

Waad ku mahadsan tahay inaad iska tallaashay COVID-19 si aad adiga, qoyskaaga, iyo bulshadaaduba aad caafimaad iyo ammaan u noqdaan.



Waxaa laguu tixgeliya inaad ka leedahay difaac hadda, ama aad amaan qabto fayraska, 2 todobaad ka dib waxaad qaadan doontaa qiyaastaada 2aad ee tallaalka COVID-19. Si kastaba ha noqotee, haddii aad uu kugu dhaco fayrasku ka hor intaadan helin fursad aad ku qaadatid qiyaastaada 2aad ee tallaalka, ama uu kugu dhaco ka hor inta uusan jirkaagu yeelan difaac buuxa, weli waad ku xanuunsan kartaa.



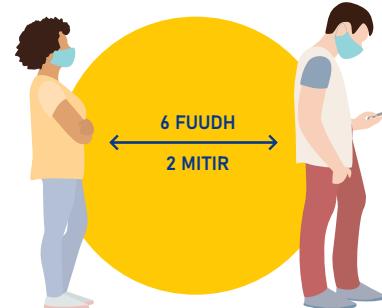
Waa inaad weli xidhato waji gashadka oo aad raacdo talaabooyinka ka hortaga faafitaanka COVID-19 ilaa inta dad badan la talaalayo.

Dhammaan tallaallada COVID-19 ee ay ansixisay FDA waa kuwo ammaan ah oo waxtar u leh kahortagga fayraska. Waxay kaa celinayaan inaad bukoto, inaad u baahatid isbitaal, ama aad u dhimato xanuunka COVID-19. Daraasadihi ugu dambeeyay¹ waxay muujinayaan in tallalku ka hortagi karo u gudbinta fayraska dadka kale wuxuuna ka hortagi karaa noocyada cusub ee fayraska ee ilaa hadda la aqoonsaday.

Ilaa ay khabiirada caafimaadku eegaan xaaladaha nolosha dhabta ah inaad wali faafin kartid iyo in kale talaalka ka dib, waxaa muhiim ah inaad sii wado adeegsiga dhamaan waxyabaha aan haysano ee kaa caawinaya joojinta cudurkan faafa: maaskaro xidho markasta oo aad agjoogtid dadka aan ku noolayn gurigaaga, 6 fuudh (2 mitir) dadka kale ka fogow, gacmahaaga dhaqo badanaa, oo guriga iska joog markaad jiran tahay. **Marka dadka badankiisa la talaalo, nolosha ayaa bilaabi karta inay ku soo noqoto sidii caadiga ahayd.**

Noocyada COVID-19

Noocyada mustaqbalka ee COVID-19 (mararka qaarkood loo yaqaanno Strain) ayaa ka gudbi og marka loo eego noocyadii hore ee COVID-19. Marka hadda in ka badan sidii hore, dadka degan Utah waxay u baahan yihiin inay xirtaan maaskarada wajiga, ku dhaqmaan kala fogaanshaha jirka, iskana ilaaliyaan kulamada waaweyn.



¹ <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>

Sidee ayuu talaalka COVID-19 uu u saameeyo tilmaamaha karantiinka iyo isgooniyeelida ?

Haddii ay in ka badan 2 toddobaad ka soo wareegtay markii aad qaadatay xaddiga 2aad ee tallaalka, uma baahnid inaad karantiil gasho, xitaa haddii aad la kulanto qof laga helay cudurka. Laakiin, waxaa jira dhawr xaaladood oo aad geli karto karantiin ama isgooniyyayn, xataa marka aad qaadato talaalka COVID-19.

Waxa aad samaynayo hadii aad qabto astaamaha COVID-19:

Hadii aad qabto astaamaha COVID-19 oo:	
Aanad weli is talaalin	Ama aad qaadatay talaalka qaybta hore. (Ama aad qaadatay qiyaas 1 oo ka mid ah 2-da qiyaasood ee talkalka sida Pfizer ama Moderna)
<u>Is aysoleet garee</u> oo <u>isbaadh</u> markaba.	<u>Is aysoleet garee</u> oo <u>isbaadh</u> markaba.

Haddii aad si dhamaystiran u qaadatay talaalka laakiin aad wali leedahay astaamaha xanuunka Covid 19 (aad qaadatay 2-da qiyaasood ee talaalada Pfizer ama Moderna ama 1-kaqiyaas oo ah talaalka Johnson and Johanson)	
Hadii AYNA ka soo wareegin 2 todobaad ilaa intii lagu talaalay	Hadii ay kasoo wareegeen ugu yaraan 2 todobaad ilaa intii lagu talaalay

Is aysoleet garee oo isbaadh markaba.

Is karantiil oo la xidhiidh dhakhtarkaaga ama xarumaha daryeelka caafimaadka. Waxay u badan tahay in wax kale oo aan ahayn COVID-19 inuu keenay astaamahaaga. Laakiin, dhakhtarkaagu waxa uu kuu diri karaa shaybaadh COVID-19. Talaalada COVID-19 ma baajiyaan shaybaadhada wakhtigan.

Waxa aad samaynayo hadii aad u dhawaato qof qaba oo shaybaadh lagaga heley cudurka:

Hadii aanad qaadan labada talaal oo aad u dhawaatay qof qaba oo shaybaadh lagaga heley:	
Aanad weli is talaalin	Ama aad qaadatay talaalka qaybta hore. (Ama aad qaadatay qiyaas 1 oo ka mid ah 2-da qiyaasood ee talkalka sida Pfizer ama Moderna)
<u>Is karantiin</u> oo <u>iska baadh</u> COVID-19.	<u>Is karantiin</u> oo <u>iska baadh</u> COVID-19.

Hadii aanad qaadan LABADA talaalka qaybta labaad oo aad u dhawaatay qof qaba oo shaybaadh lagaga heley: (aad qaadatay 2-da qiyaasood ee talaalada Pfizer ama Moderna ama 1-kaqiyaas oo ah talaalka Johnson and Johanson)	
Hadii AYNA ka soo wareegin 2 todobaad ilaa intii lagu talaalay	Hadii ay kasoo wareegeen ugu yaraan 2 todobaad ilaa intii lagu talaalay

Is karantiin oo iska baadh COVID-19.

Uma baahnid inaad iskarantiisho. Laakiin, hadii aad yeelato astaamaha COVID-19 kadib marka aad u dhawaatay cida qabta, la hadal dhakhtarkaaga ama bixiyahaaga daryeelka caafimaad. Wuxaan u baahan tahay inaad iska baadho COVID-19.