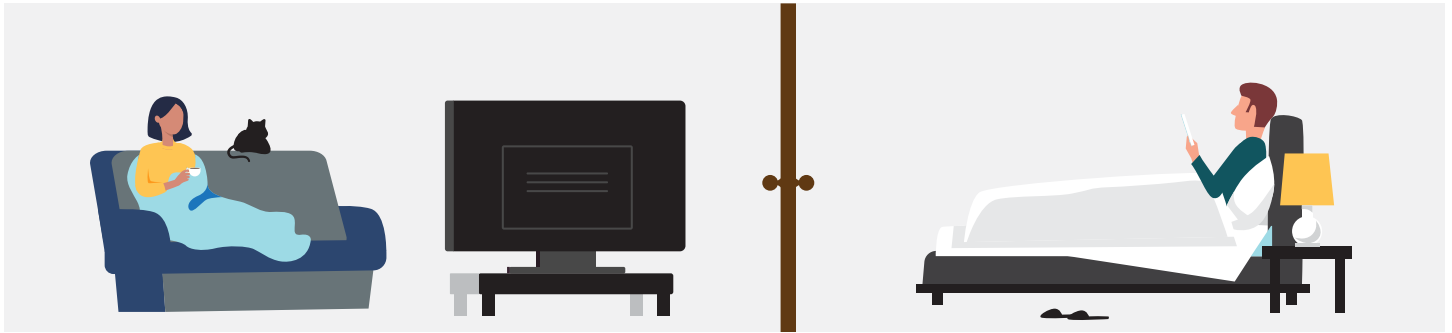


Waa maxay go'doonku?

1/11/2022



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 dhawaaday inta lagu jiro wakhtigan wuxuu u dhawaaday cid qabta fayraska waana inay raacdaa tilmaamaha karantiilka.

Go'doominta macneheedu waxa weeyi:

Xataa gurigaaga dhexdiisa, waa inaad ka fogaato dadka kale inta ugu badan ee aad awoodo ilaa inta aad go'doonka kasoo baxayso.



Joog gurigaaga marka laga reebo inaad raadsado daryeel caafimaad.



Isticmaal suuli ka gaar ah ka ay dadku isticmaalaan jooga gurigaaga hadii aad awoodo.



Xidho weji gashad haddii aad dad kale ka ag dhawaato.



Joog qol ka gaar ah dadka kale ee gurigaaga.



Nadiifi dusha sare ee had iyo jeer la taabto sida (taleefanada, gacmaha albaabada, badhanka shidista laydhka, gacmaha biyaha musqusha, gacmaha barkadda faraxalka, miisaska dushooda, iyo wax kasta oo bir ah).



Isku day inaad isticmaal waxyaabaha ay isticmalaan dadka kale.

Goorma ayaan dhamayn karaa karantiilka?

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
- Calaamaduhu ay ladnaayeen muddo 24 saacadood ah, oo
- Ay kasoo wareegtay ugu yaraan 5 maalmood laga bilaabo shaybaadhkaagii.
- Haddii aanad lahayn calaamado, joog guriga muddo 5 maalmood ah laga bilaabo maalintii lagu baadhay. Haddii aad xanuunsato ama aad yeelatay astaamo, 5 ta maalmood ee aysoleeshinkaaga gurigu mar kale ayay dib u bilaabmaysaa. Wax badan ka oggaw [halkan](#).

Xidho [waji gashad si](#) wanaagsan kuu le'eg marka aad la joogto dadka kale iyo meelaha shacabka ka dhaxeeya mudo 5 maalmood oo kale kadib aysoleeshinkaaga guriga.

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. Qof kasta oo aan talaalnayn, ama aan wada [qaadan talaalka](#) COVID-19, ama ay kasoo wareegtay 90 maalmood intii qofka kula nool uu qaaday COVID-19 waa inuu isku karantiin gareeyaa guriga ugu yaraan 5 maalmood. Markasta oo ay kuusoo dhawaadaan inta aad tahay mid gudbinaya cudurka, karantiilkooga 5 ka maalmood ah dib ayuu u soo bilaabmayaa. Waa in aanay dhamayn karantiilka kahor 5 maalmood, xataa haddii shaybaadh lagaga waayo cudurka.

Haddii aad u baahan tahay daryeel caafimaad.

Haddii calaamadahaagu kasii daran ama aad dareento inaad u baahan tahay daryeel caafimaad, doono caawimo caafimaad isla markaaba. Way nabdoon tahay in aad tagto isbitaalka ama xafiiska dhakhtarka. Xidho Maaskarada wajiga 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 ku qabata



Xanuun ama cadaadis laabtaada ah kaas oo aan kaa tagayn



Dareemid wareer ama aanad awoodin in aad si fudud u toosto



Haddii dibnahaaga ama wajigaagu u muuqdo buluug

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