



County of San Diego

NICK MACCHIONE, FACHE
AGENCY DIRECTOR

HEALTH AND HUMAN SERVICES AGENCY
PUBLIC HEALTH SERVICES
3851 ROSECRANS STREET, MAIL STOP P-578
SAN DIEGO, CA 92110-3134
(619) 531-5800 • FAX (619) 542-4186

WILMA J. WOOTEN, M.D.
PUBLIC HEALTH OFFICER

AMARKA MADAXA CAAFIMAADKA

(Go'doominta Dhamaan Dadka leh ama laga yaabo inay qabaan COVID-19)

Faafidda fayruuska cudurka Corona 2019(COVID-19) waxay khatar weyn ku tahay caafimaadka bulshada. Gobolka San Diego wuxuu hadda kujiraa xaalad deg deg ah oo caafimaad waxaana lagu dhawaaqay xaalad deg deg ah oo maxalliga ah sababtuna waa faafitaanka COVID-19, iyo Gudoomiyaha Gobolka California oo ku dhawaaqay xaalad degdeg ah. Qof kastaa wuxuu halis ugu jiraa inuu ku bukoodo COVID-19, laakiin dadka qaarkiis waxay aad ugu nugul yihiin cudur halis ah da'ahaan ama xaalado caafimaad oo hooseeya. Si loo yareeyo fiditaanka COVID-19 lagana hor tago nidaamka daryeelka caafimaadka ee degmada San Diego in la buuxiyo, waxaa lagama maarmaan ah Madaxa Caafimaadka ee Degmada San Diego (Madaxa Caafimaadka) inuu u baahdo go'doomin dadka cudurka laga helay, ama waxay u egtahay inuu lahaado COVID-19.

Madaxa Caafimaadka sidaa daraadeed **AMARKA** iyadoo la raacayo qeybaha Sharciga Caafimaadka iyo Badbaadada California, 101040, 120130, 120175, 120215, 120220, iyo 120225:

1. **Dhammaan dadka lagu soo sheegay, ama ay u badan tahay inay qabaan COVID-19, waa inay si dhaqso ah u qaadaan talaabooyinka soo socda:**
 - a. Ka go'do gurigooda ama degaamo kale. Haddii lagu go'doomiyo goob isku urursan, hoteel ama xarun qeybo badan leh, qofkaasi ma geli karo qeybo kale gudaha isla goobtaas. Shakhsiyaadka ayaa ka tagi kara oo keliya go'doomintooda si ay u helaan daryeel caafimaad oo lagama maarmaan ah.
 - b. Si taxaddar leh dib ugu eeg oo si dhaw ula soco dhammaan shuruudaha Madaxa Caafimaadka iyo bixiyaha caafimaad. (Nuqul ka mid ah Tilmaamaha Go'doominta Guryaha waxaa laga heli karaa websaydhka 'COVID-19' ee degmada:https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID%20Home%20Isolation%20Instructions%20for%20COVID-19_Somali.pdf).
 - c. Ogeysii dhammaan dadka qaraabada kuu ah in ay karantiilmaan 14 maalmood ka dib xiriirkii ugu dambeeyay.
 - i. Madaxa Caafimaadka Dadweynaha ayaa laga heli karaa bogga Degmadda COVID-19 ee degmada:
 - https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health_order.html).
 - ii. Qofka waxaa loo tixgeliyaa inuu yahay xiriir dhow oo ah qof cudurka laga helay, ama ay u badan tahay inuu qabo COVID-19, haddii 48 saacadood gudahood ka hor astaamaha qofkaasi uusan bilaaban iyo ilaa qofkaas aan looga baahneyn in la karantiilo, waxay:

- Isu jireen 6 taako gudahood qof qabo ama u badan tahay inuu qabo COVID-19 in ka badan 15 daqiiqo; ama
 - La xiriir taabasho aan ilaalin lahayn dareeraha jirka iyo / ama dheecaanka jirka (oo ay ku jiraan laakiin aan ku xaddidnayn in lagu qufaco ama hindhisto, wadaagida maacuunta ama cabitaanka isla weelka) ee qofka leh ama ay u badan tahay inuu qabo COVID-19.
- d. Ha isu imaanin 6 taako qof kasta, marka laga reebo xirfadle daaweynaya, Madaxa xoojinta sharciga oo fulinaya Amarkan, wakiilka Madaxa Caafimaadka, qof kasta oo kale oo si gaar ah uu u fasaxay Madaxa Caafimaadka, ama daryeele.

2. Shakhsiyaadka waxaa looga baahan yahay inay gooni ka soocaan sababta oo ah waxay qabaan, ama u badan tahay inay qabaan, COVID-19 Go'doon ayaa isla markaaba loo baahan yahay haddii qofku buuxiyo hal ama in kabadan shuruudahan soo socda:

- a. Tijaabada xaqiiqada ah sheybaarka xanuunada baarista ee COVID-19; ama
- b. Calaamadaha iyo astaamaha la jaan qaada COVID-19 (qufac, neefsashada oo gaaban ama neefsashada oo dhib ah, daal, qandho, ama qarqaryo, , murqo ama jir xanuun, madax xanuun, cuno xanuun, dhadhan ama urta, oo lunta oo ku cusub) caburnaanama san duuf ah, lallabbo ama matag, ama shuban);ama

Dhakhtar ayaa ku wargaliyay shaqsiga inay u badan tahay inuu qabo COVID-19. Dadka noocaas ah waxaa looga baahan yahay in la go'doomiyo maxaa yeelay qof cudurka qaba, ama ay u badan tahay inuu qabo COVID-19, si fudud ayuu fayraska ugu faafin karaa dadka kale. Go'doominta waxay gooni uga soocdaa dadkaan kuwa kale si looga hortago fiditaanka COVID-19 oo waxay ka difaacdaa kuwa halista ugu jira jirada halista ah sida dadka waayeeleka ah iyo dadka leh xaalado caafimaaded oo hoose.

Qofku waa inuu la shaqeeyaa dhakhtar kasta, wakiilka Madaxa Caafimaadka, ama shaqsiyaadka kale ee uu u fasaxay Madaxa Caafimaadka inuu sameeyo indho indhayn caafimaad inta lagu guda jiro muddada go'doominta.

3. Go'doomin sida ku xusan Amarkan wuxuu socon doonaa illaa:

lagu dabaqi karo:

a. Qofka astaamaha ee qaba * mid dhexdhexaad ah * dhexdhexaad ah * oo aan si daran u tallaalneyn:

i. Ugu yaraan 10 maalmood ayaa ka gudbay cilad-sheegid markii ugu horreysay soo muuqatay IYO

ii. Ugu yaraan 24 saacadood ayaa dhaaftay tan iyo qandhadii ugu dambeysay (iyadoon la isticmaalin dawooyinka yareeya qandhada) IYO

iii. Astaamaha kale way fiicnaadeen.

b. Qofka astaamaha daran leh * caqabad leh * xanuun ama talaal isdifaacaya qaatay*:

i Ugu yaraan 20 maalmood ayaa dhaaftay tan iyo markii ugu horreysay ee astaamuhu muuqdaan iyo

ii. Ugu yaraan 24 saacadood ayaa dhaaftay tan iyo qandhadii ugu dambeysay (iyadoo aan la isticmaalin dawooyinka yareeya qandhada) iyo

iii. Astaamaha (tusaale ahaan, qufaca iyo neefta oo ku qabata) way fiicnaadeen.

c. Qofka astaamaha qaba ah ee aan si daran looga tallaalin *:

Amarka Karantiilka Madaxa Caafimaadka

Febraayo 6, 2020

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- i. Qofka aan lahayn wax astaamo ah muddadii cudurka hayey wuxuu joojin karaa go'doomin ugu yaraan 10 maalmood laga soo bilaabo taariikhda baaritaanka ugu horreeya ee baaritaanka COVID-19.
- d. Qofka astaamaha qaba ah ee si daran looga tallaalayo *:
 - i. Qofka aadka u difaaca daran ee aan lahayn wax astaamo ah inta uu cudurku hayey wuxuu joojin karaa go'doomin ugu yaraan 20 maalmood laga soo bilaabo taariikhda baaritaanka ugu horeeya ee baaritaanka COVID-19.

* Faahfaahinta cudurrada khafiifka ah, dhexdhexaadka ah, daran, iyo kuwa halista ah, iyo sidoo kale macluumaadka gaarka ah ee loogu talagalay bukaan-socodka carruurta iyo shaqsiyaadka la tallaalay, fadlan eeg <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-bukaan.html>.

Ilaa waqtigan, shakhsiyaadka kama tegi karaan meeshooda go'doominta ama ma geli karaan meelaha kale oo dadweyne ama meelaha gaar loo leeyahay, marka laga reebo inay helaan daryeelka caafimaad ee daruuriga ahama tijaabinta.

4. Ku xadgudubka ama ku guuldareysiga u hogaansamida Amarkan waa dambiile cigaab ah oo lagu cigaabi karaa xabsi, ganaax, ama labadaba (Qaybta Sharciga Caafimaadka iyo Badbaadada California ee 120275 iyo 120295). Amarkan waxaa lagu fulin karaa sarkaal kastaa oo fulin sharci ku ah aag ay ku xiran tahay xukunkiisa ujeedada looga hortagayo fidida faafitaanka, cudurada faafa, ama cudurada la is qaadsiiyo (Qaybta Sharciga Gobolka California ee 26602 iyo 41601), iyo Sharciga Caafimaadka iyo Badbaadada California 101029).

SIDAA AYAA LAGU AMRAY



Wilma J. Wooten, MD, MPH
Madaxa Caafimaadka Dadweynaha
Degmada San Diego

Taariikhda: Luulyo 24aad 11aad,
2020