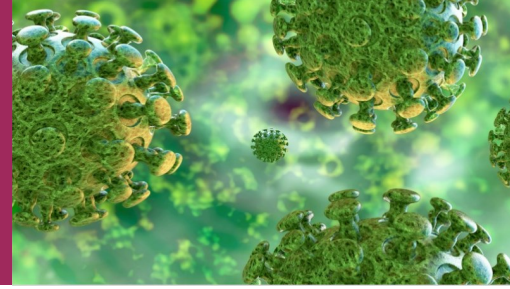


COVID-19

(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. Qaadashada tallaallada COVID-19 waxa ay dadka ka difaacayaan in ay si daran ugu xanuunsadaan, isbitaal u galaan iyo dhimasho uu sababo COVID-19.



Calaamadaha iyo astaamaha* COVID-19

- ▶ Qufac (qufac cusub ama joogto ahaan jiray)
- ▶ Cune xanuun
- ▶ Neefsashada oo Yaraata
- ▶ Qandho ama qarqaryo
- ▶ Biyo Sanka ka Socda
- ▶ Muqro Xanuun
- ▶ Madax-xanuun
- ▶ Urta ama dhadhanka oo la iska waayo

*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

- ▶ **Soo qaado tallaallada lagaa rabo iyo kuwa cusub oo dhan.** Qof kasta oo gaaray ama ka weyn 6 bilood waa in uu qaato tallaalka COVID-19 oo ah mid aan waxtar ma ahee dhibaato lahayn oo looga hortago COVID-19.
- ▶ **Iska soo baar COVID-19 haddii aad isku aragto calaamadaha COVID-19 ama ka hor inta aadan la kulmin dadka kale, si aad dadka uga ilaaiso khatarta xanuunkan.**
- ▶ **Guriga joog ugu yaraan 24 saac ilaa aysan labadaasuba jirin:**
 - ▶ Calaamaduhu waa in ay si guud kaaga soo ba'yaan.
 - ▶ Waa in aysan qandho ku hayn (oo waa in aadan isticmaalin daawooyinka qandhada).
- ▶ **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](https://www.dhs.wisconsin.gov/covid-19/treatments.htm).

<https://www.dhs.wisconsin.gov/covid-19/treatments.htm>





Maxaan sameynayaa haddii la i qaadsiiyo COVID-19?

- ▶ Waa inaad COVID-19 iska baarto 5 maalmood ka dib marka lagu qaadsiiyo.
- ▶ La soco calaamadahaaga.



Maxaan sameynayaa haddii aan isku arko calaamadaha COVID-19?

- ▶ Iska soo baar COVID-19 isla markiiba.
- ▶ Guriga joog ugu yaraan 24 saac ilaa aysan **labadaasuba** jirin:
 - ▶ Calaamadu waa in ay si guud kaaga soo ba'yaan.
 - ▶ Waa in aysan qandho ku hayn (oo waa in aadan isticmaalin daawooyinka qandhada).



Maxaad sameyn karaa haddii uu igu dhaco COVID-19?

- ▶ **Haddii laga helo COVID-19, waa inaad guriga joogto ugu yaraan 24 saac** 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 isku arkin calaamado).
- ▶ **Haddii aad isku aragto wax calaamado ah**, waxaad gooni ahaanshaha joojineysaa 24 saac ka dib marka aysan qandho ku qaban ilaa 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 24 saac ka dib. Haddii aad isku aragto calaamadaha ka dib adigoo xanuunka qaba, dib u bilow 24 saac wakhtiga gooni ahaashaha. Maalinta 0 waa maalinta koowaad ee calaamadaha.
- ▶ **Ka feker in aad xirato gafuurxir iyo in aad dadka ka fogaato** ilaa 5 maalmood ka dib markaad dib u bilowdo noloshadii caadiga ahayd.



Ka Eego Faahfaahinta Tallaalka COVID-19

- ▶ Tallaallada: www.dhs.wi.gov/covid-19/vaccine.htm
- ▶ Baarista: www.dhs.wi.gov/covid-19/testing.htm
- ▶ Xogta COVID-19: www.dhs.wi.gov/covid-19/data.htm
- ▶ Macluumaadka Guud ee COVID-19: www.dhs.wi.gov/covid-19/index.htm

