

Tilmaamaha hoose ayaa kuu sheegaya waxaad samayn lahayd ka dib marka lagaa baaro COVID-19. Waxay dalbanayaan baaritaanka aad ku qaadatid guriga ama baaritaanka aad ku sameyso goobta baaritaanka, isbitaalka, ama xafiiska dhakhtarka (baaritaannada degdega ah ama baaritaanka PCR).

Haddii aad sugayso natiijooyinka baarista

Haddii aad isku samaynayso baaris sababtoo ah inaad dareemayso jirro oo ay tahay inaad sugto dhawr maalmood natiijooyinka baarista, guriga joog dadkana ka fogow **maanta laga bilaabo**. Kasoo qaad sidii oo kale oo aad fayraska qabto dadka kalena aad ku faafin karto.

Haddii aad iskugu samaynayso baaris ujeedooyin diyaargarow (sida kahor qalliin la muddeeyey ama safar kahor) ama sababtoo ah inaad baylahday oo **aadan** lahayn astaamo, ma aha inaad isku go'doomiso guriga kana fogaato dadka kale.

Haddii cudurka lagaa helo

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. Joogtaa guriga, marka laga reebo marka aad doonanayso daryeel caafimaad.** Naftaada kaga [go'doomisaa](#) dadyawga kale guriga ugu yaraan 5 maalmood. Kadib 5 maalmood, waad ka bixi kartaa guriga haddii:
 - Aanad lahayn xummad ugu yaraan 24 saacadood adigoo aan 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 wad 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. [U sheeg dadka aad isku dhawaateen](#)** iyo dadka kula deggan guriga in shaybaadh lagaaga helay cudurka. Wakhtigu qiimo ayuu ku fadhayaa! 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 degmadooda 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 xiriir dadka aad kulanka dhow la yeelatay laga bilaabo 2 maalmood kahor inta aadan samayn baaritaankaaga COVID-19.

Haddii cudurka lagaa waayo

Haddii aad dareemayso jirro, waa inaad guriga joogto dadka kalena ka fogaato ilaa astaamaha aad ka soo bogsato (oo ay ugu yaraan 24 saacadood ka soo wareegtay markii aad xummad lahayd adigoo daawada xummadda yaraysa qaadan), xataa haddii baaristaadu sheegayso in laga waayey cudurka.

In aad ka shaqayso ama aad ku nooshahay [goobo khattar badan ku jira maahane](#), sida goobaha daryeelka caafimaadka ama meel koox gaar ah ku nooshahay, uma baahnid in aad iskarantiisho.

Haddii aad **ka ag dhawaatay** qof laga helay COVID-19, waxa aad khattar u gashay fayraska walina khatar ayaad galin kartaa dadka kale.

- 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 2-1 maalmood kaddib.

Haddii aad imika xanuusanayso ama aad xanuunsato

- **Naftaada ilaali oo raac timaamaha marka baaristu sheegayso in cudurka lagaa helay (sare):** Dadka kale ka fogow, wac dhakhtarkaaga ama rugta caafimaadka, oo u sheeg cidda aad isku dhawaateen. Naso oo cab dareere badan.

Macluumaad dheeraad ah

Haddii aad qabto su'aalo, u baahan tahay caawimo helitaanka dhakhtar ama rug caafimaad, ama raadinayso khayraad: Booqo websaytka Baarista COVID ee Sheegaysa in lagaa Helay Cudurka ee Maamulka Caafimaadka Oregon [Miyaa lagaa helay COVID-19](#) ama wac Khadkooda Tooska ah ee Taageerada Qofka Buka 8881-917-866.

Sidoo kale waxaad wici kartaa 1-1-2, fariin qoraal ah ugu dir furaha deegaankaaga 898211 (TXT211), ama iimayl u dir help@211info.org. Tarjumaano ayaa diyaar kuu ah.

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:

- Neef qabatin aad ah
- Xanuun ama cadaadis shafka ama caloosha ah
- Aan awoodin inuu wax cabo ama soo celinaya wixii uu cabbay
- Wareer cusub ama awood u yeelan waaya inuu hurdada ka tooso
- Dibnaha ama wejiga oo midabkoodu buluug noqdo



Ku dul qabo kameerada telefoonkaaga casriga QR code-ka si aad u hesho macluumaad dheeraad ah oo ku saabsan waxa aad samaynayso haddii lagaa helo cudurka, daryeelidda naftaada ama cid kale oo qabta COVID-19, iyo sida loo helo kaalmo si aad guriga u joogto.



Department of Health and Human Services