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KA ILAALI XAYAWAANKAAGA XANUNKA CORONAVIRUS



COVID IYO XAYAWAANKA RABAAYADDA AH

Weli waxaan wax ka baranaynaa fayraska sababa COVID-19, laakiin waxay umuuqataa inuu uga faafikaro dadka ilaa xayawaanka xaaladaha qaarkood. Xayawaanka qaarkood, oo ay ku jiraan bisadaha iyo eeyaha, ayaa laga helay caabuqa sababa COVID-19, badanaa marka ay udhabadaan dadka qaba COVID-19.

Xayawaanada qaba waay xanuunsan karaan, laakiin badankood waxay leeyihiin jirro fudud oo si buuxda ayey u bogsadaan. Xayawaano badan oo cudurka qaba ma laha wax astaamo ah.

Waqtigaan la joogo ma jiraan wax caddeyn ah oo sheegaya in xayawaanku u yahay isha laga helo infekshanka COVID-19 ee dadka.



HADDII AAD QABTID COVID-19 AMA UU KUGU DHACAY COVID-19

Ula dhaqan xayawaannada sida aad ula dhaqmi lahayd qof kasta oo kale oo reerkaaga ah si aad uga ilaaliso infekshanka suurtagalka ah.

- Xubin kale oo reerkaaga ka mid ah ha kuu ilaaliyo xayawaankaaga rabaayadda ah.
- Ku hayso xayawaanka guriga gudhiisa, haddii ay suurtagal tahay, hana u oggolaan in xayawaankaagu si xor ah ay u wareegaan.

HADDII AY TAHAY INAAD DARYEESHO XAYAWAANKAAGA RABAAYADDA AH

- Ka fogow xiriir dhow oo aad la leedahay (salaaxid, dhunkasho, la seexashada sariir mid ah).
- Xiro maaskaro markii agagaarkooda joktid.
- Dhaq gacmahaaga ka hor iyo ka dib markaad daryeesho ama taabato alaabtooda (cuntada, fijaannada, waxyaabaha carruurta ku ciyaaraan).

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HADDII XAYAWAANKAAGA RABAAYADA AH AY LEEYIHIIN ASTAAMAHAAN

Astaamaha lagu garto xayawaanka rabaayadaha ah waxaa ka mid ahqufac, hindhiso, caajis, neefsashada oo ku adkaata, qandho, sanko ama dheecaanka indhaha, matag, iyo / ama shuban.

Calaamadahaas waxaa badanaa keena infakshanno aan COVID-19 ahayn, laakiin haddii xayawaankaagu u muuqdo inuu jiran yahay:

- Wac dhakhtarka xoolaha.
- Ka fogee xayawaannada kale.

Had iyo jeer la xiriir dhakhtarka xoolaha ka hor inta aanad xayawaankaaga keenin xarunta caafimaadka, xitaa haddii aad hadda caafimaad qabto.

XUSUUSNOW

Tallaalka COVID-19 wuxuu yareeyaa faafitaanka COVID-19 wuxuuna ilaaliyaa naftaada iyo xubnaha kale ee qoyska, oo ay ku jiraan xayawaankaaga rabaayadda ah. Iska tallaal marka ay tahay waqtigaaga.

Xayawaanadu waxay ku faafin karaan infekshannada kale dadka, sidaa darteed xusuusnow inaad si joogto ah u dhaqdid gacmahaaga markii aad taabaneysid iskana ilaali inaad taabato xayawaanka duurjoogta ah.

