

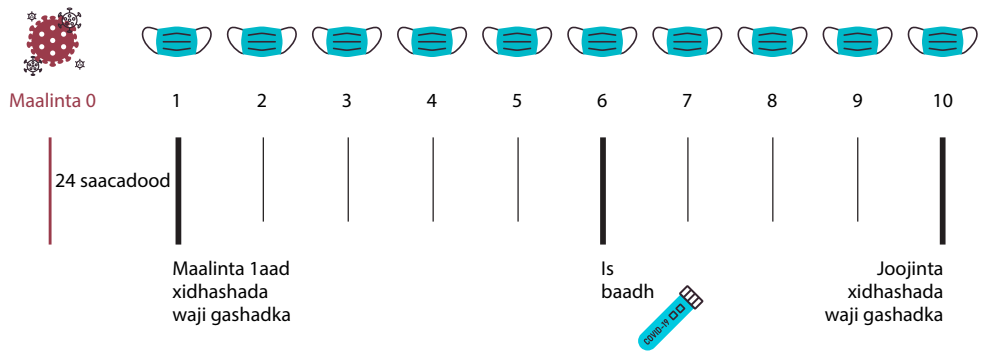
Haddii aad u baylahdo caabuqa Covid-19

Somali 09/2022

Waxaa adag inaad joogto guriga oo aad ka maqnaato shaqada ama dugsiga kadib markii aad u dhawaato qof qaba COVID-19. Way adag tahay sidoo kale in laga fogaado dadka qaba COVID-19 ee guriga la wada degan yahay. Waa taas sababta CDC ay u cusboonaysiisay talooyinkooda karantiinka oo dadka loogama baahna hadda inay joogaan guriga kadib marka ay u dhaweeyaan cida qabta COVID-19. Laakiin, waxa loo baahan yahay inaad samayso taxadir aad ku ilaalinayso dadka kale:

- Xidho [waji gashad si fiican kuu leeg](#) mudo 10 maalmood ah kadib marka aad u dhawaato cid qabta ee markaad dadka kale u dhawaatay ama meelaha caamka ah wada joogteen.
- Is baadh 5 maalmood kadib markii aad u baylahday COVID-19.
- La soco calaamadaha COVID-19. Haddii aad xanuunsato, guriga joog, raac tilmaamaha isgo'doominta oo is baadh.

U baylah



Sawirka waxaa qaaday Waaxda Caafimaadka Degmada Salt Lake

Sug 5 maalmood ka dib marka aad u baylahday cidda qabta si lagu baaro. Tani waxay ogolaanaysaa in fayras ku filan ku samayso jirkaaga si baaritaanadu u ogaan karaan. Waxaad u baahan kartaa inaad is baadhdo wax ka badan hal mar, taas oo ku xidhan nooca shaybaadhka ee aad martay iyo hadii aad qabtay astaamo wakhtigii aad is baadhaysay. Raac tilmaamaha [isgo'doominta](#) hadii shaybaadh lagaaga heley kadib marka aad u baylahday xanuunka.



Ha is baadhin kadib u baylaha hadii ay kasoo wareegtay **wax ka yar 90 maalmood** (ilaa 3 bilood) ilaa markii ugu horaysay ee lagaa heley COVID-19, ilaa inta aanad yeelan astaamo cusub ama kasii daraya. Laakiin, hadii astaamo cusub ama kasii daraya aad leedahay ama ay kasoo wareegtay **wax ka badan 90 maalmood** ilaa intii shaybaadh lagaaga heley xanuunka, waa inaad mar kale is baadhaa.

La soco wixii [astaamo](#) ah ee COVID-19 oo is baadh isla markaba hadii aad xanuunsato.



Qandho

(heerkulka 100.4°F ama 38°C ama ka sareeya ama dareemid xumad)



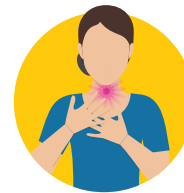
Qufac



Neefsiga oo adkaada



Dareenka urta iyo dhadhanka oo hoos u dhaca



Cune xanuun



Murqo xanuun