

Su'aalaha marwalbo la iska weydiyo koronofayrus



Waamaxay koronofayrus?

Koronofayrus waa caabuq sambabada kudhaco. Hadii aad xanuunsatid, calaamadaha caabuqan waxaa kamid ah; qandho, qufac, neefsashada oo kudhibto iyo qarqaryo. Calaamadahas waxay soomuuqdan 2-14 maalmood kadib markii qof caabuqan haysto aad udhawaato. Koronofeyrus wuxu sidaran ugu faafey dadka Madowga ah, marka waxa muhiim ah inaad dhaqdo gacmahaga, afka daboosho markaad qufacayso iyo inaad wajiga xirato.

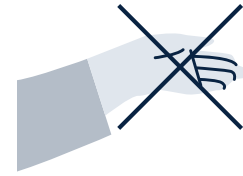
Dadkee ayuu Caabuqan sifudud ugu dhacaa?

Dadka qaar ayuu dhibaato weyn ugeestaa hadii caabuqan kudhaco sida dadka qabo cudurada neefta, macaanka iyo wixii lamid sidookale shaqaalaha muhiimka ah, dadka oo difaaca jirkoodu yaryahay iyo dadka waaweyn.

Sidee kucaawin karaa in qofkasta uu kabadbaado Caabuqa Korofayrus?



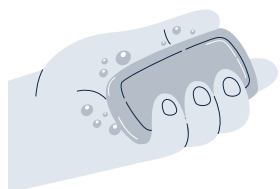
Jeermiska oo sijoogto ah looga dilo meelaha taabashadoodu badantahay sida albaabada, miisas iyo kuraasta



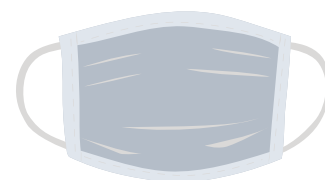
Gacanta qofna haku salaamin. Istimaal salaam aan taabasho kujirin.



Avoidiska ilaali inaad wajiga taabato, dabool qufacaada iyo hindisadaada.



Gacmahada udhaq sijoogto ah kadib markaad musqushada isticmasho iyo kahor inta aadan cuntada cunin.



Wajiga daboolo markad bananka aado dadkana kadheerow 6 feet

Waamaxay sababta wajiga loodaboola iyo yaase looga bahneen inuu wajiga daboolo?

Wajiga oo laxirto wuxuu kaa ilaalinaya jeermisyada hawada raaco oo qofka neeftiisa sooraaco. Baaritaan goordhow lasameyey wuxuu muujiyey in xitaa dadka aan caabuqa Korofayrus calamadiisa aan wali kasoomuuqan aay faafin karaan, waxaa muhiim ah inaad aad wajiga xirato xitaa hadii aadan calaamadaha wali aadan heysan si dadka kale aad uga badbaadiso. Imaha kayar 2 sano iyo qofkasta oo neefta ay dhibto ama sambabo xanuun qabo waa inaysan wajiga xiran.

Goormee raadsadaa gargaar dagdag ah?

Raadso gargaar dagdag ah hadii ay neefshada ay kudhibto. Xanuun joogto ah ama culeesta aad dareento xabadka ama aad jah wareer aad dareento. Inaad kiciwayso ama hurdada aad soojeediweyso ama faruuryaha iyo wajiga oo buluuk kunoqdaan.

Xagee kaheli karaa baaritaan?

- Xurunta caafimadka ee Minnesota ayaa siinayso baaritaan lacag la aan ah qofwalbo oo kaqayb galay mudaharaad, boroordiiq iyo meelaha jaaliyadaha iskugu yimaadaan.
- Sidaad uhesho Meesha kugu dhaw ee xurmaha baaritaanka booqo wabseeddkaan; <https://www.health.state.mn.us/diseases/coronavirus/testsites.html>.
- Hadii aadan awoodin in aadan qadka kasamaysato baaritan ama aad ubaahantahay turjubaan waxad wacdaa numberkan 1-800-657-3903 si lagu caawiyo. Waxad wacdaa dhaqtarkada si aad. Baaritaan uhesho.

SOURCE: CENTERS FOR DISEASE CONTROL, MINNESOTA DEPARTMENT OF HEALTH