

Waxa Xiga:

Ka dib marka lagaa soo helo COVID-19

(Next Steps: After you are diagnosed with COVID-19)



Haddii lagaa helo ama aad isku aragto calaamadaha COVID-19, dadka gooni ka noqo oo ka fogow dadka guriga jooga ugu yaraan 5 maalmood, ogow wixii ah calaamado cusub ama markaad ka sii dareyso, oo isticmaal gafuurxir markaad dadka la joogto 5 maalmood oo dheeraad ah ka dib markay kuu dhammaato gooni-ahaanshaha.

Yaa dadka iska gooni yeelaya

Qof kasta oo laga helay COVID-19 ama isku arka calaamadaha COVID-19 waa in uu dadka iska gooni yeelo, xataa haddii la soo qaato tallaallada COVID-19 oo dhan.



Sidee baan la isu gooni yeelayaa?

- Guriga joog, xataa haddii aadan calaamado isku arkin. Ha aadin shaqo, iskuul, xaflad, ama goobaha dadweynaha. Safar ha u bixin oo ha raacin gaadiidka dadweynaha.
- Ka dhexbax dadka iyo xayawaanka guriga kugula nool. Haddii ay suuroobeyso isticmaal musqul gaar kuu ah.
- Dadka ha la wadaagin alaabada guriga taalla sida suxuunta, galaasyada biyaha, maacuunta, ama maryaha.
- Dib u dhigo ballamaha aan ahayn caafimaadka ilaa aad wakhtiga dhammeysato.
- Ogeysii dadkii aad isku dhawaateen in lagaa helay COVID-19. Dadka kula nool iyo dadka kale ee aad isku dhawaateen waa inay isa soo baaraan, ka warhayaan calaamadahooda, oo waa in ay isticmaalaan gafuurxir.
- Mar kasta gacmaha ku dhaqo biyo iyo saabuun ugu yaraan 20 ilbiriqsi. Nadiifi meelaha ay dadku maalin kasta badanaa taabtaan.
- Istickmaal gafuurxir si fiican kuu le'eg haddii aad rabto in aad dad la kulanto.
- Afka iyo sanka ku daboolo xaashi markaad qufacayso ama la hindhiseyso. Xaashida ku tuur qasinka oo gacmaha dhaqo.

Talooyinkan waxa ay khuseeyaan dadweynaha guud, sida goobaha shaqada iyo iskuullada K-12. Talooyinkan ma khuseeyaan shaqaalaha caafimaadka, goobaha xabsiyada, ama guryaha meelgaarka ah.



Goormay ku egtahay in la is gooni yeelo?



IYO

Waa inaad qandho isku arkin ugu yaraan 24 saac adiga oo aan i sticmaalin daawada qandhada jebisa



Waa in aad calaamadaha ka soo fiicnaato

IYO



Waa in ay ka soo wareegato ugu yaraan 5 maalmood ilaa iyo markii ay kugu bilowdeen calaamdaha (Maalin 0 ayaa calaamaduhu soo bilowdeen)

» Isticmaal gafuurxir ku le'eg ilaa 5 maalmood markaad dadka kale la kulmeyso. «

Ka warran haddii calaamadahaygu soo fiicnaan waayaan 5 maalmood ka dib?

Haddii ay qandhadu ku sii hayso ama haddii aadan ka soo fiicnaan calaamadaha kale 5 maalmood ka dib markaad gooni ahayd, waa in aad soo dhammeysato in aad gooni ahaato ilaa aysan qandho ku qaban 24 saac adigoo calaamadaha kale ka soo fiicnaanaya. Sii isticmaal gafuurxirka markaad dadka la joogto.

Ka warran haddii la iga helo COVID-19 laakiin aanan calaamado isku arkin?

Waxaad guriga ka soo bixi kartaa 5 maalmood ka dib markaad calaamado iska weydo. Isticmaal gafuurxir ku le'eg ilaa 5 maalmood oo kale markaad dadka kale la kulmeyso, ka dib markay kuu dhammaato 5-ta maalmood ee hore. Haddii ay calaamado kugu soo baxaan marka xanuunka lagaa helo ka dib, dib u bilow 5-ta maalmood oo aad goonida u baxayso.

Sidee baan isaga war hayn karaa?

- Haddii aad xanuunsato, la soco haddii ay calaamadahaagu ka soo daraan. Haddii aad isku aragto xaalad caafimaad oo degdeg ah, garaac 911. Ogeysii 911 in aad qabto calaamadaha COVID-19.
- Haddii xanuunka lagaa helay oo aadan xanuunsaneyn, la soco calaamadaha COVID-19 inta aad is gooni yeeleyso.



Xaggee baan macluumaad dheeri ah ka heli karaa?

- Marka lagaa helo COVID-19: www.dhs.wisconsin.gov/covid-19/diagnosed.htm
- Sida loo ogeysiiyo dadkii kugu dhawaaday: www.dhs.wisconsin.gov/publications/p02803.pdf
- Macluumaadka Dadka Xanuunka ku Dhawaaday: www.dhs.wisconsin.gov/covid-19/close-contacts.htm

