





Waxa laga filayo tallaalka Coronavirus

**Dadka khattarta ugu badan ugu jiro in ay aad u xanuunsadaan haddii uu ku dhaco Coronvirus ka, ayaa marka hore lagu billaabayaatallaalka, waxaan soo galo dadka bulshada ku dhax nool iyo kuwa xabsiyada ku jiro.**

Inta aanan dadka lasiinin ka hor, tallaalka waa in ay ogolaadaan masuuliyiinta caafimaadka loona arko in ay bad baado ku jirto kana hortagayo xanuun Coronavirus.

Si uu tallaalka si wanaagsan ugu shaqeeyo oo ay dadka ugu bad baadaan, waa in uu qof kasta qaato labo tallaal.

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| **Maxaa xigo oo aan sameeynayaa?** |
| Kooxdaada caafimaadka ayaa kuusoo diyaarinayso taariikhda iyo saacadda ballantaada. Ballanta tallaalkaada labaad waxay noqonaysaa 3 illaa 12 todobaad kadib. Si loo helo ka hortagga ugu wanaagsan, waa muhiim in la qaato labada tallaal.   |  | | --- | | **Maxay yihiin dhibaatooyinka ka dhalan karo?** | | Kooxdaada caafimaadka ayaa kuusoo diyaarinayso taariikhda iyo saacadda ballantaada. Ballanta tallaalkaada labaad waxay noqonaysaa 3 illaa 12 todobaad kadib. Si aad u hesho ka hortagga ugu wanaagsan, waa muhiim in la qaato labada tallaal. |  |  | | --- | | **Maxaan sameeynayaa haddii aan xanuunsado marka la gaaro ballantayda xigta?** | | Haddii aad xanuunsato, waxaa habboon in aad sugto tallaalkaada illaa aad kasoo kabanayso xanuunka, laakiin waa in aad ku qaadataa sida ugu dhakhso badan ee suurtogalka ah.  Haddii aad is karantiileeyso, aad sugayso in lagaa baaro COVID -19 ama aadan hubin in aad wacantahay oo caafimaad qabto, ha tagin ballan tallaal. Haddii xanuunka lagaa helo, ma aha in aad tallaalka qaadato muddo 4 todobaad gudahood ah. |  |  | | --- | | **Calaamadaha ugu muhiimsan ee lagu garto xanuunka COVID-19 waa kuwa soo socdo:** | | Quffac cusub oo is dabjoog ah  Qandho badan  Urka ama dha-dhanka caadiga ah oo kaa tago ama is badalo. |  |  | | --- | | **COVID -19 maka qaadi karaa tallaalka?** | | Maya, kama qaadi kartid. | |

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| **Maxay yihiin dhibaatooyinka ka imaan karo?** |
| Si lamid ah dhammaan daawooyinka, dhibaatooyin ayaa ka dhlan kara tallaalada.Kuwaas intooda badan waa kuwo fudud, mana sii jirayaan wakhti dheer, qofkastana kuma dhacaan. |

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| **Inta badan dhibaatooyinka ka dhashay waxaa kamid ah:** |
| * In aad dareento xanuun badan, culeeys badan iyo danqasho garabka meeshii lagaa duray ah.Tani waxay ugu darantahay qiyaastii 1-2 maalmood tallaalka kadib. * In aad dareento daal * Madax xanuun * Xanuuno guud ama calaamado lamid ah hergab khafiif ah oo kale.   Waxaa dhici karto in ay kugu dhacdo qandho khafiif ah maalin ama labo tallaalka kadib. Haddii aad isku aragto calaamado kale oo kuwa Coronavirus ka ah ama qandhada ay kusii haayso wakhti dheer, qolkaada joog una sheeg qof shaqaalaha kamid ah.  Sida caadiga ah, muddo todobaad ka yar ayeey qofka hayaan calaamadahaas. Haddii ay u muuqdaan in calaamadahaada ay kasii darayaan ama wel wel ka qabto, la hadal shaqaalahaada daryeelka caafimaad. |

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| **Tallaalka ka hortag ma ii noqonayaa?** |
| Tallaalka COVID-19 ka ee la ogolaaday in dadka lasiiyo waxaa lagu tijaabiyay dad ka badan 20,000 waxaana la ogaaday in uu hoos u dhigayo fursadaha ah in uu fayruska COVID-19 kugu dhaco.  Waxaa dhici karto in ay qaadato illaa saddax todobaad in jirkaada uu dhiso xoogaa ka hortag ah markii aad qaadato tallaalka koowaad kadib.  Si lamid ah daawooyinka kale oo dhan, ma jiro tallaal bixiyo ka hortag buuxa. Sidaas darteed waa in aad sii wadda ilaalinta naftaada iyo dadka kalaba adigoo raacayo tilmaamaha dowladda, ilaalinayo kala fogaanshaha bulsho iyo in aad si joogto ah u dhaqdo gacmahaada, in aad ku hindhisto ama ku qufacdo warqad (tissue) oo aad tuurto, in aad wajiga xirato iyo in aad si joogto ah u dhaqdo gacmahaada. |

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| **Markaan qaato tallaalka kadib, dadka kale ma qaadsiin karaa COVID-19?** |
| Tallaalku waxuu hoos u dhigayaa fursadda ah in fayriska uu kugu dhaco ama aad u dhimato laakiin wali ma ogin in uu kaa celinayo in aad qaaddo iyo in aad dadka kale u gudbiso.Sidaas darteed, wali waa muhiim in aad raacdo tilmaamaha xabsiga si aad u ilaaliso dadka kaa ag dhow. |



Gacmaha Wajiga kala fogaan