

# LA QABSIGA XANUUNKA XILIGA

**COVID, hargab** iyo infekshonnada **RSV** ayaa fidayaan. Tallaabooyinka aan qaadaynay intii lagu duda jiray xiliga cudurka faafa ayaa weli ah ka hortaggeena ugu wanaagsan ee cudurradan.

## Ka hortaga cudurrada maalin kasta

- Guriga joog markaad xanuunsan tahay. Ka fogow inaad ag joogto dadka xanuunsan.
- Iska ilaali calaamadaha, gaar ahaan haddii aad ag joogtay qof buka.
- Dhaq gacmaha badanaa.
- Nadiifi oo jeermiska ka qaad sagxadaha in badan la taabto, sida galalka albaabada, telefoonada, iyo meelaha fog ee tv-ga.
- Is baar haddii aad leedahay calaamadaha COVID-19.
- Qaado tallaalka hargabka sannad kasta, iyo COVID-19 tallaalka iyo xoojiyayaasha sida lagu taliyey.



## Xanuunka Neefsashada ee xiliga jiilaalka

Ficilada kale waxay kaa caawin karaan inay carruurta ku hayaan dugsiga, ka hortagga shaqada maqan ama isu imaatinka, iyo inay cisbitaalladayadu si habsami leh u socdaan:



- Xiro maaskaro marka gudaha ku jirto ama meelaha dadku ku badan yahay.
- Dib u dhig booqashooyinka dadka khatarta sare ugu jira cudurrada daran, ama ku dar difaac dheeraad ah sida waji-xidhka iyo fogaanta jireed markaad agtooda joogto.
- Qabo kulamo yaryar, oo dibadda ah.
- Fur dariishadaha iyo albaabada si hawo loo hagaajiyo.

	COVID	FLU	RSV
Wuxuu si fudud ugu fidaa hawada	✓		
Wuxuu ku fidaa dhibco xab ah oo ka yimaada sanko ama afka qof	✓	✓	✓
Wuxuu ku noolaan karaa meelo adag oo jilicsan wuxuuna ku faafi karaa taabashada meelahan		✓	✓
Tallaal ayaa diyaar ah	✓	✓	
wuxuu noqon karaa <b>higher risk</b> halistiisa u sareyso kuwa uurka ah, dadka da'da ah, iyo dadka <b>difaaca jirkooda daciifka ah</b>	✓	✓	✓
<b>Wuxuu halis sare u lahaan karaa dhallaanka iyo carruurta ah</b>		✓	✓

## Haddii aad halis sare ugu jirto COVID-19 daran, hargab, ama RSV

La xidhiidh adeeg bixiyahaaga. Haddii aadan haysan bixiye, wac 211 si aad u hesho caawinaad. Bixiyahaagu waxa laga yaabaa inuu kugula taliyo inaad xidhato maaskaro ama aad samayso taxadar kale. Haddii aad xanuunsato, waxay kaa caawin karaan inaad go'aansato inaad u baahan tahay inaad iska baarto ama aad hesho daaweyn.

**Ka eeg dhinaca kale waxa aad samaynayso haddii aad xanuunsato.**

## Haddii aad xanuunsato

Dadka intiisa badan waxay ka bogsadaan cudurradan neef-mareenka iyaga oo iskood ah. Guriga joog oo samee waxyaabaha aad caadi ahaan samayso si aad u roonaato: hurdo, naso, cab cabitaano badan.

## Wac 911 haddii adiga ama ilmahaagu aad leedihiin calaamadahan daran:

- Hadday kugu adag tahay neefsashada
- Dareemayso xanuun ama cadaadis laabta ama caloosha
- Aan awoodin in uu cabbo ama hoos u dhigo dareeraha
- Jahawareer cusub ama awood la'aanta in la tooso
- Bushimaha ama wejiga buluug ama cawlan

## Haddii aad jirran tahay, laakiin waa inaad ka ag dhawaataa dadka kale

- Xiro maaskaro si fiican ugu habboon sankaa iyo afkaaga.
- Dhaq gacmahaaga marar badan, gaar ahaan ka dib markaad sankaa ka dhawaajiso.
- Ku dabool qufaca maro ama gacmahaaga.
- Ka fogow dadka kale haddii aad awooddo.
- Hagaajinta hawo-mareenka qolka agagaarka dadka kale, tusaale ahaan adigoo furaya daaqad.



## Goormaa dadka kale agtooda joogi doontaa?

Dadku guud ahaan waxay ku noqon karaan shaqada, dugsiga, iyo hawlaha kale marka:

- Waxay qandho la'aan yihiin ugu yaraan 24 saacadood iyaga oo aan isticmaalin dawooyinka xummad-yareeya, **iyo**
- Calaamadahooda ayaa hubaal ah inay ka fiican yihiin, **iyo**
- Si fiican bay wax u cunayaan oo u cabbayaan, **iyo**
- Diiftooda iyo qufaca ayaa ah kuwo khafiif ah oo ku filan inay ka qayb qaataan hawlaha oo ay nadiifiyaan gacmahooda.

**Tixgeli inaad maaskaro ku xidhato agagaarka dadka kale ilaa ay sankaa kaa dareerayaan iyo qufaca kaa tagayaan.**