

# Si aamin ah Dib Ugu Laabo Iskuulka!

Tallaabooyinka hoose waxay kaa caawin karaan ka hortaga faafida COVID-19 ee ka jira iskuulka deegaankiisa waxayna kaa caawin karaan inaad xafidato iskuuladaada furo waxbarasho shaqsiyan ah. Raacitaanka tilmaamahan, ardayda waxay ka qeybgali karaan iskuulka shaqsi ahaan.

## Qaado talaalka haddaad xaq u leedahay

- Dadka da'doodu tahay 12 sano ama ka weyn waxay xaq u leeyihiin talaalka COVID-19. Dadka talaalka wada qaatay:
  - Aad bay u yar tahay inay qaadaan cudurka.
  - Aad bay u yar tahay inay qaadaan xanuuno daran, isbitaal dhigid, ama xitaa geeri sababtay COVID-19, haddii [dilaaca caabuqa](#)<sup>1</sup> wuxuu dhacaa.
  - Uma baahnid karantiil haddii uu kugu dhoco COVID-19 illaa astaamihiisu soo baxaan mooyaane.
- [Talaalada COVID-19](#)<sup>2</sup> waxtar leh, oo waa bilaash! Waxaanu talinaynaa ardayda iyo qoysaska sidoo kale u tixgeliyaan inay qaataan talaalka hargabka iyo [talaalka haatan loo baahan yahay](#)<sup>3</sup> loogu talo galay dib ugu laabashada iskuulka.
- Si aad u hesho goobta talaalka COVID-19 kuugu dhow, booqo [Degmada ee Talaalka San Diego website](#)<sup>4</sup> ama wac [2-1-1](#).

## Xiro weji-xir

- Intaad xiraneyso weji-xirka ma aha maad, waxay cadeynayaan amaan inay xirtaan da' kasta 2.
- **Iyadoo aan loo eegeyn heerka talaalka, dhammaan ardayda iyo shaqaalaha waa inay xidhaan waji-xirada gudaha** Waax kasta Caafimaadka ee Dadweynaha [Tilmaamaha Caafimaadka Dadweynaha ee loogu talagalay Iskuulada K-12 California](#),<sup>5</sup> sanad dugsiiyeedka 2021-22, ilaa ay sabab ugu noqoto xaaladaha qaar ee caafimaaadka.\*
- Weji daboolka, oo ay la socdaan waxyaabo kale badbaadada, waxay u oggolaaneysaa dhammaan ardayda inay ka qaybgalaan dugsiga qof ahaan iyadoon la xaddidin cabbirka fasalka.
- [Cadeymaha haatan](#)<sup>6</sup> waxay taageertaa istimaalka weji-daboolka waxayna muujinaysaa in tayo sarreynta, weji-dabool si fiica le'eg ayaa qeyb ahaan xiri kara dhibcaha neeftuurka neefmareenka, oo loo maleynayo inay yihiin [habka kooraad](#)<sup>7</sup> wuxuuna bixin karaa – qaar badbaadada ka mid ah ee qofka uu u xiran yahay.
- The [Akadeemiyada Mareykanka ee qeybta caruurta](#),<sup>8</sup> [Waaxda California ee Caafimaadka Dadweynaha](#),<sup>9</sup> iyo [Xarumaha ee Xakameynta Cudurka iyo Ka hortaga](#)<sup>10</sup> waxay kaloo ku taliyeen weji daboolka iskuulada dhexdooda ee ardayda K-12.

## Waxa la sameynayo hadii jiro ama soo muuqato

- Xataa haddii ardayga si buuxda loo tallaalo, **waa inuu ardayna aadin dugsiga haddii ay haystaan astaamo mid ama [badan ee COVID-19](#)**.<sup>11</sup>
- Haddii ardayga laga helo COVID-19 ama uu xiriir dhow la leeyahay\*\* qof qaba COVID-19, fadlan soo wargeli maamulka dugsiga, raac tilmaamaha laguugu siiyey dugsiga, ee la shaqee Waaxda Caafimaadka Degmada Baarayaasha Kiiska – oo kula soo xiriiri doona.
- Wixii macluumaad dheeri ah ka daawo Xafiiska Degmada San Diego ku yaala ee Waxbarashada iyo Degmada San Diego Caafimaadka Dadweynaha [Geedaha Go'aanka K-12](#)<sup>12</sup> ee loogu talagalay Go'doominta iyo Karantiilka, sidii loo baahnaa.

## Isbaar

- Iyadoon loo eegeyn heer talaalka, fadlan is soo baar haddii laga helo qof qaba COVID-19 (**3-5 maalmood markii laga helo**) hadii hal calaamad ama ka badan oo COVID-19 dareento (**isla markiiba**). Iyadoo ay u sii dheer tahay, fadlan raac tilmaamshs sy ku siiyaan iskuulka iyo daryeel bixiyaha caafimaadka oo u gudbi COVID-19 K-12 Go'aanka Geedaha.
- Dugsiyada qaarkood waxay bixiyaan goob baaritaano oo si joogto ah loogu baaro COVID-19 ama loogu gurmado ardayda iyo shaqaalaha qaba calaamadaha. Tani waxay u saamaxaysaa helitaanka sahlan ee baaritaan iyo natiijoyin degdeg ah.
- Fadlan isku day xulashooyinka soo socda haddii arday u baahan yahay in laga baaro COVID-19:
  - La xiriir maamulka dugsiga ama ka fiiri mareegaha dugsiga wixii macluumaad dheeraad ah ee ku saabsan helitaanka goobta baarista.
  - Isku daryeel bixiyaha caafimaadka ardayda si ay balan ugu sameeyaan baarista COVID-19.
  - Booqo Degmada [ah goob kasta oo baaris COVID-19](#).<sup>13</sup>
  - Wa co [2-1-1](#) wixii kaalmo dheeri ah.

\* Dadka laga reebay xirashada wejiga daboolidda xaalad caafimaad awgeed waa inay xirtaan beddel aan xaddidnayn, sida gaashaanka wejiga oo leh laastiig geeska hoose haddii xaaladdeedu saamaxdo.

\*\* Xiriir dhow waxaa lagu qeexaa inuu u jiro 6 fiit bukaanka COVID-19 muddo 15 daqiiqo ah ama ka badan 24-saac.

Wixii macluumaad ah ee COVID-19, fadlan booqo:

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## Kheyriyaad

- <sup>1</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html>
- <sup>2</sup> <https://www.cdc.gov/coronavirus/vaccine>
- <sup>3</sup> <https://www.cde.ca.gov/ls/he/hn/immunization.asp>
- <sup>4</sup> <https://www.coronavirus-sd.com/vaccine>
- <sup>5</sup> <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>
- <sup>6</sup> <https://www.tandfonline.com/doi/full/10.1080/02786826.2020.1862409>
- <sup>7</sup> <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
- <sup>8</sup> <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>
- <sup>9</sup> <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>
- <sup>10</sup> <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>
- <sup>11</sup> <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- <sup>12</sup> <https://covid-19.sdcoe.net/Health-Practices/Guidelines-for-Schools#Decision-Tree>
- <sup>13</sup> <https://www.coronavirus-sd.com/testing>

Wixii macluumaad ah ee COVID-19, fadlan booqo:

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