

# KU SOO DHAWOOW

Macluumaad ku saabsan COVID-19



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

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## **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.

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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 14 maalmood. Shaqaalaha kiiska ee hay'adaada dib-u-dejinta ayaa kaa caawini doona inaad hesho macluumaadka cusub ee bulshadaada ee ku saabsan COVID-19.

Waad qaadi kartaa COVID-19 inta aad ku jiro safarada. Waxaad laga yaabaa inaad dareemtid ficnaan 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 fayruuska.

## Sidaa darteed, qaad tallaabooyinka is ilaalinta si aad naftaada iyo dadka kale u ilaaliso:



**Guriga joog sida ugu suurtagalka ahi 14-ka maalmood ee ugu horreeya imaanshahaaga ka dib.** Wixii talo ah ee ku saabsan sida si badbaado leh loogu buuxiyo baahiyaha aasaasiga ah ee qoyska inta la joogo gudaha bulshada deegaankaaga, kaa eeg "Running Essential Errands (Soo Qabsashada Adeega Daruuriga ahi)" oo luqadaada ah. <https://bit.ly/nativelanguage>



**Ka fogow joogida agagaarka dadka halis sare ugu jira inay si daran ula bukoodaan COVID-19.** Si aad wax uga ogaato dadka ku jira halista sare, ka eeg "Dadka Halis Sare Ugu Jira Inuu Ku Dhaco Cudur Daran" oo luqadaada ah. <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.**



**Xiro maaskaro si aad u daboosho sankaaga iyo afkaaga marka aad joogtid dibada gurigaaga.**



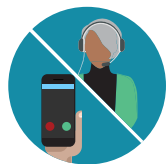
**Dhaq gacmahaaga had iyo jeer ama isticmaal gamo nadiifiye ugu yaraan leh 60% aalkolo.**



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



**Haddii aad xannuunsato, taleefan iska hormari intaadan dhakhtar la kulmin.**



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

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

<p><b>Qufac, neefta oo kugu yaraato ama neefsashada oo kugu adag</b></p>		<p><b>Qandho ama qarqar</b></p>	
<p><b>Murqo xanuun ama jir xanuun</b></p>	<p><b>Matag ama shuban</b></p>		<p><b>Luminta dhadhanka ama urta oo kugu cusub</b></p>

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 sareeya.**

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
- Laab xanuun ama laab cadaadis joogto ah
- Jahawareer cusub
- Hurdo ka kicid la'aan ama soo jeedid la'aan
- Bishimaha ama wejiga oo buluug noqda

## 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 xafiska dhakhtarka ama qolka xaaladaha degdega. 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>.

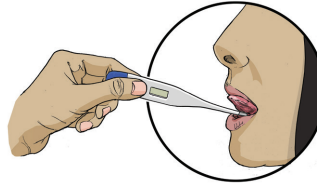
**Wixii macluumaad dheeraad ah oo ku saabsan COVID-19 oo luqaddaada ah, booqo <https://bit.ly/nativelanguage>.**

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.

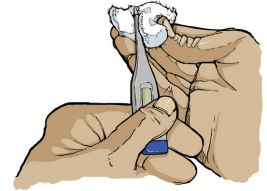
5



**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 alkalada 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>.

