

Haddii lagaa helay cudurka COVID-19, **AMA** haddii aad isku aragto astaamihiisa, raac tilmaamahaan. Tilmaamahaan waxa aleh dadka loo sheegay inay ka go'doomaan dadka kale ama dadka iskood uga fogaaday dadka sabab la xariirta inay qabaan astaamaha cudurka.

- Guriga qofka ayaa ah meesha ugu fiican ee uu isku karantiili karo.

Karantiilka ama iskarantiilka shaqsiga ah waxa aku jira dadka:

- Laga helay cudurka COVID-19.
- Qaba astaamaha cudurka COVID-19 (qufac, neefta oo ku dhagta iyo/ama qandho).
- Xanuunsan aaminsana inay qabaan cudurka COVID-19. Astaamaha, gaar ahaana xiliga hore, waxay noqon karaan kuwo fudud waxayna u egyihiin qaboowga caadiga ah. Astaamaha hore waxaa kamid noqon kara iskudarka qufac, jir xanuun, daal, iyo xabadka oo ku adkaada. Dadka qaar waxa alaga yaabaa inaysan muujin qandho ama qandhada ayaa qaban karta dhawr maalin kadib marka cudurku ku dhaco.

Karantiilka

- Wuxuu ka fogeeyaa dadka xanuunsan ee qaba cudurka dadka aafeeya inay ku ridaan dadka kale.
- Waxa alagu sameeyaa dadka horay u jiranaa.
- Wuxuu noqon karaa wax aad iskaa u samayso, lakiin wakaaladaha caafimaadka guud ayaa awood sharc u leh inay soo saaraan amarada karantiilka oo lagu samaynaayo dadka xanuunsan.

Intee ayay socon kartaa?

- Waa inaad ku jirtaa karantiilka (ka fogaataa dadka kale) ilaa:
 - Aadan qabin wax qandho ah ugu yaraan 72 saacadood (taasoo ah sadex maalmood oo buuxda oodan wax qandho ah qabin adoon cunin qandho jabiye)
IYO
 - Astaamaha kale ee xanuunkaagu ay bogsoodeen (tusaale, marka qufacaaga ama neeftii ku dhibaysay ay kaa ba'aan)
IYO
 - Ugu yaraan 7 maalmood laga joogo markii astaamaha koobaad kaasoo baxeen
 - CDC: Waxa ay tahay inaad samayso haddaad jiran tahay: [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)
- Shaqaalaha daryeelka caafimaadku ayaa karantiili kara qofka muddo dheer waana inay sameeyaan waxa ay xarumaha caafimaadku amraan inay ka shaqeeyaan.

Maxaan kale oo samayn karaa?

Guriga joog, marka laga reebo inaad raadsanayso daryeel caafimaad.

- Haddii aad leedahay balan caafimaad, xili hore sii wac si aad ugu sheegto in lagaa helay cudurka COVID-19 ama aad leedahay astaamaha COVID-19, si markaas xafiisku kuugu sheego waxa aad samaynayso.
 - Ha aadin shaqada, dugsiga, ama meelaha dadwaynaha.
 - Ka dheeroow adeegsiga gaadiidka dadwaynaha, gaariyaasha la wadagao, ama tagaasida.

La soco astaamahaaga

- Dadka xanuunka fudud uu hayo ayaa awoodi kara inay is karantiilaan ayna soo bogsoodaan ayagoo guriga jooga ayagoon wax dhakhtar ah u tagin. Haddii astaamahaagu kasii daraan (tusaale, neeftu kugu adkaato) ama aad ku jirto dadka khatarta wayn ku jira sabab la xariirta inaad ka wayntahay 60 ama aad qabto cudur dilaa ah, wax dhakhtarka ama kalkaalisdada si laguugu sheego waxaad samaynayso. qaar kamid ah taleefanada caafimaadka iyo dookhyada laymanka kalkaalinta ayaa halkaan laga heli karaA: [covid19.colorado.gov/telehealth-and-nurselines](https://www.colorado.gov/telehealth-and-nurselines)

Ka fogee naftaada dakda kale iyo xayawaanada guriga jooga.

- Ilaa inta suuragalka ah, ku jir qol gaar ah kana fogoow dadka kale ee gurigaaga jooga.
- Adeegso musqul kuu gaar ah haddii la heli karo.
- U sheeg qof kale oo kamid ah qoyskaaga inuu daryeelo xayawaanka rabaayada ah. Haddii ay qasab noqoto inaad daryesho xayawaankaaga rabaayada ah, dhaq gacmahaaga kahor iyo kadib markaad taabato xayawaanka. Inkastoo aysan jirin warar sheegaaya in xayawaanka rabaayada ah ama kuwa kale uu ku dhacay cudurka COVID-19, waxaan ku talinaynaa in dadka qaba astaamaha cudurka ay yareeyaan u dhawaanshaha xayawaanada ilaa xog dheeraad ah laga heli doono.

Haddii ay suuragal tahay, xiro maas garaati markaad la joogto dadka kale ama xayawaanada, iyo kahor intaadan galin xafiiska dhakhtarka.

- Haddii aadan awoodin inaad xirato maas garaatiga wajiga, markaas dadka kula nool waa inaysan soo galin isla qolkaaga, ama waa inay xidhaan maas garaati haddii ay soo galaan qolkaaga.

Samee talaabooyinka difaacaaya dadka kale

- **Si joogto ah u dhaq gacmaha**
 - Si joogto ah u dhaq gacmahaaga adoo ku dhaqaaya saabuun iyo biyo ugu yaraan 20 sikin. Haddii aadan haysan saabuun iyo biyo, ku nadiifi daawada gacmaha oo aalkolo ka samaysan oo ka kooban ugu yaraan 60% aalkolo. Markaad ku nadiifinayso daawad agacmaha, ku dabool dhammaan dusha gacmahaaga iskuna xoq ilaa ay ka qalalaan. Saabuun iyo biyo in la isticmaalo ayaa fiican haddii gacmuhu wasaqaysan yihiin.
- **Ka dheeroow ku taabashada indhahaaga, sankaaaga iyo afkaaga gacmahaaga oodan dhaqin..**
- **Dabool qufacaaga iyo hindhasadaada**
 - Ku dabool afkaaga iyo sankaaaga tiish markaad qufacayso ama hindhisayso, kadibna iska tuur tiishka. Haddii aadan haysan tiish, adeegso xagasha suxulkaaga ama gacanta shaarkaaga.
 - Si degdeg ah u dhaq gacmahaaga (kor ka fiiri).
- **Ka dheeroow inaad dadka la wadagato alaabtaada shaqsiga ah**
 - Ha wadaagina saxuunta, galaasyada wax lagu cabo, koobabka, maacuunta cuntada, shukumaanada, ama alaabta sariirta dadka kale ama xayawaanada guriga kula jooga.
 - Kadib markaad isticmaasho alaabtaan, waa in si adag loogu dhaqaa saabuun iyo biyo.
- **Nadiifi meelaha maalin kasta.**
 - Nadiifi meelaha "aadka loo taabto" sida qaanadaha, dusha miisaska, qataarada, xakabadaha musqusha, musqulaha, taleefanada, kayboorada, taableeyada, iyo koobadiinada.
 - Nadiifi meel kasta oo lahaan kara dhiig, saxaro, ama dheecaanka jirka.
 - Adeegso nadiifinta caadiga ah ee guriga si aad u buufiso ama u tirtirto. Raac tilmaamnta kudhagan sheeyga si aad qaab sax ah oo amaan ah ugu adeegsato aalada nadiifinta.

Haddii aad qabto xaalad caafimaad oo degdeg ah ama aad u baahan tahay inaad wacdo 911, u sheeg qofka taleefanka kaa qabta inaad ku jirto takoorka cudurka COVID-19. Hadday macquul tahay, gasho maas garatiga wajiga kahor intaan gurmada caafimaadku kusoo gaarin.
