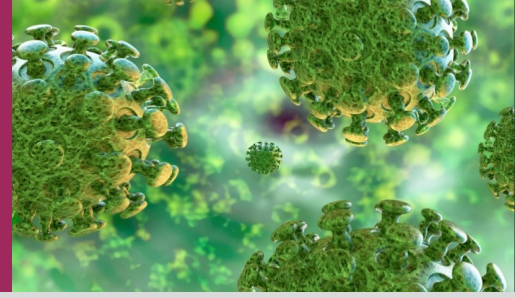


# COVID-19

(Xanuunka Karoona faayrus ee 2019)

(COVID-19 (Coronavirus Disease 2019))



COVID-19 waa xanuun ku dhaca habdhiska neefsashada oo la isugu gudbiyo qof ilaa qof hab ah dhibco hawada soo raaca. Tallaalka COVID-19 iyo xoojiyaha ka dambeeya waxa ay dadka ka difaacayaan in ay si daran ugu xanuunsadaan, isbitaal galaan iyo dhimasho uu sababo COVID-19.



## Calaamadaha iyo astaamaha\* COVID-19

- ▶ Qufac (qufac cusub ama joogto ahaan jiray)
- ▶ Cune-xanuun
- ▶ Neefsashada oo kugu Yaraata
- ▶ Qandho ama qarqaryo
- ▶ Inay Biyo Sanka kaa Socdaan
- ▶ Muqro Xanuun
- ▶ Madax-xanuun
- ▶ Dhadhanka iyo urta oo kaa tagay dhawaan

\*Dadka qaar ayaa isku arki kara daal aad u badan ama calaamado la xiriira caloosha, sida lallabbo, matag, shuban, ama calool-xanuun.

**OGOW:** Qof kasta oo uu ku dhaco COVID-19 laguma arki karo gebi ahaan calaamadaha xanuunka oo dadka qaarkood ayaa ah calaamad la'aan. Balse weli dadkaasi faayruska ayey faafin karaan xataa haddii ay calaamado isku arkaan ama aysan isku arkin.



## Adigu Naftaada iyo Dadka ka Difaac COVID-19

- ▶ **Mar kasta qaado tallaallada difaaca ah ee lagaa rabo oo dhan.** Dadka gaaray ama ka weyn 6 bilood ayuu tallaalku si la hubo uga difaacayaa COVID-19. Qof kasta oo gaaray ama ka weyn 6 bilood oo xaq u leh tallaallada xoojiyaha ah waa in uu qaato tallaallada laga rabo ee COVID-19 si loogu sii xoojiyo ka-hortegidda COVID-19.
- ▶ **Ogsoonow Heerka COVID-19 ee Dadweynaha degmadaada.** Ogaanshahaaga COVID-19 heerka Dadweynaha ee degmadaada waxaad ku go'aansaneysaa qorshaha ka-hortegidda ee aad raaceyso. Macluumaadka tallaallada heerka COVID-19 ee degmadaada waxaad ka heli kartaa barta internetka ee CDC [Heerarka Dadweynaha ee COVID-19](#).
- ▶ **Isa soo baar 5 maalmood ka dib marka uu qof ku qaadsiiyo COVID-19. Waa inaad isla markiiba isa soo baarto markaad isku aragto calaamadaha COVID-19.**
- ▶ **Guriga joog oo isticmaal gafuurxir haddii aad xanuunsato ama haddii lagaa soo helo COVID-19.**
- ▶ **Doono daaweynta COVID-19.** Haddii aad la xanuunsato COVID-19, la xiriir dhakhtar ama raadso siyaabo aad ku heli karto daryeelka caafimaadka iyo daaweynta si aad uga soo roonaato calaamadaha. Macluumaad dheeraad ah waxaa laga heli karaa Department of Health Services (Waaxda Adeegyada Caafimaadka ama DHS) barta internetka ee [COVID-19: Daaweynta iyo Daawooyinka](#).
- ▶ **Dadweynaha dhexdooda ku isticmaal gafuurxir haddii uu degmadaada ku soo bato heerka xanuunka ee COVID-19.** Isticmaal gafuurxir markaad la joogto dadka guriga iyo dadweynaha ilaa 10 maalmood ka dib marka uu qof qaba ku qaadsiiyo COVID-19. Haddii lagaa helo COVID-19, waa in aad isticmaasho gafuurxir markaad dadka la joogto oo waa in aad is gooni yeesho 5 maalmood oo dheeraad ah.



## Maxaan sameynayaa marka la i qaadsiiyo COVID-19?

- ▶ Isa soo baar ugu yaraan 5 maalmood ka dib marka xanuunka lagu qaasiyo, la soco calaamadahaaga, oo 10 maalmood isticmaal gafuurxir markaad joogto guriga iyo goobo dadku gudaha ku jiraan, xataa haddii aad wada qaadatay tallaalada COVID-19.



## Maxaan sameynayaa haddii aan isku arko calaamadaha COVID-19?

- ▶ Isla markiiba iska soo baar COVID-19.
- ▶ Is gooni yeel oo gafuurxir u isticmaal goobaha gudaha ah markaad ku dhawaaneyso dadka inta aad sugeyso jawaabt baarista.



## Maxaad sameyn karaa haddii uu igu dhaco COVID-19?

- ▶ **Haddii lagaa helo COVID-19, waa inaad guriga joogto ugu yaraan 5 maalmood** oo ka dhexbax dadka iyo xayawaanka guriga kugula nool. Maalinta 0 ayey ka bilaabaneysaa calaamadaha ama maalinta baaris ahaan lagaaga soo helo COVID-19 (haddii aadan calaamado isku arkin).
- ▶ **Haddii aad isku aragto wax calaamado ah,** waxaad gooni ahaanshaha joojineysaa 5 maalmood ka dib marka aysan qandho ku qaban ilaa 24 saac adiga oo aan qaadan daawo qandhada jebisa oo markaasna ka soo fiicnaaday calaamadaha.
- ▶ **Haddii aadan isku arkin wax calaamado ah,** Waxaad guriga ka soo bixi kartaa 5 maalmood ka dib. Haddii aad isku aragto calaamadaha ka dib marka xanuunka lagaa helo, dib u soo bilow 5ta maalmood ee aad isgooni yeeleyso. Maalinta 0 waa maalinta koowaad ee calaamadaha.
- ▶ **Intaad ku jirto gooni-ahaanshaha, isticmaal gafuurx fiican** haddii aad dad la joogeyso.
- ▶ **Isticmaal gafuurxir marka aad dadka la joogto 5 maalmood oo dheeraad ah.** Waxaad gafuurxirka iska joojin kartaa haddii baaris ahaan lagaaga soo waayo dheecaanka ugu yaraan laba jeer ilaa 48 saacadood. Baarista ugu horreysa waa in aysan ka soo hormarin maalinta 6aad.



## Ka Eego Faahfaahinta Tallaalka COVID-19

- ▶ **Tallaallada:** [www.dhs.wi.gov/covid-19/vaccine.htm](http://www.dhs.wi.gov/covid-19/vaccine.htm)
- ▶ **Baarista:** [www.dhs.wi.gov/covid-19/testing.htm](http://www.dhs.wi.gov/covid-19/testing.htm)
- ▶ **Waxa Xiga Marka Xanuunka Lagu Qaadsiiyo:** [www.dhs.wi.gov/covid-19/close-contacts.htm](http://www.dhs.wi.gov/covid-19/close-contacts.htm)
- ▶ **Waxa Xiga Ka-dib Marka Xanuunka Lagaa Helo:** [www.dhs.wi.gov/covid-19/diagnosed.htm](http://www.dhs.wi.gov/covid-19/diagnosed.htm)
- ▶ **Xogta COVID-19:** [www.dhs.wi.gov/covid-19/data.htm](http://www.dhs.wi.gov/covid-19/data.htm)
- ▶ **Macluumaadka Waalidka iyo Masuulka:** [www.dhs.wi.gov/covid-19/parents.htm](http://www.dhs.wi.gov/covid-19/parents.htm)
- ▶ **Noocyada Faayruska Dadka ku Keena COVID-19:** [www.dhs.wi.gov/covid-19/variants-info.htm](http://www.dhs.wi.gov/covid-19/variants-info.htm)
- ▶ **COVID-19 Macluumaad Guud:** [www.dhs.wi.gov/covid-19/index.htm](http://www.dhs.wi.gov/covid-19/index.htm)

