

Haddii Aad U bayla noqotay

Furuqa Daanyeerka

Furuqa daanyeerka waxa lagu kala qaadaa istaabashada dhow ee dadka ama xayawaanka leh calaamadaha ama taabashada tooska ah ee dharka wasakhaysan, gogosha, tuwaalada, ama alaabta kale. Haddii aad taabatay dad ama xayawaan uu ku dhacay fayraska furuqa daanyeerka, raac talooyinka hoose.



Qaado tallaalka

- Qaado tallaalka (daawada ka-hortagga u bayla noqoshada kadib). Haddii aad u bayla noqotay, is tallaal 14 maalmood gudahooda kadib u bayla noqoshada.
- Kala hadal bixiyahaaga daryeelka caafimaadka sidii aad u heli lahayd tallaalka furuqa daanyeerka si uu kaaga ilaaliyo in aad cudurka qaado.



Kormeer

- Ka warqab calaamadaha iyo astaamaha 21 maalmood. Haddii aad calaamado lahayn, waxaad sii wadan kartaa hawl maalmeedka caadiga ah (tusaale, shaqo, dugsi).
- Ka digtoonow calaamadaha qandhada $\geq 100.4^{\circ}\text{F}$ (38°C), qarqaryo, bararka qanjidhada, iyo/ama finan cusub oo maqaarka ah.
- Hubi heerkulkaaga laba jeer maalintii maadaama qandho iyo finan ay ku dhacaan ku dhawaad dhammaan dadka u buka fayraska furuqa daanyeerka.



Haddii Calaamaduhu Kaa Soo baxaan

- Is-karantiil oo isla markiiba wac bixiye daryeel caafimaad.
- U ogolow lammaanaha (-yaasha) iyo dadka kaa ag dhow* inay ogaadaan inaad u bayla noqotay.
- Wac 2-1-1 ama 7-1-1 (maqalka haduu kugu culus yahay), haddii aadan lahayn bixiye daryeel caafimaad ama macluumaad dheeraad ah.**
- Booqo [SanDiegoCounty.gov/monkeypoxSD](https://www.sandiegocounty.gov/monkeypoxSD) si aad u hesho wixii wargeliniyo hagitaan ah.

*Dadka kaa ag dhow waa dadka ku wada nool hal guri; la yeelashada xiriir toos ah oo jireed, oo ay ku jirto galmu; iyo xiriir toos ah oo lala yeesho finan maqaarka ah/nabarada iyo/ama dareerayaasha jirka oo aan lahayn qalab ilaalin shakhsiyeed.

** Wac 7-1-1 maqalka haduu kugu culus yahay oo weydii in lagugu xidho 2-1-1 lambarka (858) 300-1211.



Wixii wargelin ah, qoraal ugu dir COSD MONKEYPOX lambarka 468-311. Si aad u hesho macluumaad, booqo:

[SanDiegoCounty.gov/monkeypox](https://www.SanDiegoCounty.gov/monkeypox)



