

# ILAALINTA CAAFIMAAD QABKA ARDAYDA

September 15, 2021 11:27 AM SOMALI

Arday fara badan iyo qoysaskoodu waxay sugi la'yihii sidoo kalena ku wareersan yihii waxbarashada buuxda, ee fasalka la xaadirayo. Halkaan waxaa kujira qaabab ay qoysaska, dugsiyada, iyo waaxda caafimaadka bulshadu u wada shaqayn karaan si ay ardayda uga caawiyaan in ay noqdaan kuwo caafimaad qaba marka ay dugsiga joogaan sanadkaan.

## WAXA AY QOYSASKU SAMAYN KARAAN

Samee wax kasta oo aad awooddo si aad sanad dugsiyeedka ugu bilowdo qaab caafimaad leh.

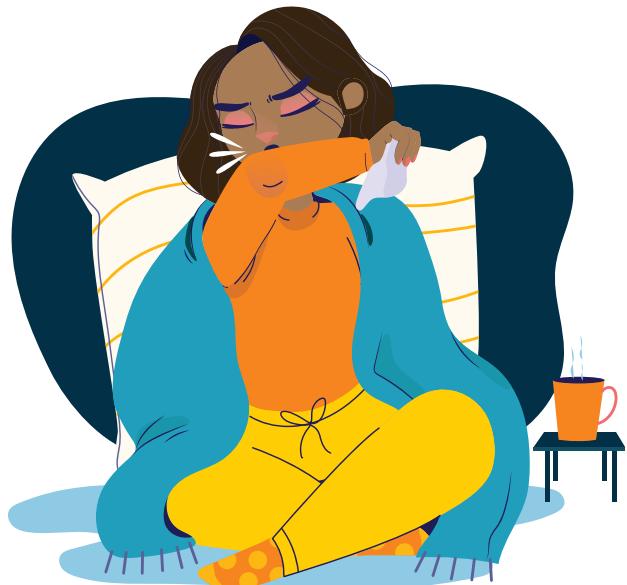
### Qaad talaabooyinka kahortagga COVID-19

- Is talaal: qof kasta oo 12 sano jir ah ama ka weyn wuxuu heli karaa talaalka COVID-19 oo amaan ah, bilaashna ah
- Xiro maaskaraha marka aad kujirto goobaha dadweynaha, goobaha banaanka ah ee dadweynaha marka aad dad fara badan ku dhex jirto, iyo marka aad ka agdhowdahay dadka aan talaalhayn
- Isugu imadaa meelo banaanka ah marka aad la joogto qoyska iyo saaxiibada aadan la noolayn



### Haddii qof uu xanuunsado

- Haddii ardaygaaga ama qof qoyskaaga katirsanu xanuunsado, wuxuu u baahan yahay in uu guriga joogo
  - » Haddii qofka xanuunsan uu leeyahay qufac, qandho, neefta oo soo gaabanaysa, ama luminta dhadhanka iyo urta oo cusub, asaga iyo qof kasta oo qoyska kamid ahba waa in laga baaro COVID-19.
  - » Wac xaruntaada caafimaad ama dhakhtarkaaga si aad u hesho talo caafimaad.
- Haddii qof uu yeesho calaamado daran, wac 911 ama tag qolka kuugu dhow ee xaaladaha degdega ah: dhibaato dhanka neefsiga ah, xanuun ama cadaadis ka jira xabadka ama caloosha, aan awoodin in uu wax cabu ama uu dareere yaashu ay ka deegaan, wareer cusub ama aan awoodin in uu hurdada ka kaco, ama bishimaha ama wajiga oo buluug noqda

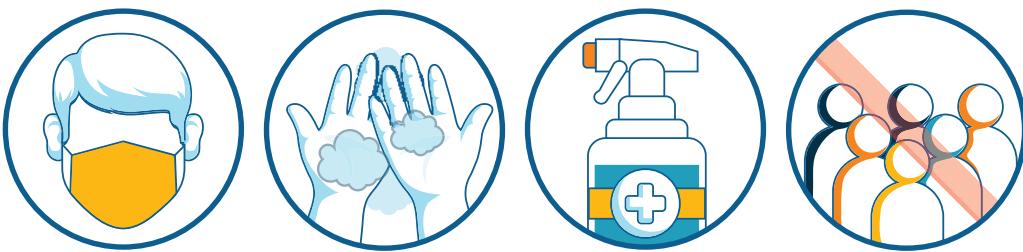


### La xiriir dugsigaaga

- Haddii ardaygaagu xanuunsan yahay
- Haddii ardaygaaga laga helo COVID-19.
- Haddii ardaygaagu uu u dhawaaday qof laga helay COVID-19
  - » U dhawaansho waxaa laga wadaa inaad u jirsato 6 fuudh ka yar 15 daqiiqo ama ka badan ayada oo uu qofku qabo ama uusan qabin maaskaro maalin maalmaha ka mid ah.
  - » Fasalada gudaha ee K-12, ma ahan isku dhawaansho haddii ardaydu ay fadhiyaan meelo 3 fuudh isu jira ayna maaskaraha u xiran yihii sida saxda ah wakhtiga oo dhan
- Haddii aad qabto su'aalo ku saabsan howlaha badqabka COVID-19 marka dugsiga la joogo
- Haddii aad u baahan tahay in lagaa caawiyo in aad hesho daryeel caafimaad, kaalmo dhanka caafimaadka maskaxda ah, ama waxyaabaha bulshadu u baahan tahay

## Samee dhaqamo caafimaad leh

- Dhaqo gacmaha markasta, ugu yaraan ilaa 20 ilbiriqsi
- Ka fogow taabashada wajigaaga ama maaskaraha
- Ku dabool qufaca iyo hindhisada xusulkaaga ama tiish
- Tirtir dusha sare ee waxyaabaha
- Raadso daryeel caafimaad marka aad u baahato, qaado is hubin joogto ah iyo talaalo
- Hel kaalmo dhanka caafimaadka maskaxda ah
- Naftaada daryeel maalin kasta: seexo, biyo cab, cun cunooyinka nafaqada leh, ka shaqaysii jirkaaga, lana qosol qoyska iyo saaxiibada



## WAXAYAABAHU AY DUGSIYADU SAMAYNAYAAN

- In ay meelmariyaan howlaha badqabka si loo yareeyo in COVID-19 ku faafo dugsiyada dhexdooda
- In ay kula soo xiriiraan haddii ardaygaagu u dhawaado inta uu dugsiga joogo qof laga helay COVID-19

## WAAXDA CAAFIMAADKA BULSHADA EE ISMAAMULKA MULTNOMAH WAXA AY QOYSKAAGA KU CAAWIN KARTAA:



- In aad hesho goob caafimaad oo la iska talaalo oo kuu dhow -- talaaladu waa kuwo amaan ah oo bilaash ah
- In aad hesho goob aad ka hesho baaritaanka COVID-19 oo bilaash ah
- In aad wax badan ka ogaato waxa ay tahay in aad samayso haddii ardaygaaga ama qof qoyskaaga ah uu u dhawaado qof laga helay COVID-19
- In aad hesho kaalmo daryeel caafimaad ah, kaalmo dhanka caafimaadka maskaxda ah, ama waxyaabaha bulshadu u baahan tahay
  - » [multco.us/covid19](http://multco.us/covid19)
  - » Xarunta Wicitaanka COVID-19 ee Ismaamulka Multnomah: 503.988.8939

BOOKHO [MULTCO.US/COVID19](http://MULTCO.US/COVID19) SI AAD  
U HESHO MACLUUMAADKII UGU DANBEEYAY