

Novel Coronavirus (COVID-19)



Waa maxay COVID-19?

COVID-19 (cudarka loo yaqaanay Nooval Koronavirus) waa nooc cusub ee feyras kamid ah, waxuuna u faafaa qof ilaa qof. Cudarkaan mareykanka iyo dalal kale oo badan ayaa laga helay. Asalkeeduna waxu ka yimid dalka shiinaha.

Sidee ayuu u faafaa Nooval Koronavirus (COVID-19)?

khubarada caafimaadka ayaa wali waxay baraniyaan faafitaanka koronavirus. Haatan waxaa la filayaa inuu dhowr nooc u faafaa:

- Dhecaanka neefsashada ee qofka cudurka qaba ka baxo marku qufaco ama hindhiso.
- Dadka isku meel wada joogo oo isku dhow (ilaa 2 mitir).
- Hadii aad taabatid shay ama meel fayraska leh, ka dibna aad taabatid afkaaga, sankaga, ama indhahaaga.

Waa maxay astaamaha fayrisku?

Dadka laga helay Caabuqa Xalfaafka Wadnaha waxay soo sheegeen astaamo ay ka mid yihiin muddo kooban oo 2 maalmood ah ama muddo dheer oo dhan 14 maalmood kadib marka fayrisku ku dhacay:

Qandho



Qufac



Neefta oo ku adkaata



Tilmaamo loo bandhigiyo dadka khatar ugu jiro inay qaadaan cudurka daran ee COVID-19.

Haayada caafimaadka ee dadweynaha waxay la talinaysaa dadka khatar ugu jiro inay qaadaan cudurka daran. Dadkaasi waa inay guryahooda joogaan oo ka fogaadaan meelaha la iskugu yimaado. Dadka khatar ugu jiro inay qaadaan cudurka daran waxaa ka mid ah:

- Dadka 60 sano ka weyn.
- Dadka leh cuduro kale, cuduradaas o kamid ah cudurada wadnaha, sambabada, iyo sonkorta.
- Dadka difaaca jirka u ku yaryahay.
- Haweenka uurka leh.

Cidii Suaalo ka qabto in xaaladooda ay halis gelineyso, fadlan la tasho dakhtarkaaga.

Tilmaamo loo bandhigiyo qof walbe

Waxaad yareyn kartaa halista naftaada ee ku keeni karto COVID-19, iyo tan ugu muhiimsan, kuwa kuu dhow:



- **Guriga joog** markaad jirantahay oo ha tagin meelaha dadka isku yimadaan.
- **Hadii aad u baahato mooyee, ka fogow goobaha caafimaadka guud ahaan.** Hadii aad xanuunsantahay, wac xafiiska dhakhtarkaaga intaadan galin.



- **Hadii aadan xanuusaneyn xitaa iska ilaali booqashada isbitaalada iyo xarumaha daryeelka.** Hadii aad u baahatid inaad booqato xarumadahaas mid ka mid ah, waqtigaa joogto yaree, oo ka fogoo bukaanka ilaa 2 mitir.



- **Hadii aada ka maarmin mooyee, Ha aadin qolka gargaarka degdega ah.** Xirfadlayaasha ka shaqeeyo qolka gargaarka degdega ah, waxay u baahanyihiin inay marka hore u adeegaan baahiyaha ugu daran. Hadii aad leedahay qufac, qandho, ama astaamo kale, marka hore wac dhakhtarkaaga caadiga ah.



- **Ku dadaal caadooyinka nadaafada shaqsiyeed ee wanaagsan,** oo ay kujiraan in aad gacmahaage ku dhaqdid biyo iyo saabuun in badan. Ku qufac tishuu ama xusulkaaga, oo iska ilaali taabashada indhahaaga, sankaa, ama afkaaga.
- **Ka fogow dadka jiran,** khaasatan hadaad khatar sare ugu sugan tahay koronavirus.
- **Nadiifi meelaha aad loo taabto** (sida nal shidida iyo albaabaha guriga). Alaabaha guriga ee wax lagu nadiifiyo waa kuwo wax tariyo.
- **Ku dadaal nasasho badan, cab cabitaano fara badan, cun cuno caafimaad leh, oo isku day inaad yaresid istireeska,** si aad u xoojisid bulshadaade.

www.health.mo.gov/coronavirus

877-435-8411

Updated 3/31/2020 (Somali)