

SHAYBAADHADA GURIGA EE COVID-19

FAHMIDDA NATIJOYINKAAGA SHAYBAADHKA

April 14, 2022 4:00 PM SOMALI

Ka waran haddii shaybaadhka laygaga helo cudurka?

Waxa uu fayrasku ku jiraa jidhkaaga dadka kalena waa aad ku faafin kartaa, xataa haddii aadan lahayn wax astaamo ah. Haddii lagu tallaalay ama haddii kale, waa inaad:

1. Joogtaana guriga, marka laga reebo marka aad doonanayso daryeel caafimaad. Naftaada kaga kaliyee dadyawga kale guriga ugu yaraan 5 cisho. Kadib 5 maalmood, waad ka bixi kartaa guriga haddii:

- Aanad lahayn xummad ugu yaraan 24 saacadood adigoo qaadan daawooyinka xummada yareeya keliyana leedahay calaamado khafiif ah oo soo bogsanaya, OO
- Aad awooddo inaad sii waddo inaad taxaddarto oo xidhato maaskaro 5 maalmood oo kale marka aad dadka kale ag joogto. Haddii aadan awoodin inaad xirato maaskaro, sii wada inaad isgo'doomiso 5 maalmood oo kale.
- Tilmaantan waxay khusaysaa dadka intooda badan. Haddii aad ka shaqayso meelaha halistoodu sarrayso sida daryeelka caafimaadka, waxa dhici karta inaad u baahato inaad isgo'doomiso muddo ka sii badan. Waydii loo-shaqeeyahaaga.



2. Wac daryeel caafimaad bixiyahaaga sida ugu dhakhsiyaha badan. Waxa dhici karta inay jirto daawayn iyadoo ku xiran da'daada iyo/ama xaaladahaaga caafimaad, daawaynaha COVID-19 qaarkoodna waxa waajib ah in lagu bilaabo 5 maalmood gudahood marka astaamuhu bilaabmaan. Haddii aadan lahayn bixiye daryeel caafimaad, wac 211 si lagaaga caawiyo inaad hesho mid.

3. Usheeg dadka aad kulanka dhow la samaysay iyo dadka kula deggan guriga in shaybaadh lagaaga helay cudurka. Wakhtigu qiimo ayuu ku fadhiyaa! Waxay qaadi karaan tallaabooyin ay ku yaraynayaan faafitaanka COVID-19 sida xirashada maaskaraha marka ay dadka kale la joogaan iyo in ay isbaaraan. Waxay ka heli karaan macluumaad dheeraad ah websaytka caafimaadka dadwaynaha degmadda ama ha wacaan 211.

- Haddii aad lahayd ama aad leedahay calaamadaha: La xiriir dadka aad xiriirka dhow la yeelatay laga bilaabo 2 maalmood kahor inta aysan calaamadahaagu bilaaban.
- Haddii aadan horey u lahayn ama aadan calaamado lahayn: La xidhiidh dadka aad kulanka dhow la yeelatay laga bilaabo 2 maalmood kahor markii aad shaybaadhka COVID-19 lagugu sameeyey.

Sidee ayaan uga werbixinayaa natiijada cudurka in layga helay?

Haddii shaqadaada ay ka mid tahay inaad dhexgasho dadweynaha, waa inaad usheegtaa shaqo geliyahaaga si aad markaasi u awoodo inaad yarayso faafitaanka COVID-19. Haddii kale, uma baahnid inaad ka werbixiso oo aad ku wergeliso natiijada ah in cudurka lagaaga helay shaybaadh guriga ah qofnaba.

Haddii aad qabto wax su'aalo ah ama u baahan tahay taageero doonaysana inaad la hadasho Waaxda Caafimaadka adigoo kala hadlaya natiijada cudurka in lagaa helay, waxa aad ka wici kartaa ama iimayl udiri kartaa Caafimaadka Dadweynaha ee Degmada Multnomah 503-988-3406 ama diseasereport@multco.us. Waxa ay kaa caawin karaan inaad u sheegto shaqo geliyahaaga ama kulanada dhow, hesho waxyaabaha ku caawin kara si aad guriga u joogto, iyo su'aalaha kale ee aad qabtoba.

Ka hel wixii macluumaad dheeraad ah ama kaalmo oo ku saabsan is kali yeelidda iyo karantiilka websaytka Dadka laga Helay Baarista Jiraaanka COVID-ka ee Maamulka Caafimaadka Oregon <https://govstatus.egov.com/or-oha-covid-19-positive-test> ama ka wac khadkooda tooska ah ee Telefoonkooda Caawinta Kiisaska halkaan 866-917-8881.

Ka waran haddii shaybaadhka lagaaga waayo cudurka?

Haddii aad xanuun dareento waa in aad guriga joogto kana fogaato dadka kale ilaa astaamahaagu kasoo raynayaan, xataa haddii lagaaga waayo.

Haddii aad ka ag dhawaatay qof laga helay COVID-19, waxa aad khattar u gashay fayraska dadyawga kalena xanuunka ayaa aad qaadiin kartaa. Haddii aanad ku noolayn ama ka shaqayn goob khattarteedu aad usarrayso sida goob daryeel caafimaad ama xarumaha ay ku nool yiin dadka qaar, uma baahnid inaad iskaarantiisho.

- La soco calaamadahaaga ilaa 10 maalmood kadib marka aad khattar ugasho. Ka firso meesha aad joogayso iyo cidda aad la joogayso. Waad sii wadi kartaa ilaalinta dadka khatarta badan ugu jira COVID-19 ka aadka udaran adiga oo yaraynaya xiriirkaaga fool-ka-foolka ah ama xiranaya maaskaraha marka aad dad kale ag joogto 10 kaas maalmood.
- Haddii aad isku shaybaadhay guriga, waa in aad raadsato baaritan kale oo COVID-19 ah adiga oo adeegsanaya bixiyahaaga daryeelka caafimaadka ama in aad baaritaan kale oo guriga ah isku samayso 1-2 maalmood kaddib.

Calaamadaha COVID-19 waxaa ka mid ah:

- Xumad ama qarqaryo
- Qufac
- Neef qabatin ama neefsiiga oo adkaada
- Daal
- Murqo ama jir xanuun
- Madax xanuun
- Dhandhanka ama urtoo lunta oo cusub
- Dhuun xanuun
- Cabur ama duuf ka dareeraya sanko
- Yalaalugo ama mattag
- Shuban

Wac 911 haddii aad leedahay calaamadahaan daran:

- Neefsiiga oo ku dhibaya
- Xanuun ama cadaadis shafka ama caloosha ah
- Aanad awoodin inaad wax cabto ama soo celinayso wixii aad cabtay
- Dawakhaad cusub ama aad awood u yeelan waydo inaad hurdada ka toosto
- Wajiga ama bushimaha oo buluug ama sibiidhi ah

