



County of San Diego

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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:

- Ka go'doomi 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. Shakhsiyadka ayaa ka tagi karan oo keliya go'doomintooda si ay u helaan daryeel caafimaad oo lagama maarmaan ah.
- 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 https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID%20Home%20Isolation%20Instructions%20for%20COVID-19_Somali.pdf ee degmada: https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID-19%20Home%20Quarantine%20Guidance_Somali.pdf Qofka waxaa loo tixgeliyaa inuu yahay xiriir dhow oo ah qof cudurka laga helay, ama ay u badan) 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 isugeyn wadar ahaan 15 daqiiqo ama ka badan muddo 24-saac ah; 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.
- 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 shaqsiyaadka 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 dadka 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, ama wakiilka Madaxa Caafimaadka, ama shaqsiyaadka kale ee uu u fasaxay Madaxa Caafimaadka inuu sameeyo indho indhayn caafimaad inta lagu guda jiro muddada go'doominta.

- **Karantiilka Amarkan, iyada oo aan oo eegaynin heerka tallaala, ayaa sii socon doonaa ilaa ay ka dhacdo mid ka mid ah kuwa soo socda, inta ay khuseyso:**

- Astaamaha godka (leh baaritaanka ksoo noqnoqda)
 - Ugu yaraan 5 maalmood ayaa la laga joogaa tan iyo markii ay soo muuqdeen astaamaha koowaad IYO
 - Ugu yaraan 24 saac ayaa la soo dhaafay qandhadii ugu dambaysay (iyada oo aan la isticmaalinin daawooyinka yareeya-qandha) IYO

Ku celi baarista shaybarka (haddii ay tahay PCR ama Antijiina) ee la qaaday maalinta 5 ama kadib waa laga wayay IYO

Astaamaha kale ayaa soo hagaagaya.

Muddadan kadib, weji xirka waa in la xirtaa ilaa 10 maalmood kadib marka astaamaha koowaad ay soo muuqdaan, iyo sidoo kale wax walba oo la socda iyo shuruudaha kale weji daboolista, marka laga reebo sida u qabo hagida California Department of Public Health (CDPH) Guidance for the Use of Face Coverings. (Waaxda Caafimaadka Dadweynaha ee California (CDPH) Tilmaamaha Icticmaalka Weji xirka.)

- Qofka astaamaha (ee leh baaritaanka ku celcelinta)
 - Ugu yaraan 10 maalmood ayaa laga joogaa tan iyo markii ay soo muuqdeen astaamaha koowaad IYO
 - Ugu yaraan 24 saac ayaa laga joogaa qandhadii ugu dambaysay (iyada oo aan la isticmaalinin daawooyinka yareeya-qandha) IYO
 - Astaamaha kale ayaa soo hagaagaya.

- Qofka Astaamaha (ee leh baaritaanka ku celcelinta)
- Ugu yaraan 5 maalmood ayaa la joogaa taariikhda markii ugu horayse ee laga helay baarista cudurka COVID-19 IYO
- Baarista ogaanshaha ku celiska ah (haddii ay tahay PCR ama Antijiina) ee la qaaday maaliinta 5 ama kadib waa laga wayaay IYO
- Muddadan kadib, weji xirka waa in la xirtaa ilaa 10 maalmood kadib marka astaamaha koowaad ay soo muuqdaan, iyo sidoo kale wax walba oo la socda iyo shuruudaha kale weji daboolista, marka laga reebo sida u qabo hagida California Department of Public Health (CDPH) Guidance for the Use of Face Coverings. (Waaxda Caafimaadka Dadweynaha ee California (CDPH) Tilmaamaha Isticmaalka Weji xirka)

- Qofka astaamaha (ee leh baaritaanka ku celcelinta)
- Ugu yaraan 10 maalmood ayaa la joogaa taariikhda markii ugu horay ee laga helay baarista cudurka COVID-19 IYO
Ilaa ay ka dhammaato mudada karantiilka, shaqsiyaada ma ka tagi karaan goobahooda karantiilka ama ma geli karaan goob walba oo dadweyne ama goobaha gaarka ah, marka laga reebo helida lagama marmaana ee daryeelka caafimaadka ama baarista. Joojinta karantiilka iyada oo la raacayo qodobkaan ma waafaqsana cadeynta dastuura dadweynaha inay ku soo noqdaan shaqada ama dugsiga.

4. Shaqaalaha daryeelka caafimaadka ma ku soo noqon doonaan shaqada, marka laga reebo xaaladda degdeg ah ma ahaan ama xaaladd dhibaato, ilaa (Hagida Ku meelgaaka ah ee Maareynta Shaqaalaha Daryeelka Caafimaadka ee qaba Caabuqa SARS-CoV-2 ama in lagu daarto SARS-CoV-2 (CDC) ama Dhammaan Warqaddaha Xarunta CDPH hadda):

- Haddii astaamaha, ama astaamo yar ama soo hagaagaya,
 1. 10 maalmood kadib marka ay bilaabto astaamaha ama, haddii astaamaha, baaritaanka kowaad ee laga helay COVID-19, AMA
 2. Haddii tallaalku uu cusbooneyn, 7 maalmood kadib bilowga astaamaha ama, haddii astaanta, baaritaanka kowaad ee laga helay COVID-19, haddii laga waayo PCRama laga baaro antijiin ayaa laga helay 24 saac inuu ku noqodo shaqada, AMA
 3. Haddii tallaalku uu cusbooneyn, 5 maalmood kadib bilowga astaamaha ama, haddii astaanta, baaritaanka kowaad ee laga helay COVID-19, haddii laga waayo PCRama laga baaro antijiin ayaa laga helay 24 saac inuu ku noqodo shaqada, AMA
- Shaqaalaha daryeelka caafimaadka ee qaba jirada halista aha ama daran ma ku noqonayaan shaqada ilaa
 1. 20 maalmood kadib bilowga astaamaha IYO
 2. Ugu yaraan 24 saac ayaa laga joogaa qandhadii ugu dambaysay (iyada oo aan la isticmaalin daawooyinka yareeya-qandha) IYO
 3. Astaamaha kale ayaa soo hagaagay.
- Shaqaalaha daryeelka caafimaadka ee leh taariikhda dhex ilaa midda darran ee difaaca jirka ee u baahan la tashadka caafimaadka ee shaqada gudaha ka hor inta aan shaqada lagu soo noqonin, intaa waxaa u dheer xaaladdahan.
- Xaruumaha daryeelka caafimaadka ee leh xaaladda degdega ah ama shaqaalaha yarida darran ayaa laga dhaafi karaa xaaladdahan. Fullinta xarumaha daryeelka caafimaadka

waa xaaladda Waaxda Caafimaadka Dadweynaha ee California ee khuseeya iyo Waraaqaha Dhammaan Warqaddaha Xarunta (AFLs). Firii istarajiyadaha lagu yareenayo shaqaalo yarida shaqaalaha daryeelka caafimaadka (CDC).

5. Xayiraadaha kale ayaa khuseeyo shaqsiyaadka nool, shaqada ama dhigta qaar ka mid ah goobaha dugsiga, oo ay ku jirto goobaha la degan la isku yimaado ee halista sare iyo shakhasiyaad la shaqeeya bukuaanada leh difaaca jirka. Intaa waxaa dheer wax walba iyo dhammaan gobolka ay khuseeyo iyo xeerarka federaala, dib y eeg dukumentiyadda soo socda wixii macluunaadka.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>

<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>

<https://www.dir.ca.gov/dosh/coronavirus/COVID19FAQs.html#vaccines>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

6. Ku xadgudubka ama ku guuldareysiga u hogaansamida Amarkan waa dambiile ciqaab ah oo lagu ciqaabi 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

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