10 siyaabood oo calaamadaha cudurka neefmareenka loogu maareyn karo guriga

Multnomah County
Health Department

SOMALI

Haddii aad qabto qandho, qufac, ama neefta oo ku qabata, wac dhakhtarkaaga. Waxay kuu sheegi karaan inaad daryeelkaaga ku maaraysid guriga. Raac tallooyinkan:

1. **Guriga joog** illaa:
   - Haddii laga joogo ugu yaraan 10 maalmood tan iyo markii calaamadahaagu bilaabmeen **IYO**
   - Haddii aad qabtay qandho muddo 3 maalmood ah adiga oo aan wax daawo qandho ah isticmaalin **IYO**
   - Haddii calaamadahaagu ay fiicnaadeen.

2. **Calaamadahaaga si taxadir leh ula soco.** Haddii calaamadahaagu ka sii daraan, isla markiiba wac dhakhtarkaaga.

3. **Hel nasasho oo cab biyo badan.**

4. **Kahor inta aadan aadin dhakhtarka,** call wac oo u sheeg inaad qabto ama laga yaabo inaad qabi karto COVID-19.

5. **Xaaladaha deg-degga ah,** wac 911. U sheeg inaad qabto ama laga yaabo inaad qabi karto COVID-19.

6. Markaad qufacdo ama hindhisto, **afkaaga ku dabool** istiraasho oo iska tuur.

7. **Ku dhaq gacmahaaga** had iyo jeer saabuun iyo biyo ugu yaraan 20 sikin.

8. Intii suurto gal ah, **ka fogoow dadka kale,** ku jir qol gaar ah oo isticmaal musqul gaar ah. Xiro maaskaro markii aad u dhowdahay dadka kale.

9. **Kafogoow inaad alaabta guriga la wadaagto dadka kale,** oo ay ka mid tahay cuntada.

10. Meelaha aad inta badan taabato **waa in la nadiifiyaa maalin kasta.**

Wac 211 ama booqo 211info.org si aad u hesho macluumaad kale.

BOOQO MULTCO.US/COVID19 FAAHFAAHINII UGU DANBEEYEY.

0718-2020

Adapted from the CDC and the NC Department of Health and Human Services flyers, both titled “10 ways to manage respiratory symptoms at home”.