



County of San Diego

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SARKAALKA CAAFIMAADKA DADWEYNAHA

AMARKA SARKAALKA CAAFIMAADKA (Karantiilka Shakhasiyaadka Uu Ku Dhacay COVID-19)

Qof walba wuxuu halis ugu jiura inuu ku dhaco xanuunka COVID-19, laakiin dadka qaar ayaa aad ugu nugul jiradda daraan sababtoo ah da'da ama xaalaaddaha caafimaad oo liita dartood. Gobolka San Diego aya hadda waxaa looga dhawaaqay xaalad caafimaad oo degdeg ah oo madini ah waxaana la sheegay inay ka jirto xaalad caafimaad oo degdeg ah oo madini ah sababtoo ah cudurka safmarka ee COVID-19, oo Guddoomiyaha Dagmada California ayaa ku dhawaaqay xaaladda degdeg ah ee gobolka. Si looga yeero faafida COVID-19, oo looga hortaggo nidaamka daryeelka caafimaadka ee Gobolka San Diego inuu buux dhaafiyo, waa lagama marmaan Sarkaalka Caafimaadka ee ee Gobolk San Diego (Sarkaalka Caafimaadka) inuu ka rabo karantiil dadka uu ku dhaco COVID-19.

Lambarada reerka, lamanayaasha wada joogaa, daryeel bixiyaasha, iyo qof walba oo kale oo xiriir dhaw la yeeshay qof laga helay COVID-19, qof ay dhici karto inuu qabo COVID-19 (Bukaan COVID-19), ayuu khuseeya Amarkaan ilaa ay jiraan wax gaar ah oo ka reebi oona khuseeya. "Xiriirka dhaw" waa xiriirka lala yeesho Bukaan COVID-19 kaas oo dhaca meel walba inta u dhaxeysa 48 saacadoo ka hor inta aysan bilaabmin calaamadaha Bukaan ee COVID-19 (ama, caalamadaha bukaan, 2 maalmood ka hor baaritaanada qaadista munadda), ilaa aan Bukaan qaba COVID-19 looga baahnayn inuu is karantiil yeelo, iyo halka ay:

1. U jirsadeen ilaa 6 fiit Bukaan qaba COVID-19 isku celcelis ahaan wadar 15 daqiiqo ma in ka badan muddo 24-saac; ama
2. La yeeshay xiriirada dheecaanada jirka furan iyo/ama dheecaanada (oo ay ka midka tahay, laakiin aan ka xadadnayn, in lagu qufacay, ama lagu hindhisay, ama wadaagista maacuunta, ama inay weel isku mid ah ay ku wada cabaan biyo) Bukaan qaba COVID-19.

Amarkaan wuxuu ka rabaa dadka inay raacaan muddooyinka karantiilka iyo tallaabooyinka khuseeya xaaladdooda khaaska ah. Mudada karantiilka, iyo tallaabadda la qaadayo, ayaa laga yaaba inay kala duwan tahay iyada oo lagu saleynayo arrimaha sida heerka tallaalka, xaaladdaha caafimaadka, calaamadaha COVID-19, goobta shaqada, goobta dugsiga. Maadama shuruudahaan ay isku beddeli karaan iyada lagu saleynayo xogta cusub, Amarkaan wuxuu ku korhdinaya shuruudda faafahsan ee karantiilka iyo tallaabooyinka mareegyada hoose. Haddii dukumentiyadda hoos ku xiran la cusbooneysiisay, kuwa cusbooneysiintan ayaa si toos ah qeyb uga noqon doonta Amarkan.

Amarkaan ma ka hortaagayo shaqaale, xarun dugsi, Waaxda Caafimaadka Dadweynaha ee California (CDPH), ama haya'ad shatiyeysan oo soo rogta shuruudaha badan oo aad u adag.

(Ku sii socda bogga xigga)

Amarka karantiilka ee Sarkaalka Caafimaadka

Febarayo 8, 2022

Bogga 2

Sidaa darteed Sarkaalka Caafimaadka wuxuu ku **AMARAYA** sida waafaqsan qodobada Xeerka Badqabka iyo Caafimaadka California, 101040, 101030, 120175, 120215, 120220, iyo 120225

1. Dhammaan dadka ah "xiriirka dhaw" sida kor ku xusan ayaa inay u hogaansamaan si khuseysa tallaabooyinka karantiilka hoos lagu sharaxay.
 - a) Xubnaha **dadweynaha guud** kuwaas oo ah xiriirada dhaw waa inay raacaan dhammaan tallaabooyinka khusyaa kartiilka ee dhawaan aqoonsatay Waaxda Caafimaadka Dadweynaha ee California *Hagida Sharciyadda Caafimaadka ee Go'doominta iyo Karantiilka Dadweynaha ee Guud*. Nooca hadda waxaa laga helaya halkaan, waxaa laga yabaa in hadhaw la beddelo. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>
 - b) U qalimista **shaqaalaha daryeelka caafimaadka** waa inay hogaansamaan hagid ugu dambaysay ee *Waaxda Caafimaadka Dadweynaha ee Karantiilka Go'doominta ee loogu talagalay shaqaalaha daryeelka caafimaadka (HCP) ee uu ku dhacay ARS-CoV-2 iyo ku soo laabashada Shaqada e HCP ee qaba COVID-19*, Nooca hadda waxaa laga helaya halkaan, waxaa laga yabaa in hadhaw la beddelo. <https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/AFL-21-08.aspx>.
 - c) **Dugsiyada** ayaa laga yaaba inay raacan hagida karantiilka ee dhawaan loo dejiyay Hagida Caafimaadka Dadweynaha ee loogu talagalay Dugsiyada K-12 ee California, sanad dugsiyeedka 2021-22 . Nooca hadda waxaa laga helaya halkaan, waxaa laga yabaa in hadhaw la beddelo. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>.
2. Xiliga lagu jiro shaqaale yaridda aad u badan, loo shaqeeyaasha waxay isticmaali karaan karantiilka/hagida ka reebida shaqada ee loogu talagalay shaqadooda ama xaruunta halkaas oo ay si gaar ah u fasaxday CDPH ama haya'ad la xiriirta haya'ada shatiga ee Gobolka (tusaale, ka dhaafida Cal/OSHA ee shuruudaha ku soo laabashda shaqada ee Heerarka Ku meel gaarka ah ee Xaaladda degdega ah).
3. Ujeedada buuxinta shuruudaha baaritaanka ee ah in cudurka COVID-19 lagaa waye si loo dhammeeyo karantiilka, Maamul walba oo Dawada iyo Cuntada ee Mareykanka (FDA) ayaa ansixiyey/oggolaaday Baaritaanka ogaanshaha ee fayraska COVID-19, oo ay ku jirto baaritaanada nucleic acid amplification (NAAT) (tusaale, PCR ku saleysan shaybaar, baaritaanada loop mediated amplification [shaybaar]) ama baarista antigen, waxay ku filan yihiin dhammaan goobaha oo ay ku jirraan goobaha shaqada.
4. Cusbooneysiino dheerkaad ah oo ku saabsan muddooyinka karantiilka, tallaabooyinka la qaadayo, iyo ka reebitaanada, ayaa dhici karaa taariikhda Amarkan kadib. Cusbooneysiintaan waxaa lagu soo dhejin doonaa qeybta ku xigta ta calaamadaysan "Amarka Karantiilka" ee bogga soo socda ee Gobolka: https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health-order.html. Wixii Cusbooneysiino ah oo lamid taas ee boggan ayaa si toos ah qeyb uga noqon doonaa Amarkan, wuxuuna ka hor mari doonaa wax walba oo aan joogta ahyn ee lagu soo daray qeybaha sare. **Qof walba oo uu khuseeyo Amarkan waa inuu si joogto ah u fiiriyaan boggan wixii cusbooneysiin ah.**

(Ku sii socda bogga xigga)

Amarka karantiilka ee Sarkaalka Caafimaadka

Febarayo 8, 2022

Bogga 3

Hagida Karantiilka Guriga ee loogu talagalay Xiriirada Dhaw ee COVID-19 waa inay raacaan kuwa guriga ku karantiilan, sababtoo ah waxaay u dawaadeen Bukaanaada qaba COVID 19. Hagida halkaan ayaa laga helaya:

<https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/COVID-19%20Home%20Quarantine%20Guidance.pdf>

Haddii aan si kale lagu oggoolaaday amarkaan, ama baratool karantiil oo khuseeya lana socda Amarkaan, qofka ku jira karantiilka ma u soo jirsan karo 6 fiit qof walba, marka laga reebo xirfadlaha caafimaadka ee daawaynaya, sarkaalka fulinta sharciga ee fulinaya Amarkaan, wakiilka Sarkaalka Caafimaadka, qof walba oo kale oo gaar ahaan uu u oggolyahay Sarkaalka Caafimaadka, ama daryeelaha.

Haddii aad isku aragto calaamadaha, fadlan la xiriir adeeg bixiyahaag caafimaadka. Astaamaha iyo calamadaha joogto la ah COVID-19 waxaa ka mid ah qufaca, neef yari ama neefta oo kudibta, daal, qandho, ama qararyo, muruq xanuun ama kor xanuun, madax xanuun, dhuun xanuun, dhadhanka iyo carafta oo luma, sanko oo xirma ama dhiif ka socda, lalabo ama matag, ama shuban. Ku saleysan hagida adeeg bixiyahaaga caafimaadka, waxaa laga yabaa inaad u baahato inaad is karantiisho ama aad iska baarto COVID-19. Amarka Karantiilka ee Sarkaalka Caafimaadka Dadweynaha waxaa laga heli karaa bogga soo socda ee Gobolka:

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/health-order.html.

Ku xadgudubka, ama ku guuldareysashada u hogaansamida, Amarkaan waa dambi darran oo ciqaabtiisu tahay xabsi, ganaax, ama (Qodobada Xeerka Badqabka iyo Caafimaadka California ee 120275 iyo 120295). Amarkaan waxaa laga yabaa inuu kugu fuliyo sarkaalka fulinta sharciga ee aaga ay sharcigooda uu khuseeyo ee loogu talagalay ujeedada ka hortagida faafida caabuqa faafaa, ama cudurka faafa (Qodobada Xeerka Dowalada 26602 iyo 41601, (Qodobada Xeerka Badqabka iyo Caafimaadka California 101029).

WAA SIDA LOO AMARAY:

Ku taariikhaysan: Febaraayo 10, 2022

Wilma J. Wooten, M.D., M.P.H.

Sarkaalka Caafimaadka Dadweynaha

Gobolka San Diego

Haya'ada Adeegyada Bani'aadamka iyo Caafimaadka

Adeegyada Caafimaadka Dadweynaha