

SU'AALAHHA INTA BADAN LA ISWEYDIIYO EE KU SAABSAN COVID-19 IYO BADQABKA CUNTADA

MA KHUSEEYAA CAABUQA CORONA CUNTADA LA QAADO?

CDC, FDA iyo USDA kama warhayaan wax warbixin ah waqti xaadirkaan taasoo sheegaysa in COVID-19 luu ku gudbi karo cuntada ama cuntada seejalan. Caddaynta hadda jirta waxa ay tusaysaa in khatarta gudbinta ee COVID-19 ay ku xeerantahay shakhsiyaadka ku jira waqtiga calaamad muujinta(iyo heer hooseeya, uu cudurku ku dhacay laakiin aan muujinayn calaamado.) Ganacsiga cuntadu waa in uu raaco siyaasadaha caafimaadka shaqaalaha iyo talooyinka waaxda caafimaadka si ay shakhsiyaadkaan guriga ugu hayaan.

WAA MAXAY KHATARAHA CUNTADA EE KA IMAANAYA QAADASHADA AMA CUNTADA GAWAARIDA LAGU QAATO?

- Ma jirto caddaymo hadda jira in cuntada la qaato ama cuntada gawaarida lagu qaato ay xanuunka kor u qaadayaan.
- Dookhaan waxa uu u wanaagsan yahay xulashada maaraynta khatarta, khaasatan khatarta sareysa iyo kooxaha da`da ah waxa ay caawinaysaa in la ilaaliyo kala durjinta bulshada waxayna yareynaysaa tirada meelaha la taabanayo.

MAKA QAADI KARAA COVID-19 TAABASHADA CUNTADA AMA SEEJALIDDA KHATARTA UGU JIRTA CAABUQA CORONA?

- Khatarta gudbinta caabuqa waa mid hoosysa, marka lagu saleeyo cilmi baarista hadda.
- Si loo sii yareeyo khatarta, ka shaqaynta seejalidda cuntada waa in ay la socotaa gacmo dhaqasho iyo/ama isticmaalidda faya dhowraha gacmaha.

WAA MAXAY KHATARAHA CUNTOOYINKA GURIGA LA GEEYO?

- Si lamid ah qaadashada, gaynta cuntada waxa ay caawinaysaa kala durjinta dadweynaha waxayna yaraynaysaa tirada meelaha la taabanayo ee u dhexeeya diyaarinta iyo qaybinta cuntada.
- Barnaamijyo badan oo cunto gayn ah ayaa sidoo kale sharci ka dhigay xulashooyinka majirto taabasho/majirto is dhexgal, taasoo sii yareynaysa khatarta.

MAXAA KU DHACAYA JIRKAAGA HADDII AAD LIQDO CAABUQA CORONA OO LA SOCDA CUNTO?

- Haddii aad qaadato cunto taasoo ku wasakhowday caabuqa corona, aysiidka calooshaada ayaaa dilaysa caabuqa maadaama ay tahay mid aysiid adan (pH 2.0).
 - Xataa haddii aysiidka calooshaadu uusan dilin caabuqa, majirto caddayn ah in caabuqa sababaya COVID-19 uu bilaabayo saamayn asagoo maraya marinka gastrointestinal.
- Habka kaliya ee macquulka ah ee aad ku xanuunsan karto waa haddii, inta aad wax cunayso, caabuqu uu la xiriirto nooc kamid ah unugyada neefsiga oo cayiman.
 - Xaaladdaan waa mid aan dhici karin mana khusayso marka la fiiriyo waxa laga ogyahay hababka gudbinta ee xilligan la falanqeeay ee khuseeya COVID-19.

Si aad xog dheeraad ah u hesho la xariir CO-HELP

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