

# Hagitaanka Loogu Talafalay Qoysaska Waawayn ama Ballaaran ee Guri ku Wada Nool

Dadka da'da ah iyo dadka da' kasta oo ay yihiin qaba xaalado caafimaad oo halis ah ayaa halis sare ugu jira xanuun daran oo uga yimaado cudurka koroonka fayras 2019 (COVID-19). **Haddii qoyskaaga ay kamid yihiin dad kooxahan ah, markaa xubnaha qoyska oo dhan waa inay u dhaqmaan sidii iyaga oo laftoodu halis sare ugu jiraan cudurka.** Tani way adkaan kartaa haddii barxaddu ku yar tahay qoysaska waawayn ama ballaaran ee meel ku wada nool. Macluumaadka soo socdaa wuxuu kaa caawin karaa inaad ilaaliso kuwa aadka ugu nugul cudurka ee qoyskaaga.

## Dokumentigani wuxuu sharaxayaa sida:

- Loo ilaaliyo qoyska markii aad adeeg u baxdo
- Loo ilaaliyo xubnaha qoyska ee halista badan ugu jira xanuun daran
- Looga ilaaliyo carruurta iyo dadka inay bukoodaan
- Loo daryeelo xubin qoyska ah oo bukta
- Loo takooro xubin qoyska ah oo bukta
- Loo wada cunteeyo oo loo quudiyo xubinta qoyska ee bukta

## Sida loo ilaaliyo qoyska marka ay khasab kugu tahay inaad guriga ka baxdo

### Guriga ha ka tagin ilaa aad ka fursan waydo!

Tusaale ahaan, guriga ka bax haddii ay khasab tahay inaad u baxdo shaqo, tukaanka, farmasiga, ama ballamo caafimaad oo aan dib loo dhigi karin (sida tan dhallaanka ama dadka qaba xaalado caafimaad oo halis ah). Dooro qof ama laba qof oo qoyska ah oo aan halis badan ugu jirin inay aad ugu bukoodaan haddii ay qaadaan COVID-19 si ay adeegga loo baahan yahay u soo qabtaan.

### Haddii ay khasab kugu tahay inaad guriga ka baxdo, raac sagaalkan talo:

1. **Buuqa ka fogow, oo ay kujiraan meelaha dadku ku ururaan tiradu intay doonto ha noqotee.**
2. **U jir ugu yaraan 6 fuudh dadka kale.**
3. **In badan gacmahaaga dhaq.**
4. **Ha taaban sagxadaha badanaa la taabto ee goobaha bulshada, sida badhanada wiishka iyo meelaha la qabsado jaranjarooyinka.**
5. **Ha isticmaalin gaadiidka dadwaynaha, sida tareenada ama basaska, haddii ay suurtoagal tahay. Haddii ay kugu kallifto inaad isticmaasho gaadiidka dadwaynaha,**
  - » Joogtee inaad 6 fuudh u jirto rakaabka kale intii suurtoagal ah.
  - » Ka fogow taabashada meelaha inta badan la taabto sida meelaha la qabsado jaranjarooyinka.
  - » Dhaq gacmahaaga ama isticmaal gacmo-nadiifiye sida ugu dhakhsaha badan markaad ka degto gaadiidka dadwaynaha.
6. **Baabuur ha la raacin xubna ka tirsan qoysas kale.**
7. **Xiro maro wejiga daboolaysa si aad gacan uga gaysato yaraynta faafidda COVID-19.**
  - » Marada wejiga daboolaysa ee laga sameeyey waxyaalaha guriga laga helo ama guriga lagu sameeyey iyadoo laga sameeyey agab iska caadi ah oo qiime jaban ayaa loo isticmaali karaa tallaabo caafimaad dadwayne oo dheeri ah oo ikhtiyaari ah. Macluumaad kusaabsan isticmaalka marada wejiga lagu daboolo waxa laga heli karaa halkan [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).



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

## 8. Gacmahaaga dhaq isla markiiba markii aad guriga ku laabato.

## 9. Joogtee inaad ka fogaato kuwa halista badan kujira ee qoyskaaga ka tirsan.

Tusaale ahaan, iska daa habsiinta, dhunkashada, ama la wadaagista cuntada ama cabbitaanada.

Waxaad ka heli kartaa macluumaad dheeraad ah oo kusaabsan doonashada adeegyada daruuriga ah halkan [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html).

# Sida loo ilaaliyo xubnaha qoyska ee halista sare ugu jira xanuun daran

Dadka waawayn ee 65 jir ama ka wayn ah iyo dadka qaba xaalad caafimaad oo halis ah ayaa halista sare ugu jira xanuun daran oo uga yimaado cudurka COVID-19. **Haddii qoyskaaga ay kamid yihiin dad kooxahan ah, markaa xubnaha qoyska oo dhan waa inay u dhaqmaan sidii, iyaga oo laftoodu halis sare ugu jiraan cudurka.**



**Waa kuwan dhawr qaab oo aad u ilaalinayso xubnaha qoyskaaga.**

### 1. Guriga joog inta ugu badan ee suurtoagal ah.

**2. Gacmahaaga dhaq in badan,** gaar ahaan markii aad ka timid meel caam ah ama kadib markii aad iska siimiso, qufacdo, ama hindhisto. Macluumaad kusaabsan goorta iyo sida loo dhaqo gacmaha waxa laga heli karaa halkan: [www.cdc.gov/handwashing/when-how-handwashing.html](http://www.cdc.gov/handwashing/when-how-handwashing.html).



### 3. Isticmaal nadiifiyaha gacmaha ee alkahooshu ku jirto kaasi oo ka kooban 60% alkohool haddii aadan ku dhaqi karin saabuun iyo biyo.

» Isticmaal xaddi summuli leeg oo baabacada saar kadibna gacmaha isku xoq, adigoo wada gaarsiinaya gacmaha, faraha, iyo ciddiyaha ilaa ay ka engagayso.

### 4. Ha ku taaban indhahaaga, sanku, iyo afkaaga gacmahaaga oo aadan dhaqin.

### 5. Dabool qufaca iyo hindhisadaada.

» Haddii aad qufacayso ama hindhisayso, ku dabool afka iyo sanku tiish ama isticmaal laabka suxulkaaga.  
» Ku tuur tiishka la isticmaalay qashinka.  
» Isla markiiba dhaq gacmahaaga.



### 6. Nadiifi oo kadibna jeermiska ka dil gurigaaga.

» Xiro gacmo-gashiyada marka qura la isticmaalo, haddaad heli karto.  
» Ku nadiifi meelaha inta badan la taabto saabuun iyo biyo ama uskag-gooye kale. Kuwani waxaa kamid ah miisaska, gacmaha albaabka, meelaha laydhka laga daaro/damiyo, marfishiyada dushooda, gacmaha, miisaska, taleefanada, kiiboodhada, musqulaha, qasabadaha, iyo suxuunta.  
» Markaa, isticmaal jeermis-dile EPA ka diiwaangashan oo ku habboon oogada. Raac tilmaamaha summadda si aad si badbaado leh oo wax-ku-ool ah ugu isticmaasho waxsoosaarkan. Jeermis-dilayaashu waa kiimikooyin dila jeermiska saaran oogoyinka.



Jeermis-dilayaasha EPA ka diiwaangashan halkan ayey ku qoran yihiin: [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2).

Wax badan oo kusaabsan nadiifinta iyo jeermis dilidda halkan ayaa laga heli karaa: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html)

### 7. Cidna ayeyna ku soo booqan ilaa ay tahay inay gurigaaga joogaan.

Waxaad ka heli kartaa macluumaad dheeraad ah halkan [www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html).

## Sida looga ilaaliyo carruurta iyo dadka inay bukoodaan

Dadka waawayn ee 65 jir ama ka wayn ah ee qaba xaalado caafimaad oo halis badan waa inay ka fogaadaan daryeelidda carruurta qoyskooda, haddii ay suurtoagal tahay. Haddii dadka halista badan ku jira laga fursan waayo inay daryeelaan carruurta qoyska, carruurta ku jira daryeelkooda waa inayna isgaarin dadka dibadda ka yimaaad.

**Raac tilmaamahan si aad gacan uga gaysato ka ilaalinta carruurta iyo dadka kale inay bukoodaan.**

- 1. Bar carruurta waxa ay tahay qof kasta inuu sameeyo si uu u caafimaad qabo.** Carruurta iyo dadka kale way faafin karaan fayraska xiitaa haddii aysan lahayn astaamo. Wax badan ka ogow halkan [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html).
- 2. Ha u oggolaan inay carruurtaadu meel kula ciyaaraan carruurta qoysaska kale.**
- 3. Bar carruurta ku ciyaaraysa dibadda inay 6 fuud ka fogaadaan cid kasta oo aan qoyskooda ka tirsanayn.**
- 4. Ka caawi carruurta inay kaga xirnaato saaxiibada maqal iyo muuqaal iyo taleefan.**
- 5. Bar carruurta inay gacmahooga dhaqaan.** U sharax in dhaqista gacmuhu ay ku ilaalin karto caafimaad qab ayna joojin karto in fayrasku u gudbo dadka kale.
  - » **Ku qoo** gacmahaaga biyo nadiif ah oo qasabadeed (diiran ama qabow), xir qasabadda, oo saabuun ismari.
  - » **Gaarsii saabuunta** gacmahaaga adigoo isku xoqaya oo ay saabuuntiina leeyihiin. Gaarsii saabuunta dhabarka gacmaha, faraha dhexdooda, iyo ciddiyaha hoostooda.
  - » **Isku xoq** gacmahaaga ugu yaraan 20 ilbiriqsi.
  - » **Biyo raaci** gacmahaaga si fiican adigoo isticmaalaya biyo qasabadeed oo nadiif ah.
  - » **Ku qallaji** gacmahaaga tuwaal nadiif ah ama hawada.



Waxaad ka heli kartaa macluumaad dheeraad ah oo kusaabsan daryeelidda carruurta halkan [www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html).

## Sida loo daryeelo xubin qoyska ah oo bukta

Intooda badan dadka qaada COVID-19 waxay yeelan doonaan oo kaliya xanuun fudud waana inay joogaan guriga si ay u bogsadaan. Ku daryeelidda guriga ayaa caawin karta joojinta faafidda COVID-19 iyo ka ilaalinta dadka halista ugu jira inuu aad ugu xumaado COVID-19.

**Haddii aad ku daryeelayso qof buka guriga, raac talooyinkan lixda ah:**

- 1. Qofku kaligii qol ha joogo, oo dadka kale ka gooni ah, oo adiguna aad ku jirto, intii suurtoagal ah.**
- 2. Ha isticmaalo qofku xamaam gaar ah, haddii ay suurtoagal tahay.**
- 3. Had iyo jeer ka eeg calaamadaha digniinta xaaladda degdegga ah oo raadi daryeel caafimaad haddii uu yeesho wax kamid ah kuwa soo socda:**
  - » Neefsiga dhib ku qaba
  - » Xanuun ama cadaadis joogto ah oo laabta ah
  - » Jaahwareer cusub ama haddii uu hurdada ka toosi kari waayo
  - » Dabnaha ama wejiga oo buluug noqda
  - » Wixii kale ee astaamo ah ee daran ama walaac leh



#### 4. Hubi in qofka qaba cudurka COVID-19 uu sameeyo waxyaabaha soo socda:

- » Inuu cabbo dareere badan si uu xaalad fuuqcelin ugu jiro
- » Inuu guriga joogo
- » Inuu isticmaalo daawooyinka aanu dhakhtarku qorin si ay astaamaha wax uga taraan (kadib markii dhakhtarkiisa loo geeyo)

Dadka intooda badan, astaamuhu waxay socdaan dhawr maalmood wayna ka soo reeyaan toddobaad kadib.

#### 5. Lambarka taleefanka dhakhtarkiisu ha kuu diyaarsanaado, oo wac dhakhtarkiisa haddii qofka qaba cudurka COVID-19 uu ka sii daro.

Haddii Ingiriisigu yahay luuqaddaada labaad, xubin qoyska ka tirsan waa inay taqaan sida loo codsado tarjumaan.

#### 6. Wac 911 wixii xaalad degdegga ah oo caafimaad ah. U sheeg hawlwadeenka 911 in bukaanku qabo ama looga shakisan yahay inuu qabo COVID-19.

Haddii Ingiriisigu yahay luuqaddaada labaad, xubin qoyska ka tirsan waa inay taqaan sida loo codsado tarjumaan.



Waxaad ka heli kartaa macluumaad dheeraad ah oo kusaabsna sida loo daryeelo qof buka halkan [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html).

## Sida loo takooro xubin qoyska ah oo bugta marka nafaaska gurigu xadidan yahay

Haddii aadan u heli karin qof gaar ah iyo xamaam gaar ah qofka qaba COVID-19, isku day inaad gaar uga saarto xubnaha kale ee qoyska. Isku day inaad samayso kala saarid ku filan gudaha qoyskaaga si aad qof kasta u ilaaliso, gaar ahaan kuwa halista badan kujira (kuwa ka waawayn 65 jir iyo kuwa qaba xaalado caafimaad oo halis ah).

#### Raac tobankan talo markii aad takooraysid xubin qoyska ah oo bukta:

1. Isku jirsii 6 fuudh qofka buka iyo xubnaha kale ee qoyska.
2. Dabool qufaca iyo hindhisada; gacmaha dhaq sida badan; oo ha taaban indhaha, sanka, iyo afkaaga.
3. Qofka qoyska ka tirsan ee buka ha xidho marada wejiga lagu daboolo markii ay la joogaan dadka kale ee guriga jooga iyo dibadda (oo ay kujirto kahor inta uusan galin xafiiska dhakhtarka).

Marada wejiga lagu daboolo waxay noqon kartaa shalmad ama masar. Waa inaan loo xirin carruurta ka yaryar 2 jirka, cid kasta oo neefsiga dhib ku qabta, ama cid kasta oo aan awoodin inay iska bixiso daboolka bilaa caawin. Waxaad ka heli kartaa wax badan oo kusaabsan marada wejiga lagu daboolo halkan [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html).

#### 4. Gaar uga saar dadka halista badan kujira cid kale oo kasta oo bukta.

#### 5. Qof kaliya oo qoyska ka tirsan ha daryeelo qofka buka.

Daryeelahani waa inuu ahaado qof aan kamid ahayn kuwa halista badan ugu jira xanuunka daran.

- » Daryeeluhu waa inuu nadiifiyo halka qofka bukaa joogay/jiifay, iyo sidoo kale go'a sariirta iyo dharka.
- » Daryeeluhu waa inuu yareeyo taabashada dadka kale ee qoyska, gaar ahaan kuwa halista badan ugu jira xanuun daran.
- » Daryeeleyaal kala duwan ha loo sameeyo qofka buka iyo xubnaha kale ee qoyska ee u baahan in laga caawiyo nadiifinta, maydhashada, iyo hawlaha kale ee maalinalaha.



#### 6. Ku nadiifi oo jeermiska kaga dil oogoooyinka, gacmaha albaabada, iyo meelaha kale ee caamka ee la taabto jeermis-dilayaasha EPA ka diiwaangashan si maalinalaha. Halkan liis ka raadso: [www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2](http://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2).

7. **Ku xadidid booqdayaasha u imanaya kuwa qaba baahi aasaasi ah inay guriga joogaan.**
8. **Ha wadaagin shayada shakhsiyeed sida talefanada, suxuunta, go'a sariirta, ama qalabka ciyaalku ku ciyaaraan.**
9. **Isku day inaad samayso waxa soo socda haddii aad u baahan tahay inaad la wadaagto qofka hurdada qof buka:**
  - » Hubi in socodka hawada ee qolku fiican tahay. Daaqad fur oo marwaxadda daar si hawo daray u soo gasho.
  - » Sariiraha isku jirsii ugu yaraan 6 fuudh, haddii ay suurtoagal tahay.
  - » Qaab kala jeeda u seexda.
  - » Daah ku kala dhex xir ama wax kale oo kala qaybin kara sariirta qofka buka iyo sariiraha dadka kale. Tusaale ahaan, waxaad isticmaali kartaa daaha qubayska, dadabta, dadabta looxa ah ee waawayn, durraaxad, ama go' sariireed oo wayn.
10. **Qofka bukaa ha nadiifiyo oo jeermiska ha uga dilo si joogto ah oogoyinka inta badan la taabto ee xamaamka la wadaago.**



Haddii tani ayna suurtoagal ahayn, dadka kale ee la wadaaga xamaamku waa inay sugaan intii suurtoagal ah kadib markii qofka buka isticmaalay xamaamka kahor intayna galin si ay u nadiifiyaan jeermiskana uga dilaan ama u isticmaalaan xamaamka. Hubi in socodka hawada ee qolku fiican tahay. Fur daaqad oo daar marwaxadda (haddii ay suurtoagal tahay) si ay u soo gasho una wareegto hawo daray ahi.

## Sida loo wada cunteeyo oo loo quudiyo xubinta qoyska ee bukta

Haddii ay suurtoagal tahay, saxan gaar ah u samee qofka buka si uu ugu cunteeyo meesha gaarka ah ee uu joogo. Haddii aanu ku cuntayn karin meesha gaarka ah ee uu joogo, waa inuu idiin jiro ugu yaraan 6 fuud inta cuntada la cunayo. Ama, waa inuu cunteeyo wakhti ka gaar ah dadka kale ee qoyska wakhtigooda.

### Sidoo kale, raac toddobadan talo:

1. **Gacan ha ka gaysan diyaarinta cuntada haddii aad bugto.**
2. **Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbiriqsi kahor intaadan waxba cunin.** Tan waxa kamid ah qof kasta oo qoyska ka tirsan!
3. **Isticmaal weel nadiif ah markii aad saarayso cunto saxanka xubin kasta oo qoyska ah.**
4. **Hal weel wax ha ku wada cunina ama isticmaalina weelka uu isticmaalay qof kale oo qoyska ah.**
5. **Xidha gacmo-gashiyo si aad u qaaddaan saxamada, koobabka cabbitaanka, iyo weelka (shayada adeegga cuntada), haddii ay suurtoagal tahay.** Sidoo kale, ku dhaq biyo kulul iyo saabuun shayada aan halka mar la isticmaalin ama mishiinka weelka lagu dhaqo kadib markii aad isticmaaho.
6. **Qof kaliya cuntada ha u keeno qofka buka oo hana nadiifiyo shayada adeegga cuntada qofka buka.** Kani waa inuu ahaado qof aan kamid ahayn kuwa halista badan ugu jira xanuunka daran.
7. **Dhaq gacmahaaga kadib qaadista shayada adeegga cuntada.**

