsaha badan haddii aad qabtid calaamadaha digniinta degdega ah (oo ay ku jirto neef-qabasho).

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