

Waxyaabaha Xiga: Intaad sugayso jawaabta baaristaadii COVID-19

(Next Steps: While you wait for your COVID-19 test results)

Haddii lagu qaadsiiyey COVID-19: Isticmaal gafuurxir, iska warhay calaamadaha kugu soo bixi kara intaad sugayso jawaabta baaristaada, xataa haddaad qaadatay tallaallada COVID-19 ee la iska rabo.

Haddii aad isku aragto calaamadaha COVID-19: Dadka guriga ka fogow, la soco calaamadaha cusub ama kugu xumaan kara, oo isticmaal gafuurxir intaad sugayso jawaabta baarista xataa haddaad qaadatay tallaallada COVID-19 ee la iska rabo.



Ilaali naftaada iyo dadka kale

- Ka fogow dadka kale intaad sugayso jawaabta baaristaada.
- Isticmaal gafuurxir markaad la jooqto dadka guriga iyo bannaanka intaad sugayso jawaabta baaristaada.
- Afka iyo sanku ku daboolo xaashi ama xusulkaaga oo isku laaban markasta oo aad qufacdo ama hindhisto.
- Mar kasta gacmaha ku dhaqo biyo iyo saabuun ugu yaraan 20 ilbiriqsi. Isticmaal jeermis-dilaha gacmaha oo aalkolo ah 60% haddii aadan haysan saabuun iyo biyo.
- Maalin kasta nadiifi meelaha badanaa "lataabto" (sida miisaska dushooda, albaabka meesha laga furo, taleefanka, iyo teebka waxqorista).
- Ha iska taaban indhaha, sanku, iyo afka haddii aadan markaas gacmaha soo dhaqan.



Iska warhay calaamadaha

- La soco marka ay kugu soo baxaan calaamado cusub.
- Iska eeg kuleylka qandhada laba jeer maalintii.
- Haddii aadan xanuunsaneyn, qor maalin kasta qandhada, qufaca, iyo wixii ah calaamado kale.
- Haddii calaamadahaagu ka soo daraan, dhkhtar u tag. Haddii aad isku aragto xaalad caafimaad oo degdeg ah, garaac 911.

Isbitaal mise kilinig miyaad isku soo baartay?

Dhaxhtarka ayaa kula soo xiriiri doona marka jawaabta lagu hayo. Waaxda caafimaadka ee deegaankaaga ha ula xiriirin jawaab in aad ka hesho.



Wixii faahfaahin ah ka eego: www.dhs.wi.gov/covid-19/symptoms.htm.

+ Xanuunka ma lagaa helay? Isku gooni yeel guriga oo ka dhexbax dadka kale.

- **Ha ka dhex bixin guriga.** ha aadin shaqo ama iskuul. Ha u bixin safar oo ha raacin gaadiidka dadweynaha.
- **Ogeysii dadkii kugu dhawaaday in aad qabto COVID-19.** Dadka aad qaadsiiyey, sida goyska, waa inay iss soo baaraan oo isticmaalaan gafuurxir marka ay dadka kale la joogaan ilaa ah muddo 10.
- **Dhug u yeelo calaamadaha.** Si dhakhso ah u garaac 911 haddii aad u baahan tahay daryeel caafimaad oo degdeg ah oo u sheeg in aad qabto COVID-19.
- **Isticmaal gafuur markaad la joogto dadka kale.**
- **Dib u dhigo ballamaha aan caafimaadka ahayn.**

Goormaa guriga laga bixi karaa?



Waa inaad **qandho isku arkin ugu yaraan 24 saac** adiga oo aan isticmaalin daawada qandhada jebisa



Calaamadaha kale waa in ay kaa soo ba'aan ugu yaraan 24 saac



Ugu yaraan 5 maalmood ha ka soo wareegato ilaa calaamadihii kuugu horreeyey ama markii xanuunka lagaa helay (haddii aadan wax calaamado ah isku arkin)

Isticmaal gafuurxir markaad la joogto dadka 5 maalmood oo dheeraad ah ka dib marka aad is gooni yeesho. Haddii aad calaamadaha ka soo fiicnaan weydo ilaa 5 maalmood ka dib, sug intaad is gooni yeeleyso ilaa aad ka fiicnaato.

- Xanuunka ma lagaa waayey? Waxay hadda u badan tahay inuusan COVID-19 kugu dhicin.

Haddii aad xanuunka isaga hesho baarista (dheecaanka), mar kale ku celi 48 saac ka dib. Marka COVID-19 lagaa waayo macnaheedu waa in aan wakhtiga xaadirka ah lagaa helin faayruska, balse mar dambe ayuu kugu soo bixi karaa COVID-19.

Haddii lagu qaadsiiyo COVID-19, samee waxyaabahaas, xataa haddii aad iska weydo COVID-19:

- Iska war hay wixii ah calaamadaha COVID-19.
- Isticmaal gafuurxir markaad dadka la joogto ilaa 10 maalmood ka dib marka xanuunka lagu qaadsiiyo.

Ma rabtaa faahfaahin dheeraad ah?

- Waxyaabaha xiga marka lagu qaadsiiyo COVID-19: www.dhs.wi.gov/covid-19/close-contacts.htm
- Macluumaadka dadka qaba xanuunka COVID-19: www.dhs.wi.gov/covid-19/diagnosed.htm

