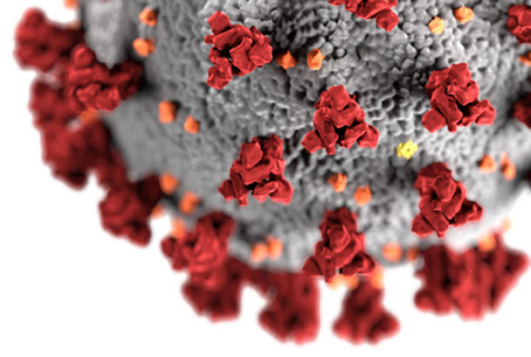


Marka ay tahay inaad iska baarto COVID-19.



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 sanka kaa Socda
- Dhuun xanuun

- Lalabo
- Matag
- Shuban

Baritaan gal isla hadda. Haddii baaritaankaaga koobaad lagaa waayo cudurka, markale isbaar 1-2 maalmood kadib.

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:



- 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.

Mar baaritaanka COVID-19 (adoo ka qaadanaaya baaritaanka iskaa ah ama dhakhtarka) 5 maalmood kadib markii u danbaysay ee aad la joogtay caabuqa.

Ma booqanaysaa qof khatar ku jira?

Dadka khatarta ugu jira xanuunka daran waxaa ku jiri kara:



- Dadka waawayn ee Qaangaarka ah
- Dadka nidaamkooda difaaca jirku liito
- Dadka aan wali qaadan talaalladooda COVID-19
- Carruurta aan wali qaadan karin talaalka

Iskuday inaad talaalka qaadato kahor booqashadaada.

Ma safraysaa?

Iskuday inaad baaritaanka barto haddii aad:



- Aad yeelato astaamaha COVID-19 kahor, inta lagu jiro, ama safarka kadib.
- Aad u safrayso si aad u booqato qof khatar wayn ugu jira inay aad ugu xanuunsadaan COVID-19.
- Aad khatar wayn ugu jirto in cudurku dhaco inta aad safrayso, sida inaad joogto xarunta garoon ciyaareed buuxkugu dhaafay adiga oo aan xirnayn maaskaro.

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

coronavirus-sd.com/testing