

Hagista loogu talagalay Xiriirada Dhow ee Cudurka Korona Fayraska 2019 (COVID-19)

Hagistan waxaa loogu talagalay shakhsiyaadka ka ag dhowaaday qof qaba COVID-19.
Haddii aad ka shaqeyso goob daryeel caafimaad, fadlan tixraac shaqo-bixiyahaaga si aad u hesho hagis.

Haddii aad dhowaan ogaatay inay macquul tahay inaad u baylah noqotay COVID-19, markaa waxaad ka ag dhowaatay qof lagu ogyahay cudurka. Waxaa laga yabaa inay cudurka kugu faafiyeen adiga iyo dadka kale. **Xiriirka dhow** waxaa ka mid ah /wadaagista isla hal goob oo hawada ka xiran (sida, guriga, qolka sugitaanka ee rugta caafimaadka, diyaarada) wadar ahaan 15 daqiiqo ama ka badan muddo 24 saacadood ahxilliga qofka qabo cudurka.

Inaad cudurka u baylah noqoto kama dhigna inaad qabto COVID-19 ama qaadi doonto COVID-19. Waxay KA dhigan tahay inaad qaado tallaabooyin aad ku ilaalinayso naftaada iyo dadka kaa ag dhow haddii ay dhacdo inaad qaado cudurka. Ficiladaadu waxay kaa caawin karaan ka hortagga faafitaanka cudurka inta lagu jiro cudurkan.

Yay tahay in la karantiilo?

Marka loo eego Waaxda Caafimaadka Dadweynaha ee California (CDPH), iyadoo loo eegin xaaladda tallaalka, [karantiil loogama baahna](#) dadweynaha guud ama dadka laga helay cudurka COVID-19 inta lagu jiray 90kii maalmood ee ugu dambeeyay.

Haddii aad buuxiso shuruudaha kor ku xusan, lagama yaabo in lagaaga baahdo inaad gasho karantiil,,balse qaad taxadaradan soo socda si aad naftooda iyo dadka ku hareeraysan uga ammaan gashaan:

- Isbaar (PCR ama antigen midkood) markaad ogaato inaad u baylah noqotay iyo mar labaad 3-5 maalmood kadibxita haddii aysan jirin wax astaamo ah, si loo hubiyo inaad qabin COVID-19.
- Ku xiro maaskaro kula eg, gaar ahaan gudaha iyo marka aad ka ag dhowdahay dadka halista ugu sare ugu jiraan inay si daran ugu jiradaan cudurka COVID-19, ilaa 10 maalmood kadib u baylah noqoshada, xitaa haddii aan lagaa helin cudurka.
- Waxaa si xooggan laguugu dhiirigelinayaa inaad tallaal ama xoojiye qaadato.
- Kala soco caafimaadkaaga wixii astaamaha COVID-19 ah: Isgooni-yeel oo isbaar haddii astaamuhu soo baxaan.

Yay tahay inay raacaan tilmaamaha kala duwan?

Fadlan ogow in tilmaamaha ay u kala duwanaan karaan dadka ku nool ama ka shaqeeya goobaha halista sare leh qaarkood. Goobahaan waxaa ka mid ah:

- [Hoyga degdega ah](#) iyo [xarumaha qaboojinta iyo kuleylinta](#)
- [Goobaha daryeelka caafimaadka](#)
- [Jeelasha, xabsiyada, iyo xarumaha xabiska](#)
- [Guryaha Hoy-laaweyaasha](#)
- [Goobaha daryeelka muddada-dheer & xarumaha daryeelka dadka waaweyn iyo waayeelka](#)

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[Shaqo-bixiyahaaga](#) ama goobta aad deggan tahay waxaa laga yaabaa inay lahaadaan shuruudo kala duwan, gaar ahaan haddii aad ku nooshahay ama aad ka shaqayso goobo halis sare leh. Gudaha goobta shaqada, shaqo-bixiyeyaashu waa inay raacaan [Halbeegyada Xaaladda Degdegga ah ee Kumeelgaarka ah \(ETS\) ee Kahortagga COVID-19 ee Cal/OSHA](#) ama goobaha shaqo qaarkood [Halbeegyada Cudurrada Lagu Kala Qaado Hawada \(ATD\) ee Cal/OSHA](#) (PDF), waana inay ka hubiyaan agabkan wixii shuruudo dheeraad ah. La hadal shaqo-bixiyahaaga oo ka eeg [Su'aalaha Inta Badan La Isweydiiyo \(FAQs\) ee Cal/OSHA](#) wixii macluumaad dheeraad ah.

Sideen ula socdaa caafimaadkayga muddadan?

La soco caafimaadkaaga oo iska eeg calaamadaha iyo astaamaha COVID-19, oo ay ku jiraan mid ka mid ah kuwan soo socda:

- Qandho ama qarqaryo
- Qufac
- Neefsasho yaraan ama neefsashada oo dhib
- Daalka
- Muruq ama jir xanuun
- Madax-xanuun
- Luminta dhadhanka ama urta ee cusub
- Cune xanuun
- San cabur ama dililiq
- Lalabbo ama matag
- Shuban

Maxaa dhacaya haddii aan isku arko astaamaha?

Haddii aad isku aragto mid ka mid ah astaamaha kor ku xusan, waxaa laga yaabaa inaad qabto COVID-19. Inta badan dadka qaba COVID-19 waxay qabi doonaan jirro fudud wayna is-karantiili karaan oo ku soo bogsan karaan guriga. Si kastaba ha ahaatee, haddii aad halis dheeraad ah ugu jirto jirro halis ah haddii uu kugu dhaco cudurka, da'daada ama xaalad caafimaad oo hore awgeed, u sheeg bixiyaha xanaanada caafimaadkaaga astaamahaaga oo raadso daryeel caafimaad goor hore haddii astaamahaaga ka sii daraan. Ka eeg [Tilmaamaha Isgooni-yeelka Guriga ee COVID-19](#) wixii macluumaad dheeraad ah ee ku saabsan isgooni-yeelka.

Sideen isku baaraa?

Dhammaan dadka degan Degmada San Diego waxay xaq u leeyihiin baaritaan bilaash ah. Wac bixiyaha xanaanada caafimaadkaaga haddii aad qabtid walaac caafimaad ama su'aalo ku saabsan baahida baaritaanka. Fadlan **ha** u tagin waaxda xaaladaha degdegga ah si aad u raadiso baaritaanka COVID-19. Haddii aadan awoodin inaad iska baarto bixiyaha daryeelka caafimaadkaaga, waxaad ku heli kartaa xirmooyinka baaritaanka guriga oo lacag la'aan ah adoo u maraya [Adeegga Boostada ee Mareykanka](#). Degmada San Diego ayaa sidoo kale ku bixisa baaritaanka lacag la'aanta ah ee COVID-19 goobo ku yaala gobolka oo dhan. Booqo [Bogga internet-ka ee baaritaanka](#) si aad u hesho goob baaritaan aadna ballan uga qabsato onlaynka ama wac 2-1-1. **Goobaha baaritaanka qaarkood uma baahna ballan.*

Ma jiraan wax ikhtiyaaro daaweyn ah?

Haa, **daawayn LACAG LA'AAN ah** ayaa diyaar u ah dadka dhawaan laga helay COVID-19 oo leh astaamo AMA si gacan looga geysto kahortagga COVID-19 dadka qaar ee u baylah noqday COVID-19.

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Fadlan la hadal dhakhtarkaaga marka hore si aad u ogaato inaad u qalanto daawaynta.

Waxaa laga yaabaa inaad u qalanto daawaynta haddii:

1. lagaa helay cudurka COVID-19 **OO**
2. Astamahaagu bilowdeen 5tii maalmood ee ugu dambaysay gudahooda (kiniinada kahortagga fayrasyada) ilaa 7 maalmood (jeermis la deriska macmalka ah) **OO**
3. Aad qatar sare ugu jirtaa inaad si daran ugu xanuunsato COVID-19

Dadka da'doodu tahay 12 sano iyo wixii ka weyn waxaa lagu daaweeyaa Xarumaha Gobolka ee Jeermis La Deriska Asalka ah (MARC). La xiriir dhakhtarka carruurta ama bixiyaha ilmahaaga haddii aad u raadinayso daaweyn ilmo ka yar 12 sanno jir. [Eeg buug-gacmeedka bukaankasi](#) aad wax badan uga ogaato daawaynta bilaashka ah. Ka wac MARC lambarka **(619) 685-2500** si aad ballan u qabsato haddii aad ka soo baxdo shuruudda u-qalmitaanka oo aadan heli karin daawaynta adoo u maraya dhakhtarka. Wixii su'aalo ah, fadlan MARC ugu soo dir COVIDtreatment@sdcounty.ca.gov.

Fadlan **ha aadin** qaybta gargaarka degdega ah oo kaliya si aad u raadsato daawaynta antibody-ga monoclonal, daawaynta ka hortagga fayraska, ama baarista COVID-19. Waaxyaheena xaaladaha degdegga ah waxaa saameeyay tirada kiisaska COVID-19 waana in loo qabtaa ballan dadka qaba xaaladaha caafimaad ee degdegga ah.

[Booqo mareegta Daaweynta COVID-19 ee Degmada San Diego wixii macluumaad oo dheeri ah.](#)

Qor goorta astaamahaaga bilawdeen. Waa in aad sii wadaa in aad isgooni-yeesho oo aad raacdo hagista ku jirta [Tilmaamaha Isgooni-yeelida Guriga ee Cudurka Korona Fayraska \(COVID-19\)](#). Haddii astaamahaagu ka sii daraan ama aysan ka soo rayn oo aad u baahan tahay inaad raadsato daryeel caafimaad, iska hubi inaad maaskaro xirato ama weji dabool ka hor inta aanad xarunta gelin si aad uga ilaaliso dadka kale inay kaa qaadaan infekshanka adiga. Haddii aad u baahan tahay gargaar degdeg ah, wac 9-1-1 oo ugu sheeg telefoonka in aad ka ag dhawaatay qof laga helay COVID-19.

Maxaa dhacaya haddii aan u baahdo inaan raadsado daryeel caafimaad?

Haddii aad isku aragto astaamaha dhexdhexaadka ah ee COVID-19, sida kuwa kor ku xusan, waxaad wici kartaa bixiyaha xanaanada caafimaadkaaga si aad talo uga hesho telefoonka ama fogaan-aragga caafimaadka. Hubi inaad u sheegto inaad ka ag dhawaatay qof qaba COVID-19.

Haddii aad u baahan tahay inaad raadsato daryeel caafimaad, isticmaal gaari khaas ah haddii ay suurtoagal tahay. Haddii aadan isla adiga wadi karin, kala fogow darawalka intii suurtoagal ah, xiro maaskaro kugu habboon, oo daaqadaha ha furnaadaan. Waa inaad isticmaalin gaadiidka dadweynaha.

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Wac 911 haddii aad isku aragto wax astaamo ah oo u baahan gargaar degdeg ah, sida:

- Neefsashada oo ku dhibta
- Xanuun joogto ah ama cadaadiska laabta
- Jahwareer cusub
- Awood la'aanta in la tooso ama la soo jeedo
- Bismaha ama wejiga oo buluug noqda

Maxaan sameeyaa haddii aan qabo su'aalo dheeraad ah?

Booqo mareegahayaga www.coronavirus-sd.com for more information, resources, and guidance. Fadlan wac bixiyahaaga xanaanada caafimaadka wixii su'aalo ah ee la xiriira caafimaadkaaga. Haddii aanad lahayn bixiye daryeel caafimaad, aanad caymis ku jirin, ama aad u baahan tahay in lagaa caawiyo sidii loo heli lahaa dhigaalada bulshada ama qabsashada ballanta baaritaanka, wac 2-1-1 si aad u hesho caawimaad.