





Waxa aad u baahatahay in aad ka ogaato tallaalka Coronavirus







# Coronavirus waa nooc xanuun kaas oo dadka ka dhigo in ay dareemaan jiro.

Waxaa suurtogal ah in dadka qabo coronavirus ay:

* Dhuunta ay xanuunto
* Isku arkaan qandho badan
* Quffac
* ay ku adkaato in ay si caadi ah u neefsadaan
* Dha-dhanka ama urka uu ka tago

Si looga hortago in dadka uu ku dhaco Coronavirus, dad loogu yeero saynis yahanno ayaa sameeyay tallaal.

Saynis yahan waa qof isku dayo in uu fahmo sida dunideenna iyo waxyaabaha u shaqeeyaan.

# Waa maxay tallaal?

Tallaalku waxuu jirkaada ku caawiyaa in uu sameeyo unugyo difaac.

Jirkaadu waxuu sameeyaa unugyo difaac marka uu la dagaalayo caabuq sida Coronavirus.

Coronavirus kama qaadeeysid tallaalka.Jirkaada ayuu barayaa in uu la dagaalo fayris ka.

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* Kuwa da'dooda ay ka wayntahay 65 sano
* Dadka waa wayn oo da'dooda ay ka yartahay 65 sano ee qabo xanuunada, taas oo macnaheedu yahay in ay aad u xanuunsanayaa haddii uu ku dhaco Coronvitus

Muddo ayeey qaadanaysaa in dhammaan kooxaha dadka ee kala duwan la waydiiyo in ay doonayaan tallaalka, sidaas darteed waxaad u baahantahay in aad sabarto.

# Sideen ku ogaanaa tallaalka?

Kooxda daryeelka caafimaad ee xabsiga ayaa kulasoo xiriirayo markii la gaaro xilliga tallaalka lagu siinayo.

Tallaalku waxuu yareeynayaa suurtogalnimada ah in uu Coronavirus kugu dhaco.

Shaqaalaha daryeelka caafimaad ee xabsiga ayaa tallaalka cirbad ahaan kaaga siinayo garabka.

Hal cirbad ayaa lagugu dhufanayaa, kadibna mid kale ayaa lagu siinayaa 3 illaa 12 todobaad kadib.

Coronavirus kuguma dhacayo markaad qaadato cirbadda labaad.

Waxaa dhici karto in dadka qaar markii ay cirbadda qaataan kadib ay dareemaan garabka oo xanuuno, murqo xanuun ama qandho yar.Sababtoo ah

Cirbaddu way ku cusubtahay jirkaada

Qof shaqaalaha kamid ah u sheeg haddii aad xanuunsantahay, qofkaas oo hubin doono in aad fiicantahay.

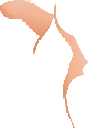
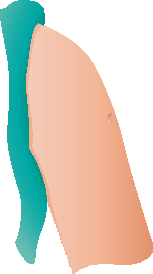
# Tallaalku waxuu kaa celinayaa in uu Coronavirus kugu dhaco, laakiin ma ogin in uu kaa celinayo in aad dadka

**kale ku reebato, sidaas darteed waa in aad sii waddaa in:**

* + aad 2 mitir dadka ka fogaato
  + ku hindhisto ama ku qufacdo warqad (tissue) aadna tuurto



* + Wajiga in aad xirato
  + Si joogto ah gacmahaada u dhaqdo



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Markii tallaalka aad qaadato kadib, jirkaada si wanaagsan ayuu xanuunka ula dagaalayaa adigoo aanan xanuunsan marka hore.

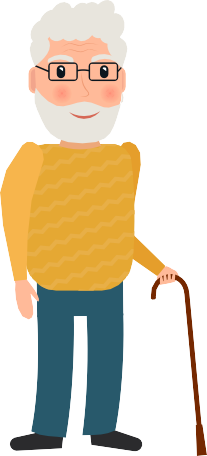


Si ka duwan daawooyin badan kuwaas oo daaweeyo ama bogsiin karo xanuun, tallaaladu xanuunka ayeey joojiyaan adigoo aan jiran

Dhakhaatiirta iyo saynis yahanada waxay leeyihiin waba lagu noqon maayo tallaalka Coronavirus ka.

Dhakhaatiirta iyo saynis yahanada waxay leeyihiin haddii dadka ay qaataan tallaalka, dad yar ayaa Coronavirus u bukanayo.

# Yaa qaadanayo tallaalka?

Dadka da'da ah way u nugul yihiin in ay aad u jiradaan haddii uu ku dhaco Coronavirus, sidaas darteed ayaga ayaa lagu billaabayaa tallaalka.

Tallaalka waxaa bixinayo shaqaalaha daryeelka caafimaad ee xabsiga waxaana dadka loo siinayaa sida ay u kala da'a wayn yihiin.

* + - Kuwa 80 sano ka weyn
    - Kuwa 75 sano ka weyn
    - Kuwa 70 san ka weyn
    - Dadka waa weyn oo uu dhkhtarka u sheegay in ay is ilaaliyaa ama nugulyihiin.

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