

Waxkasta ood ubaahantahay inaad ka ogaato

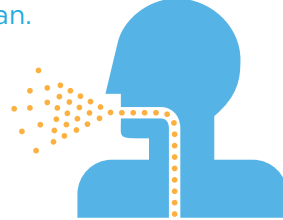
COVID-19

Coronavirus



COVID-19 (cudurka coronavirus 2019) waa cudur ku dhaca neef mareenka oo uu keenay nooc hor leh (cusub) oo faryiska coronavirus kamid ah kaasoo dadku isqaadsiin karaan.

Fayriska waxaa la aaminsan yahay inuu si wayn ugu faafay dadka isku dhawdhaw (oo iskaga dhawaada ku dhawaad 6 talaabo) asagoo raaca faniinada neefta ee kasoo baxa marka qofka jiran uu qufaco ama hindhiso.



Astaamaha



Gandho



Qufac



Neefta oo kuyaraata

Astaamaha caabuqa COVID-19 waxaa ku jira gandho, qufac, neefta oo kugu yaraata iyo neefta oo kugu adkaata. Astamaha ayaa caadiyan soo muuqda 2-14 maalmood kadib markaad qaado fayriska. Inta badan dadka qaba cudurka COVID-19 waxay dareemi doonaan xanuun fudud oo aan u baahnayn in isbitaal la dhigo, laakiin dadka qaar oo khatar wayn ugu jira inay aad u xanuunsadaan ayaa ka qaadi kara dhibaatooyin cusub oo caafimaad.

Waxaan gacan ka gaysan kartaa ilaalinta fayaqabka dadka kale.



Haddii aad ku nooshahay ama aad booqanayso aaga cudurka COVID-19 la sheegay inuu ku faafay, inaad "ka fogaato dadka kale" ayaa ku caawin karta. **Inaad ka fogaato dadka kale waxay kordhinaysaa badka jireed ee u dhaxeeya dadka** si looga fogaado faafinta cudurka (ugu yaraan 6 talaabo).

Badanaa arintaani waxay ka dhigan tahay badalida dabecadaheena caadiga ah intii muddo ah si aan uga dheeraano u dhawaanshaha dadka qaba COVID-19, iyo suuragalnimada ah inaan dadka kale kusii faafino—tusaale ahaan:

- Ka fogaanshaha dad badan
- Kaliya inaan baxno markay muhiim tahay
- Inaan shaqayno anagoo guriga joogna markay suuragal tahay

Talaabooyinka noocaan ah ayaa ayaa hoos u dhigi kara faafida fayriska guryaha iyo bulshooyinka dhexdooda, kana difaacaaya dadka khatarta wayn ugu jira inay aad ugu xanuunsadaan cudurka, sida dadka duqoowda ah iyo dadka difaacyadooda jirku ay liitaan.

Ilaali badbaadadaada.

Si aad naftaada uga difaacdo cudurka COVID-19, waa inaad raacdaa isla talaabooyinka kaa caawiya inaad ka hortagto cudurada kale sida, hargabka:



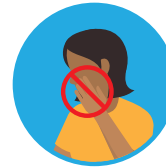
Si joogto ah u dhaq gacmahaaga

aduu ku dhaqaaya saabuun iyo biyo ugu yaraan 20 sikiin. Haddii aadan haysan biyo iyo saabuun, adeegso nadiifiyaha gacmaha oo ka kooban 60% maadada aalkolada.



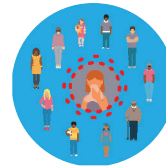
Ku dabool qufacaaga iyo hindhisadaada

gacantaada ama suxulkaaga— HANA ku daboolin gacantaada.



Ka dheerow taabashada

indhahaaga, sankaa iyo afkaaga.



Ka dheerow inaad u dhawaato dadka jirran.



Guriga joog haddii aad xanuunsan tahay.

Dadka qaar ayaa khatar wayn ugu jira cudurka COVID-19.

Dadku waxay khatar dheeraad ah ugu jiraan cudurka COVID-19 haddii ay ku noolyihiin ama ay u safreen dhawaan meelaha uu cudurku wali ku dhex faafaayo bulshada, AMA haddii ay xariir joogto ah lalaheeyeen qof laga helay cudurka COVID-19.

Dadka khatarta wayn ugu jira inay aad ugu xanuunsadana cudurka COVID-19 waxaa kamid ah:

- Dadka jira 50 sano iyo kuwa kasii wayn.
- Dadka qaba xaaladaha caafimaad ee xunxun, ayna ku jiraan cudurka wadnaha, cudurka sanbabada, ama sonkoroowga.
- Dadka qaba nidaamyada difaaca jirka oo liita.
- Haweenka uurka leh.



Haddii aad ku jirto mid kamid ah xaaladahaan, la imoow qorshe aad la kaashanayso dhakhtarkaaga si aad u aqoonsato khatarahaaga caafimaadka ee aad ka qaadi karto cudurka COVID-19 iyo sida aad ku maaraynayso astaamaha cudurka. Isla markaba la xariir dhaqtarkaaga haddii aad qabto calaamadaha cudurka.

Baro waxa ay tahay inaad samayso haddaad jiro dareento.

Maxaan samaynayaa haddii aan xanuunsado?

Haddii aad xanuunsanayso aadna aaminsan tahay inaad qaaday caabuqa COVID-19, wac dhakhtarkaaga ka hor intaadan u tagin si aad ugu sheegto astaamaha xanuunkaaga. Dhakhtarkaaga ayaa go'aaminaaya talaabooyinkaaga xigga ee daryeelka. Waqti xaadirkaan, waa inaad sii wadaa raacista talaabooyinka kaa caawinaaya ka hortaga faafinta cudurka aadna ka fogaataa dadka kale.

Haddii aadan lahayn dhakhtar caafimaad, wac waaxda daryeelka caafimaadka ee deegaankaga si ay kuugu xiraan ilaha aad daryeelka ka helayso.

- Dadka dagan Columbus iyo Worthington: Columbus Public Health (Caafimaadka Dadwaynaha ee Columbus)* - (614) 645-1519
- Dadka dagan Bexley, Canal Winchester, Dublin, Gahanna, Grandview Heights, Grove City, Groveport, Hilliard, New Albany, Pickerington, Reynoldsburg, Upper Arlington iyo Westerville: Franklin County Public Health (Caafimaadka Dadwaynaha ee Degmada Franklin) - (614) 525-3160

*Fadlan ogoow: Columbus Public Health kama codsato dadka soo booqda dukumiintiyada muwaadinimada.

Sidee ayaa la iiga baarayaa cudurka COVID-19?

Kaliya dhakhtarkaaga caafimaadka ayaa qiimayn kara astaamahaaga cudurka COVID-19 amrina kara in lagu baaro.

Maxaan samaynayaa haddii aan qabo cudurka COVID-19?

Dhakhtarkaaga Daryeelka Caafimaadka ayaa ku siin doona xog ku aadan sida loo daawaynaayo astaamahaaga. Marka lagu daro tilmaamaha soo socda ee daryeelka, waa inaad sidoo kale karantiishaa naftaada waqtigaan - ha aadin dugsiga, shaqada ama meelaha kale ee dadka badan joogaan. Karantiilku wuxuu ka ilaaliyaa dadka qaba cudurka aafada ah inay la kulmaan dadka aan jiranayn. Inta lagu jiro waqtigaan waa inaad guriga joogtaa (qol gaar ah oo sida fiican leh musqul kuu gaar ah) marka laga reebo inaad raadsato daryeel caafimaad, ka fogoow dadka iyo xayawaanada kale ee ku sugan gurigaaga, ka dheeroow la wadaagida alaabtaada shaqsiga ah dadka kale, la soco astaamahaaga, oo wac dhakhtarkaaga haddii xanuunkaagu kasii daro ama ka hor intaadan joojin karantiilkaaga.

Xubnaha qoyskaaga ama gurigaaga ku nool ee aan qabin astaamaha cudurka waa inay is karantiilaan. Karantiilku wuxuu kala saaraa dadka la aaminsan yahay inay cudurka qaadaan dadka kale ee aan qaadin cudurka si looga hortago faafida cudurka. Inta lagu jiro waqtigaan, qoyskaagu waa inay guriga joogaan marka laga reebo inay raadsanayaan daryeel caafimaad, waa inay kaa fogaadaan intaan xaniibaada ku jirto, ay si joogto ah u dhaqaan meelaha "aadka loo taabto", inay iska fiiriyaan astaamaha cudurka, ayna daryeel caafimaad doontaa haddii ay dareemaan qandho ama astaamaha kale ee cudurada neef mareenka.

Xog dheeri ah ka ogoow. Hel xogtii ugu danbaysay.

Barashada xaqiiqooyinka cudurka COVID-19 waxay gacan kaa siinaysaa inaad badbaado. Si aad u hesho xogta ugu xaqiiqsan aadna wax badan u ogaato, booqo:

- www.cdc.gov/coronavirus
- www.coronavirus.ohio.gov
- www.columbus.gov/coronavirus
- <https://covid-19.myfcph.org>

