

Waxkasta ood ubaahantahay inaad ka ogaato

# COVID-19

Coronavirus



**COVID-19 (cudurka coronavirus 2019)** waa cudur ku dhaca neef mareenka oo uu keenay nooc hor leh (cusub) oo faryiska coronavirus kamid ah kaasoo dadku isqaadsiin karaan.

Fayriska waxaa la aaminsan yahay inuu si wayn ugu faafo dadka isku dhawdhaw (oo iskaga dhawaada ku dhawaad 6 talaabo) asagoo raaca faniinada neefta ee kasoo baxa marka gofka jiran uu qufaco ama hindhiso.



## Astaamaha



Qandho



Qufac



Neefta oo kuyaraata

Calaamadaha kale waxaa ka mid noqon kara neefsashada oo dhib noqota, qarqaryo, murqo xanuun, cuno xanuun, iyo dhadhanka ama urka oo kaa lumo oo kugu cusub. Astamaha ayaa caadiyan soo muuqda 2-14 maalmood kadib markaad qaado fayriska. Inta badan dadka qaba cudurka COVID-19 waxay dareemi doonaan xanuun fudud oo aan u baahnayn in isbitaal la dhigo, laakiin dadka qaar oo khatar wayn ugu jira inay aad u xanuunsadaan ayaa ka qaadi kara dhibaatooyin cusub oo caafimaad.

## Dadka qaar ayaa khatar wayn ugu jira cudurka COVID-19.

Kuwa khatarta ugu weyn ugu jira jirada halista ah ee COVID-19 waxaa ka mid ah dadka:

- Da'doodu tahay 65 sano iyo wixii ka weyn.
- Oo ku nool daryeelka caafimaadka ee guriga ama xarun daryeel oo muddo-dheer.
- Aad qabtid cudurka sambabaha oo dabadheeraada ama neefta oo dhexdhexaad ah ama cudurka neefta oo daran.
- Ama hayso xaalada wadnaha oo halis ah.
- Ama hayso nidaam difaaca jirka oo daciifa.
- Waa da 'kasta oo leh xaalad caafimaad oo hooseysa (gaar ahaan haddii aan si wanaagsan loo xakameyn), sida sokorowga, buurnaanta, cudurka kalyaha ama cudurka beerka.



Haddii aad ku jirto mid kamid ah xaaladahaan, la imoow qorshe aad la kaashanayso dhakhtarkaaga si aad u aqoonsato khatarahaaga caafimaadka ee aad ka qaadi karto cudurka COVID-19 iyo sida aad ku maaraynayso astaamaha cudurka. Isla markaba la xariir dhaqtarkaaga haddii aad qabto calaamadaha cudurka.

## Jooji faafinta.

Ka ilaali naftaada iyo dadka kale COVID-19 adoo raacaya talaabooyinkan:



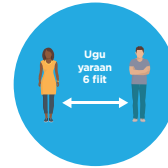
**Si joogto ah u dhaq gacmahaaga** adoo ku dhaqaaya saabuun iyo biyo ugu yaraan 20 sikin.



**Ku dabool qufaca iyo hindhisada** gacantaada ama xusulkaaga gudaha, iskana ilaali inaad gacmahaaga taabato indhahaaga, sankaaga iyo afkaaga.



**Xiro maaskaro maro** ah ama dabool wejiga markaad bannaanka aado.



**Ka fogow xiriirka** dadka aad la leedahay adiga oo ka fogaanaya 6 fiit dadka kale.



**Guriga joog** haddii aad xannuunsato ama aad leedahay astaamaha COVID-19.

# Waxa la Sameeyo haddii Aad u Maleynaysid Inaad Jiran tahay

## Maxaan samaynayaa haddii aan xanuunsado?

Haddii aad xanuunsanayso aadna aaminsan tahay inaad qaaday caabuqa COVID-19, wac dhakhtarkaaga ka hor intaadan u tagin si aad ugu sheegto astaamaha xanuunkaaga. Dhakhtarkaaga ayaa go'aaminaaya talaabooyinkaaga xigga ee daryeelka. Waqti xaadirkaan, waa inaad sii wadaa raacista talaabooyinka kaa caawinaaya ka hortaga faafinta cudurka aadna ka fogaataa dadka kale.

Haddii aadan lahayn dhakhtar caafimaad, wac waxda daryeelka caafimaadka ee deegaankaga si ay kuugu xiraan ilaha aad daryeelka ka helayso.

- Dadka dagan **Columbus iyo Worthington:** Columbus Public Health (Caafimaadka Dadwaynaha ee Columbus)\* - (614) 645-1519
- Dadka dagan **Bexley, Canal Winchester, Dublin, Gahanna, Grandview Heights, Grove City, Groveport, Hilliard, New Albany, Pickerington, Reynoldsburg, Upper Arlington iyo Westerville:** Franklin County Public Health (Caafimaadka Dadwaynaha ee Degmada Franklin) - (614) 525-3160

\*Fadlan ogoow: Columbus Public Health kama codsato dadka soo booqda dukumiintiyada muwaadinimada.

## Sidee ayaa la iiga baarayaa cudurka COVID-19?

Bixiye daryeel caafimaad ayaa qiimeyn kara astaamahaaga COVID-19 wuxu dalban karaa baaritaan. Macluumaad dheeraad ah oo ku saabsan goobaha baaritaanka, oo ay ku jiraan goobaha, shuruudaha baaritaanka, iyo meelaha aan u baahnayn amar lagu tijaabiyo Magaalada Columbus, fadlan wac (614) 645-1519.

## Maxaan samaynayaa haddii aan qabo cudurka COVID-19?

Dhakhtarkaaga Daryeelka Caafimaadka ayaa ku siin doona xog ku aadan sida loo daawaynaayo astaamahaaga. Marka lagu daro tilmaamaha soo socda ee daryeelka, waa inaad sidoo kale karantiishaa naftaada waqtigaan - ha aadin dugsiga, shaqada ama meelaha kale ee dadka badan joogaan. **Karantiilku** wuxuu ka ilaaliyaa dadka qaba cudurka aafada ah inay la kulmaan dadka aan jiranayn. Inta lagu jiro waqtigaan waa inaad guriga joogtaa (qol gaar ah oo sida fiican leh musqul kuu gaar ah) marka laga reebo inaad raadsato daryeel caafimaad, ka fogaaw dadka iyo xayawaanada kale ee ku sugan gurigaaga, ka dheeroow la wadaagida alaabtaada shaqsigaa ah dadka kale, la soco astaamahaaga, oo wac dhakhtarkaaga haddii xanuunkaagu kasii daro ama ka hor intaadan joojin karantiilkaaga.



Xubnaha qoyskaaga ama gurigaaga ku nool ee aan qabin astaamaha cudurka waa inay is karantiilaan. **Karantiilku** wuxuu kala saaraa dadka la aaminsan yahay inay cudurka qaadaan dadka kale ee aan qaadin cudurka si looga hortago faafida cudurka. Inta lagu jiro waqtigaan, qoyskaagu waa inay guriga joogaan marka laga reebo inay raadsanayaan daryeel caafimaad, waa inay kaa fogaadaan intaan xanibaada ku jirto, ay si joogto ah u dhaqaan meelaha "aadka loo taabto", inay iska fiiriyaan astaamaha cudurka, ayna daryeel caafimaad doontaa haddii ay dareemaan qandho ama astaamaha kale ee cudurada neef mareenka.

## Xog dheeri ah ka ogoow. Hel xogtii ugu danbaysay.

Fadlan isticmaal kaliya ilo lagu kalsoonaan karo oo la isku halayn karo si aad u hesho macluumaadka iyo war bixinta COVID-19. Si aad waxbadan uga baratid - iyo wixii agab ah iyo aalado kaa caawin kara inaad amaan ahaato - booqo:

- [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- [www.coronavirus.ohio.gov](http://www.coronavirus.ohio.gov)
- [www.columbus.gov/coronavirus](http://www.columbus.gov/coronavirus)
- <https://covid-19.mycph.org>