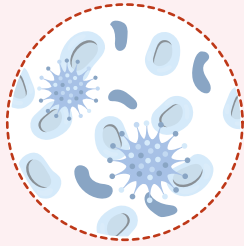


COVID-19 Waxyaabaha la rabo in aad ogaatid

COVID-19 waa magaca cudurka **novel coronavirus disease** oo la soo gaabiyey, khubarada caafimaadkuna ay markii ugu horreysay ogaadeen sanadkii 2019.



Waa fayras (virus) cusub oo dhakhaatiirta iyo saynisyahanadu wali darsayaan si ay wax badan oga ogaadaan.



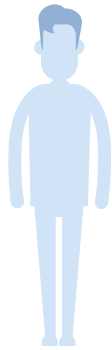
Cudurka COVID-19 qof walba ayuu ku dhici karaa, iyada oo aan ku xirnayn sinjiga, qowmiyadda, jinsiga ama da'da qofka.



Dhawaanahan, dad tira badan ayaa fayraskaanu ku dhacay adduunka oo dhan.

Sidee fayrasku ku faafaa?

Fayraska waxaa si fudud qofba qof ugu gudbiyaa dhibcaha dareeraha qoyan ee marka qofku qufaco ama hindhiso ka yimaada. Macluumaadka soo socdaa waxay muhiim u yihiin in adiga iyo dadka kaleba laga badbaadiyo cudurka fayraska.



Qof fiyow

Fayras kuma faafi karo

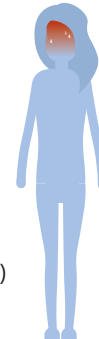
Fogaan 6 fiit ka badan (dhererka 2 gacmood ka badan)



Qof qaba cudurka COVID-19

Fayras waa ku faafi karaa

Fogaan 6 fiit ka yar (dhererka 2 gacmood ka yar)

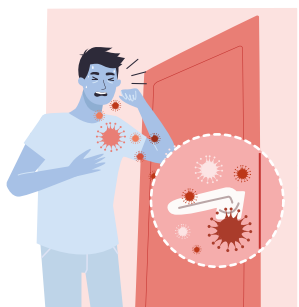


Qofkan COVID-19 waa qaadi karaa



Dad fiyow ayaa cudurka ka qaadi kara haddii ay taabtaan wax fayrasku ku yaal, dabadeedna inta aysan gacmahoodii dhaqin wajigooda taabta.

Waa maxay calaamadaha cudurka COVID-19?



Marka qof qaba COVID-19 uu qufaco ama hindhiso, dhibcaha xaakada, duufka ama calyada ka yimaadaa waxay ku dul dhacaan meelaha korkooda.

Qof qaba cudurka COVID-19



Qof fiyow ayaa cudurka ka qaadi kara haddii uu taabto meelo fayrasku ku yaal gacmahana uusan isla markiiba iska dhaqin.

Qof fiyow



Calaamadaha guud/caamka ah

Calaamadaha guud/caamka ah ee COVID-19 waa **qandho, dhaxan, qufac, neefsashada oo dhib ah, daal, iyo jir xanuun**. Haseyeeshee, dadka qaarkood waxaa dhici karta in aysan caafimaadkooda wax isbeddel ah ka dareemin.



Calaamadaha meel dhexaadka ah

Dad aan lahayn wax calaamada ah, ama leh calaamado aad u khafiifa sida madax-xanuun ama daal ayaa faafin kara caabuqa/jeermiska.

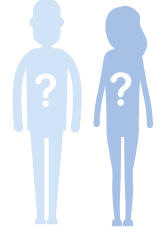
Dad aan lahayn wax calaamada ah, ama leh calaamado aad u khafifa sida madax-xanuun ama daal ayaa faafin kara caabuqa/jeermiska.

Hay'adda Caafimaadka Bulshadu waxay u jirtaa caawimaad

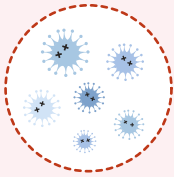


Haddii lagaa helay cudurka COVID-19 ama aad leedahay calaamadaha COVID-19 ama aad la kulantay qof uu ku dhacay cudurka COVID-19, shaqaalaha Hay'adda Caafimaadka Bulshadu waxay ku weydiin doonaan su'aalo si ay adiga iyo dadka kaleba wax idiinka badbaadiyaan. Haddii ay Hay'adda Caafimaadka Bulshadu kuu sheegtay in aad gurigaaga joogtid, waa muhiim in aad taladooda raacdid dhammaan inta maalmood ee lagu faray.

Fadlan su'aalaha uga jawaab si furfuran. Magacaaga iyo xogtaada waxaa loo dhawri doonaa si qarsoodi ah.



Gacan ka geysa ka hortagga Cudurka COVID-19:



Gacmahaaga nadiifi jeermiskana ka dil meelaha korkooda si aad u dishid fayraska una joojisid faafiddiisa.



Gacmahaaga u nadiifi si joogta ah. Ku dhaq saabuun iyo biyo muddo 20 sakan ah ama isticmaal gacma nadiifiye aalkol leh (alcohol-based hand rub).



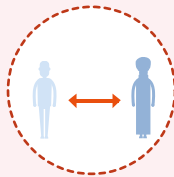
Mar walba dabool qufaca iyo hindhisada.



Gurigaaga joog haddii aad jirran tahay. Ha booqan dadka kale, hana aadin shaqo ama iskuul inta aad xanuunsan tahay.

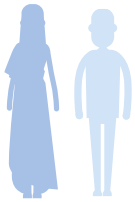


Si joogta ah u nadiifi, jeermiskana uga dil meelaha badanaaba la taabtaabto korkooda. Istickmaal jeermis-dile ama meesha ku tirtir 20 mL (4 qaaddo) oo warankiilo (bleach) ah oo lagu daray 1 litir (4 koob) oo biya ah.



Si joogta ah dadka kale uga fogow (fogaan 6 fiit ama 2 gacmood dherer le'eg).

Badbaadi waayeelka da'daa iyo dadka qaba xanuuno horay u hayey



Dadka da'doodu ka weyn **tahay 60**, ama dadka qaba hal xanuun ama ka badan oo xaalado caafimaad ah waxay dadka kale uga dhaw yihiin in ay aad ugu xanuunsadaan cudurka COVID-19.



Sonkor/
macaan



Jirro sambabkaa oo joogtaa



Kansar



Difaaca jirka daciifkaa



Jirro wadnaaha

Dadka qaba xanuunadaan waxay dadka kale uga dhaw yihiin in ay aad ugu xanuunsadaan cudurka COVID-19:



La hadal dhakhtar goys ama kalkaaliso/kalkaaliye haddii aad ka walwalsan tahay in ay xaalad caafimaad khatar aad u weyn kuu galinayso COVID-19. Si aad qof ugu la hadashid afkaaga wac nambarka **HealthLinkBC ee 8-1-1**.

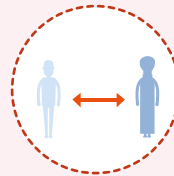
Badbaadi xubnaha qoyska waayeelka da'daa



Guriga ha keenin marti



Waayeelka da'daa ee goyskaaga ha u keenin dad badan.



Joogtee ka fogaanshaha dadka xataa haddii aadan xanuun dareemeyn.



Waa ogsoon nahay in ay dhib badnaan karto marka aadan u dhowaan karin kuwii aad jeclaydeen, haseyeeshee aad bey muhiim u tahay inta cudurka COVID-19 uu jiro.