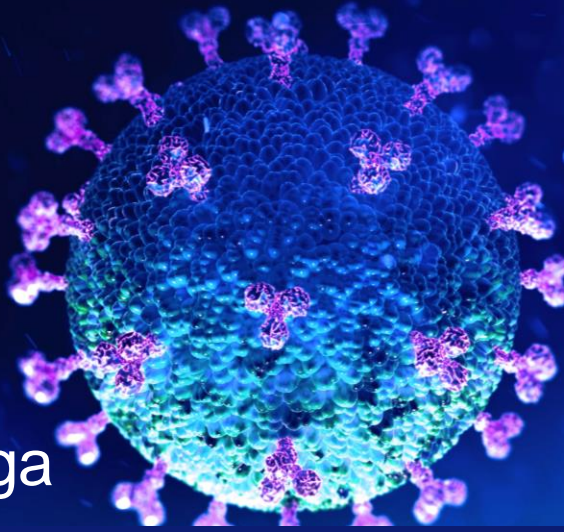


(COVID-19)



Warqadda wajiga



Waa maxay cudurka coronavirus 2019 (COVID-19)?

COVID-19 waa coronavirus cusub oo uusan aadanuhu hore u aqoon. Coronaviruses waa nooc caabuqleyda kamida oo aalaa laga helo xoolaha, laakiin qaar baa isu rogi kara caabuqle sanko, dulalka, ama dhuunta qeybteeda sare caabuqiya. Markii ugu horreysay waxaa si gaar ahaaneed lagu ogaaday caabuqlahaan Corona inuu yahay sababtii keentay jirradii neef-mareenka Wuhan, China Bishii 12-aad ee 2019-kii waxaana si rasmi ah Ururka Caafimaadka Adduunku (WHO) ugu magacaabay COVID-19 Bishii 2-aad 11, 2020.

Waa maxay astaamaha COVID-19?

Dadka qaba COVID-19 ma laha astaamo xanuun oo u dhexeeya dhexdhexaad ilaa mid daran sida hargabka caadiga. Astaamaha COVID-19 waxaa ku jiri kara:

- Qandho ama qarqaryo
- Qufac
- Neeftoo kugu adag
- Daal
- Urta ama dhadhan
- Kor Xanuun
- Sanququl
- Caburnaan
- Madax xanuun
- Cuno xanuun

Astaamaha waxay muuqan karaan 2-14 maalmood ka dib soo-banbixida. Booqo [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) si aad u hesho liiska calaamadaha oo dhammaystiran oo wac takhtarkaaga haddii aad isku aragto wax astaamo ah

Yaa halis ugu jira COVID-19?

Halistu waxay ku salaysan tahay u-bandhigmid iyo qodobbo kale oo ay ku jiri karaan, bulshada aad ku dhex nooshahay, meelaha aad tagtay, is-dhexgalka aad samaysay, iyo aagga shaqadaada.

Qofkasta waxaa ku dhici kara COVID-19. Cudurka ku dhaca dadka qaba fayrasku wuxuu u dhexeeyay min xanuun aan ahayn mid yar oo jirro ah ilaa aad u bukooday oo u dhimanayo.

Kooxaha ay halistoodu aadka u sareeyso ee la xanuunsan COVID-19 haddii uu ku dhaco waxaa ka mid ah:

- Dadka 65 sano jirka ama ka weyn.
- Dadka ku jira Guryaha Xanaanada ama guryaha daryeelka mudada-dheer.
- Dadka da' kasta jira ee xaalado halis ah ku sugan, gaar ahaan haddii xaaladii xaaladooda caafimaad la xakameyn karin.

Sidee buu COVID-19 u faafaa?

COVID-19 waxaa la moodaa sida badan inuu faafo qof cudurka qaba oo qof kale u gudbiya:

- Inta u dhexeysa dadka is taabshadooda xiriirka dhow (in isu jira 6 dhudhun/2 mitir);
- Isugudbinta Dhibcaha neefmareenka soo maray, hindhisida, qufaca ama hadla.
- Dhibcahan dadka ayaa isku neefsan kara oo isku dhow ama waxay gaari kartaa afka, sanko ama sagxadaha kale.
- Waxaa suurogal ah in COVID-19 kugu dhaco taabashada waxyaalaha ama sagxada caabuq-sidaha leh, kadibna afka, sanko, ama indhaha lagu taabto kahor intaan gacmaha la dhaqin.

Dadku waxaa ku dhici kara COVID-19 mana yeelan karaan wax astaamo ah ama weli ma muujinayaan astaamo laakiin waxay weli awood u leeyihiin inay ku faafiyaan fayraska dadka kale.



Sidee loo daweyyaa COVID-19?

Daaweynta loogu talagalay COVID-19, waa la daraasayaa. Daawooyinka baaritaanka waxaa lagula talin karaa dadka qaba cudurka COVID-19 iyadoo ku xiran xaaladdooda shaqsiyeed. Raacitaanka hagida daryeelka taakulaynta, sida helitaanka nasasho badan, fuuqcelin, iyo qaadashada dawooyinka miiska laga iibsado ee qandhada iyo xanuunka ayaa kaa caawin kara yareynta calaamadaha. Waqti xaadirkan ma jiro talaal la heli karo si looga hortago COVID-19.

Maxaan sameeyaa haddii aan u maleeyo inaan cudurkii COVID-19 qabo?

Haddii aad xiriir dhaw la yeelatay (in isu jirta 6 dhudhun/2 mitir) qof la hubiyay inuu qabo, ama laga baaray caabuqa COVID-19, waa inaad:

- Isu kalantiishaa gurigaada ama meel dadka kale ka fog mudo 14 maalmood, laga bilaabo maalintii aad xiriirka dhaw la yeelatay qofka oo sidaas ku waddaa 14-ka maalmood ee ugu dambeeyey xiriirkii dhawaa.
- Wacdaa daryeel bixiyahaaga caafimaadka oo raac tallooyinkooda caafimaadka.
- Isha ku haysaa calaamadaha oo la xiriir daryeel bixiyahaaga caafimaadka hadey kugu siyaadaan astaamo kasta



Sidee naftayda u difaaci karaa?

Habka ugu fiican aan uga hortago inaan ku jirado si aan uga baxsado inuu fayrasku igu dhoco. Tilaabooyinka kaa caawin karo faafitaanka COVID-19 waxaa ka mid ah:

- Gacmahaaga biyo iyo saabbuun ku dhaq ugu yaraan 20 mirir; Haddii aan la hayn biyo iyo saabbuun, isticmaal gacan nadiifiye ku salaysan alkaahool kaas oo ugu yaraan ka kooban 60% alkaahool;
- Iska ilaali inaad indhahaaga, sanko, iyo afka ku taabato gacmo aan dhaqayn;
- Si joogto ah ku nadiifi oo ku jeermistir walxaha iyo sagxadaha inta badan la taabtay
- Guriga joog oo dadka kale iska go'doomi haddii aad jirran tahay;
- Ku dabool qufacaaga ama hindhisada, warqadda softiga, ama xusulkaaga kadib ku tuur xaashida haanta qashinka;
- Ku dadaal kala fogaashaha bulsheed (xaji fogaanta 6 dhudhun ee jir ahaan u kala fog inta u dhexeysa adiga iyo dadka kale.
- Xiro weji dabool markaad dadka kale ku dhexjirto ee banaanka reerkaaga.



Haddii aad qabto su'aalo caafimaad ama walaacyo, fadlan la xiriir daryeelaha caafimaad-kaaga. Su'aalaha guud oo ku saabsan COVID-19 ama xogta ku saabsan ilaha bulshada, fadlan wac 2-1-1.

Waxaad guriga u joogtaa COVID-19 awgiis

Degmada San Diego Epidemiology Unit – Cudurka Coronavirus 2019 (COVID-19)

www.coronavirus-sd.com | [Somali: Macluumaad iyo Kheyraadyo Af-Soomaali ah](#)

Waaxda Caafimaadka California, Laanta Tallaalka – COVID-19

www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx

Xarumaha Xakamaynta Cudurka iyo Kahortagga – COVID-19

www.cdc.gov/coronavirus/2019-ncov/index.html

Ururka Caafimaadka Adduunka – Dilaacidda Cudurka Coronavirus (COVID-19)

www.who.int/westernpacific/emergencies/covid-19