

Waa maxay go'doonku?



Go'doominta waxa loogu talagalay dadka laga helay cudurka ama leh calaamadaha COVID-19. Waxa aad tahay mid cudurka qaba waxana aad u gudbin kartaa fayraska dadka kale laga bilaabo 2 maalmood kahor markii ugu horaysay ee aad yeelatay calaamado illaa mudada go'doonkaagu ay dhammaato. Haddii aanad marnaba calaamado lahayn, waxa aad tahay mid cudurka gudbinaya laga bilaabo 2 maalmood kahor maalinta lagaa baadhay COVID-19. Qof kasta oo kuu soo dhawaaday adiga inta lagu gudo jiro wakhtigan waa in uu is karantiilaa.

Xataa gurigaaga dhexdiisa, waa inaad ka fogaato dadka kale inta ugu badan ee aad awoodo. Joog guriga marka laga reebo inaad raadsado daryeel caafimaad.

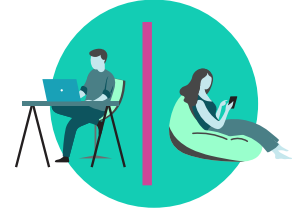
Go'doominta macneheedu waxa weeyi:



Gurigaaga joog



Haddii aad xannuunsan tahay oo aad u baahan tahay inaad qof gurigaaga jooga uga dhawaato 6 fuudh in ka yar, labadiinaba waxaad u baahan tihiin inaad xidhataan weji gashad



Kaga jir qol gaar ah dadka kale gurigaaga dhexdiisa



Adeegso suuli ka duwan



Nadiifi oogoooyinka sare ee badanaa la taataabto (taleefanada, gacmaha albaabada, badhanka shidista laydhka, gacmaha musqusha, gacanta qasabadda bullaacada, miisaska dushooda, iyo wax kasta oo bir ah)



Isku day inaanad adeegsan isla agabka shakhsiyeed ee ay dadka kale adeegsadaan

Waa maxay go'doonku?

Goorma ayaan dhamayn karaa go'doonka?

Waa inaad go'doonka ku jirto illaa aad:

- Bilaa xummad ahayd muddo 24 saacadood ah (tan macneheedu waxa weeyi maad adeegsan dawo aad ku yaraynayso xumaddaada), oo
- Calaamadaha neefsashadaadu ay ladnaayeen muddo 24 saacadood ah, oo
- Ay kasoo wareegtay ugu yaraan 10 maalmood markii ugu horaysay ee aad xanuusatay.
- Haddii aanad lahayn calaamado, is go'doomi muddo 10 maalmood ah laga bilaabo maalintii lagu baadhay.

Muddo intee le'eg ayaa ay dadka ila nooli u baahan yihiin inay is karantiilaan?

Way adag tahay in laga fogaado dadka qaba COVID-19 ee guriga la wada degan yahay. Qofkasta oo ku nool gurigaaga waa in uu is karantiilaa muddo 10 maalmood ah laga bilaabo wakhtigii u dambeeyey ee ay kuu soo dhawaadeen intii lagu gudo jiray go'doonka. Markasta oo ay kuusoo dhawaadaan inta aad tahay mid gudbinaya cudurka, karantiilkooga 10 ka maalmood ah dib ayuu u soo bilaabmayaa. Waa in aanay dhamayn karantiilka kahor 10 maalmood, xataa haddii laga waayo cudurka.

Haddii aad u baahan tahay daryeel caafimaad.

Haddii calaamadahaagu kasii daraan ama aad dareento inaad u baahan tahay daryeel caafimaad, doono caawimo caafimaad isla markaaba. Way nabdoon tahay in aad tagto isbitaalka ama xafiska dhakhtarka. Xidho waji gashad oo ogaysii shaqaalaha caafimaadka in lagaa helay COVID-19.

Haddii aad leedahay mid ka mid ah astaamahan digniinta ee xaaladda degdegga ah*, doono caawimo caafimaad isla markaaba:



**Dhibaato neefsashada ah
ama neefta oo soo gaabata**



**Xanuun ama cadaadis
laabtaada ah kaas
oo aan tegin**



**Dareemid wareer ama
aan awoodin in uu u
tooso si fudud**



**Haddii dibnahaaga ama
wajigaagu u muuqdo
buluug**

*Kuwani dhammaantood maahan calaamadaha deg-degga ah. Wac dhakhtarkaaga haddii aad walwal ka qabto.