

Marka ay tahay inaad iska baarto COVID-19.

BE COVIDSAFE ✓

Hoos waxaad ka helayaas su'aalo si aad u akhrido goorta aad iska baarayso COVID-19.

Ma qabtaa Astaamaha COVID-19?

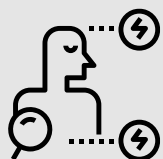
Astaamaha COVID-19 waxaa ku jiri kara:



- Qandho
- Qufac
- Dhibaato neefsiga ah
- Daal
- Luminta dhadhanka ama urka
- Jir xanuun
- Duuf sankaa kaa Socda
- Dhuun xanuun
- Lalabo
- Matag
- Shuban

Ma la joogtay qof qaba COVID-19?

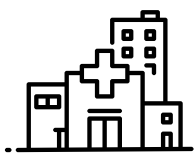
Haddii aad la joogto qof qaba COVID-19 aadana qabin wax astaamo ah, raac talaabooyinka hoose ee lagu taliyay:



- Mar baaritaanka COVID-19 (midkood PCR ama antigen) 5 maalmood kadib markii u danbaysay ee aad la joogtay caabuqa.
- Xiro maaskaro si fiican kuu le'eg muddo 10 maalmood kadib marka aad la joogtay qof qaba, gaar ahaanna markaad gasho gudaha goobaha iyo marka aad u dhowdahay qof khatar ugu jira xanuunka daran ee COVID-19.
- Iska fiiri astaamaha COVID-19 mudada 10 maalmood ah.

Ma joogtaa goob khatartu ku badan tahay?

Iskuday inaad si joogto ah isku baarto haddii aad joogto goob khatarteedu badan tahay. Goobaha khatartoodu badan tahay waxaa ku jiri kara goobaha soo socda:



- Xarumaha xaalada degdega ah iyo goobaha qaboojinta iyo kulaylinta
- Xarumaha caafimaadka
- Xarumaha dadka hooy la'aanta ah
- Xarumaha daryeelka mudada dheer iyo xarumaha daryeelka dadka waawayn iyo waayeelka
- Xabsida, jeelasha, xarumaha dadka la dhigo

Waa maxay heerka COVID-19 ee bulshadaada?

Haddii bulshadaadu ku jirto heerka dhexe ama sare ee COVID-19 bulshada, iskuday inaad isbaarto si aad u aragto haddii aad qabto caabuqa COVID-19.



- Booqo [COVID-19 ka bulsho kasta](https://coronavirus-sd.com/testing) si aad u hubiso heerarka COVID-19 ee bulshadada.

Macluumaad dheeraad ah oo ku saabsan baaritaanka COVID-19, fadlan booqo:

coronavirus-sd.com/testing



Khamiista, Janaayo 26, 2023