

Miyaa lagaa helay COVID-19? Iskaliyee.

1020-2021 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

MAYA

HADDII AAD
YEELATO
CALAAMADO

HAA



Is go'doomiyo ugu yaraan
ilaa 10 maalmood laga
bilaabo wakhtiga ay
calaamaduhu bilowdeen,
IYO



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

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

15 daqiiqo wax ka badan ma joogtay
meel 6 fuudh u jirta qof ilaa labadii
maalmood ee ugu danbaysay kahor
inta aan lagaa helin cudurka ama
aadan calaamadaha yeelan?



HAA



Qofkaasi waa inuu:

- Is baar
- La soco calaamadaha maalin kasta ilaa 14 maalmood
- Haddii uusan si buuxda u talaalnayn, waxa uu u baahan yahay in uu guriga joogo kana fogaado dadka kale (is karantiilo) ugu yaraan ilaa 10 maalmood kaddib markii aad is aragteen



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 ilaalisoo.



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
- Wajiga ama bushimaha oo buluug ama sibiidi ah



Miyaa aad khatar u gashay COVID-19? Iskaarantiimee.

1020-2021 SOMALI

Si buuxda ma u talaalan tahay? Uma baahnid in aad is karantiisho, laakiin LA soco calaamadahaaga ilaa 14 maalmood, xiro maaskare marka aad dadka kale ka agdhowdahay, is go'doomi oo is baar haddii aad xanuunsato.

