

Miyaa lagaa helay COVID-19? Iskaliyee.

1110-2020 SOMALI



Waxaa lagaa helay caabuqa COVID-19.

Ma leedahay wax calaamado ah?



Xummad/
Qadhqadhyo



Qufac



Madax xanuun



Urta/dhadhanka
oo kaa taga



Neef qabatin

- Daal
- Muruq/jidh xanuun
- Cunaha oo ku xanuuna
- Sanka oo ku cabudha/duuf ka dareero
- Yalaalugo/hunqaaco/shuban



Iskaliyee muddo 10 cisho ah kadib marka cudurka lagaa helo.



- Guriga joog oo ka fogow dadyawga kale (xataa kuwa kale ee guriga kugula nool), baxna kaliya haddii aad u baahato daryeel caafimaad
- Xataa hadii aanad lahayn calaamado, waxa laga yaabaa inaad faafiso cudurka

Marmarka qaar, waxa laga yaabaa in lagagu wergeliyo inaad iskaliyayso 20 cisho

MAYA

HAA



Iskaliyee muddo 10 cisho ah kadib wakhtiga aad calaamadaha yeelato, IYO



- 24 saacadoodna ay dhamaadeen adigoo xummad yeelan adigoo qaadanayn xummad jabiye, IYO
- Calaamadihii kale ay kasoo reeyaan.

Marmarka qaar, waxa laga yaabaa in lagagu wergeliyo inaad iskaliyayso 20 cisho

Miyaad dhawaan ku ag qaadatay qof labadii cisho ee u dambaysay ka hor markii cudurka lagaa helay muddo 15 daqiiqo ah adigoo u jiray in kayar 6 fuudh?



HAA



Qofkaasi waa inuu:

- Guriga joogaa kana fogaadaa dadyawga kale 14 cisho ka dib markii ugu dambaysay ee ay ku arkeen
- La soco calaamadaha maalin kasta



Eeg bogga kan xiga si aad u hesho tilmaamo la xidhiidha iskaarantiimaynta.

Ka dib marka aad dhammayso iskaliyaynta, waxa aad ka bixi kartaa guriga shaqadaadna waa aad ku noqon kartaa. Sii wad inaad naftaada iyo dadka kaleba ilaaliso.



Garaac 911 haddii qof uu yeesho calaamadahan aadka u daran:

- Neef qabatin aad ah
- Xanuun ama cadaadis shafka ama caloosha ah
- Aan awoodin inuu wax cabo ama soo celinaya wixii uu cabbay
- Dawakhaad cusub ama awood u yeelan waaya inuu hurdada ka tooso
- Dibnaha ama wejiga oo midabkoodu buluug noqdo



Miyaa aad khatar u gashay COVID-19? Iskaarantiimee.

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