

Cudurka Fayraska Korona 2019 (COVID-19)

Sida Loo Daryeelo Xayawaannada Rabbaayada ah iyo Xayawaannada Kale

Haddii aad qabto cudurka COVID-19 ama adiga ama xayawaannadaada rabbaayada ah aad wajahdeen khatarta cudurka COVID-19

Waxaa jiray warbixinno xaddidan oo muujinaya xayawaanno ku dhacay cudurka COVID-19. Hadda ma jiraan wax caddeymo ah oo muujinaya xayawaannada rabbaayada ah ama xayawaannada kale ee la dhaqdo in ay door muhiim ah ka qaataan faafitaanka cudurka COVID-19. Haddii aad xannuusan tahay, waxaa lagugu la talinayaa in aad ka fogaato xayawaannada rabbaayada ah iyo xayawaannada kale, sida aad uga fogaato dadka kale, ilaa iyo inta wax badan laga oggaanayo.

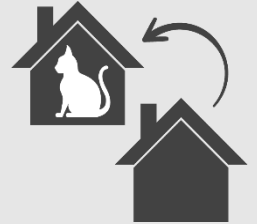
Gurigaaga ku hay xayawaannadaada rabbaayada ah

- Haddii aad xannuusan tahay, weyddii qof kale oo gurigaaga joogo oo aan xannuusanayn in uu daryeelo xayawaannadaada rabbaayada ah.
- Haddii dadka guriga jooga oo dhan ay wada xannuusan yihiin ama aad kaligaaga nooshahay, waxaa weli wanaagsan in aad guriga ku hayso xayawaannadaada rabbaayada ah haddii ay suuragal tahay in aad daryeesho.



Sidan tixgeli haddii xayawaannada rabbaayada ah ay noqoto in guri kale la geeyo

- Shakhsiyaadka halista sare ugu jira cudurka COVID-19 ee daran (dadka ay da'doodu ka weyn tahay 70 sano ama qaba xaalado caafimaad kale) waa in ay iska ilaaliyaan in ay noqdaan daryeelayaasha ku meelgaarka ah ee xayawaannada cudurka wajahay, haddii ay suuragal tahay.
- Xayawaannada rabbaayada ah gooni ugu sooc hal meel oo guriga ka mid ah si loo yareeyo xiriirka ay la yeeshaan xayawaannada kale ama dadka, haddii ay suuragal tahay.



Iska ilaali xiriirka dhow ama dheeraaday ee aad la leedahay xayawaannada rabbaayada ah

- Ilaa iyo intii suuragal ah iska ilaali xiriirkan soo socda ee lala yeesho xayawaanka rabbaayada ah: duggaallinta, dhunkashada, in aad u oggolaato in ay ku leefaan, in aad cunto la wadaagto, ama in aad u oggolaato in ay sariirtaada seexdaan ama in ay dhabtaada ku fadhiistaan.



Xayawaannada rabbaayada ah ka dheeray dadka iyo xayawaannada kale

- Ilaa iyo intii suuragal ah xayawaannada rabbaayada ah ku hay guriga gudahiisa.
- Eeyaha marka ay dibedda joogaan, waa in xarig luqunta loogu xiraa oo ayna u jirsadaan ugu yaraan laba mitir dadka iyo xayawaannada kale.



Ka taxaddar marka aad bixinayso daryeelka xayawaannada rabbaayada ah

- Gacmahaaga ku dhaq saabuun iyo biyo ama isticmaal gacmo-nadiifiye aalkolo ku jirta isla-markiiba ka hor iyo ka-dib taabashada xayawaanka rabbaayada ah, cuntadooda ama sahaydooda.
- Ha ku qufacin ama ha ku hindhisin meel u dhow xayawaannada rabbaayada ah. Had iyo jeer ku qufac ama ku hindhis suxulkaaga ama warqadaha lagu tirtirto ka-dibna gacmahaaga nadiifi.
- Had iyo jeer iska ilaali taabashada wejigaaga.



La-soco xayawaannadaada rabbaayada ah in ay leeyihiin calaamadaha xannuunka haddii ay wajaheen cudurka COVID-19

- Haddii xayawaankaaga rabbaayada ah uu muujiyo astaamaha lagu garto cudurka, wac takhtarkaaga xayawaannada si uu u go'aamiyo haddii xayawaankaaga uu u baahan yahay in la geeyo rug caafimaad ama lagu maareyn karo guriga.



Ka hortag in uu cudurka gaaro xoolaha iyo digaagga

- Kuwa ka shaqeeya wax-soosaarka xoolaha waa in ay:
 - Raacaan dhammaan tallaabooyinka hadda jira ee lagu sugayo ama lagu ilaalinayo caafimaadka noolaha lagu dhaqdo beerta
 - Ku soo koob xiriirka lala yeesho xayawaannada keliya xiriirka loo baahan yahay si loo bixiyo daryeelkooda
- Haddii ay suuragal tahay, ha daryeelin xayawaannadaada haddii:
 - lagaa helay cudurka COVID-19 ama aad leedahay astaamaha lagu garto cudurka ku dhaca neef-mareenka
 - wajahday cudurka COVID-19 ama aad la kulantay qof la xannuunsan cudurka neefsashada, ama
 - aad u safartay meel ka baxsan dalka Kanada 14kii maalmood ee la soo dhaafay
- Haddii aad u baahan tahay in adiga naftaada aad daryeesho xayawaannadaada:
 - raac tallaabooyinka kantaroolka iyo ka hortagga caabuqa ee aasaasiga ah sida kor lagu soo sheegay, iyo
 - nadiifi/jeermiska-ka-dil qalab kasta ee aad taabato kaasi oo taaban doono xayawaannada

Wax ka baro fayraska

COVID-19 waa fayras cusub. Wuxuu ku faafaa dhibcaha ka yimaada neef-mareenka qof xannuunsan oo gaara dadka kale ee ay la yeeshaan xiriirka dhow sida dadka kula nool guriga ama kuwa daryeelka siiya. Waxaad sidoo kale macluumaadkii ugu dambeeyay ee ku saabsan cudurka COVID-19 ka heli kartaa mareegtada Wasaaradda Caafimaadka ee Dowlad-Goboleedka Ontario: ontario.ca/coronavirus.

Haddii aad rabto macluumaad dheeraad ah fadlan la xiriir: _____

Macmuulaadka dokumentigan ku qoran waa midkii 31-ka Luulyo, 2020