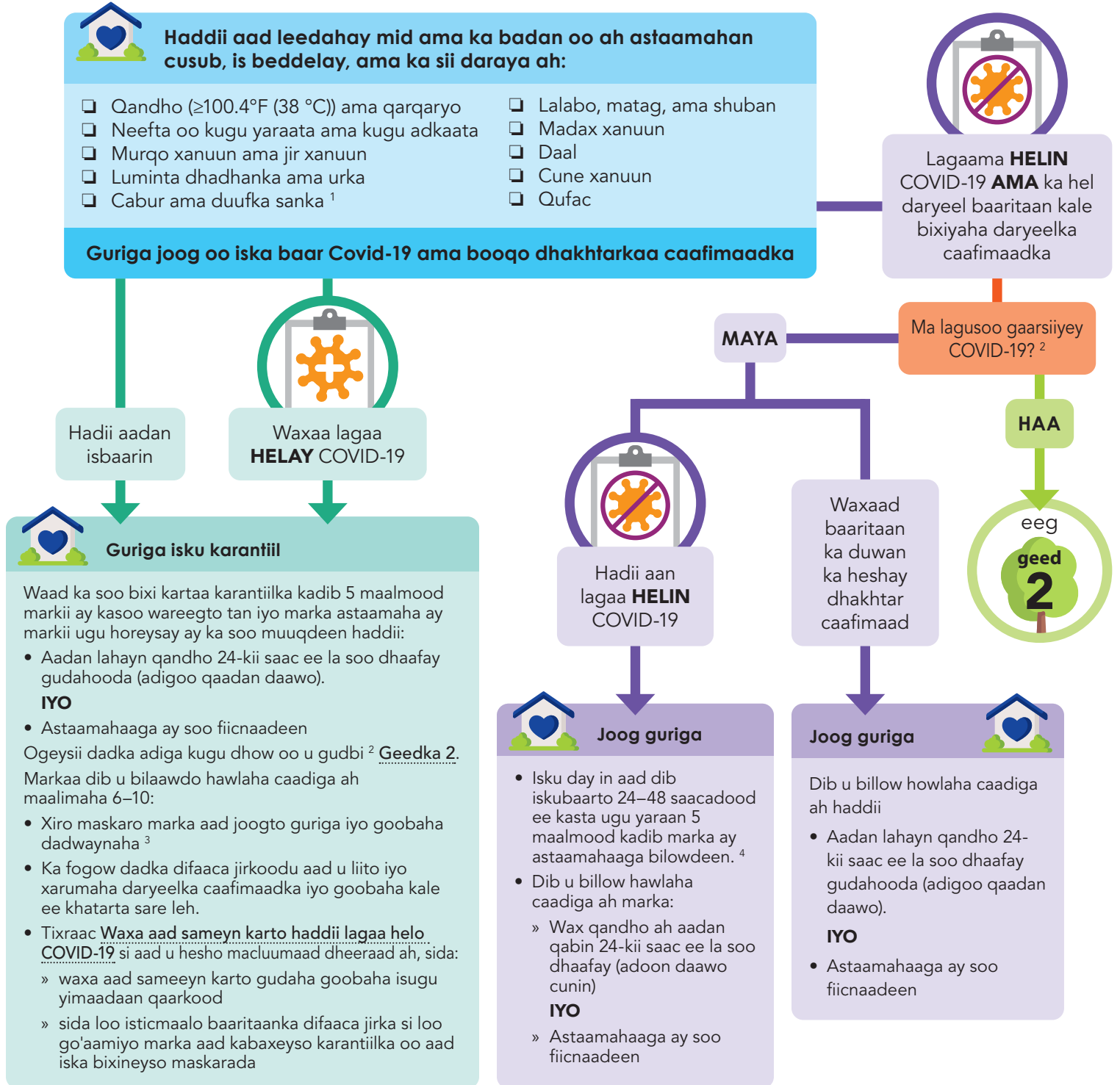


Waxa la sameeyo haddii aad qabto astaamaha Covid-19



Shaxdaan go'aanka ah waxaa loogu talagalay guud ahaan dadweynaha iyo goobaha aan caafimaadka ahayn, sida dugsiyada iyo goobaha daryeelka carruurta.



¹ Haddii uu qofka kayar yahay da'da labo sano oo uuna KALIYA leeyahay astaamahaan wax baaritaan ama karantiil looma baahno. Haddii astaamaha ilmuhu ka sii daraan ama ay sii socdaan in ka badan 5 maalmood, la xirii dhakhtarkaaga caafimaadka.

² Qaaday COVID-19: qof kuu jiray 6 fiit oo ahaa qof laga helay Covid-19 in ka badan 15 daqiiqo mudo 24 saacadood gudahooda ee muddada kiiska la isku qaadsiiyo. Qeexitaanka xiriirka udhawaanshaha dhaw wuu ku kala duwanaan karaa xaaladaha qaarkood.

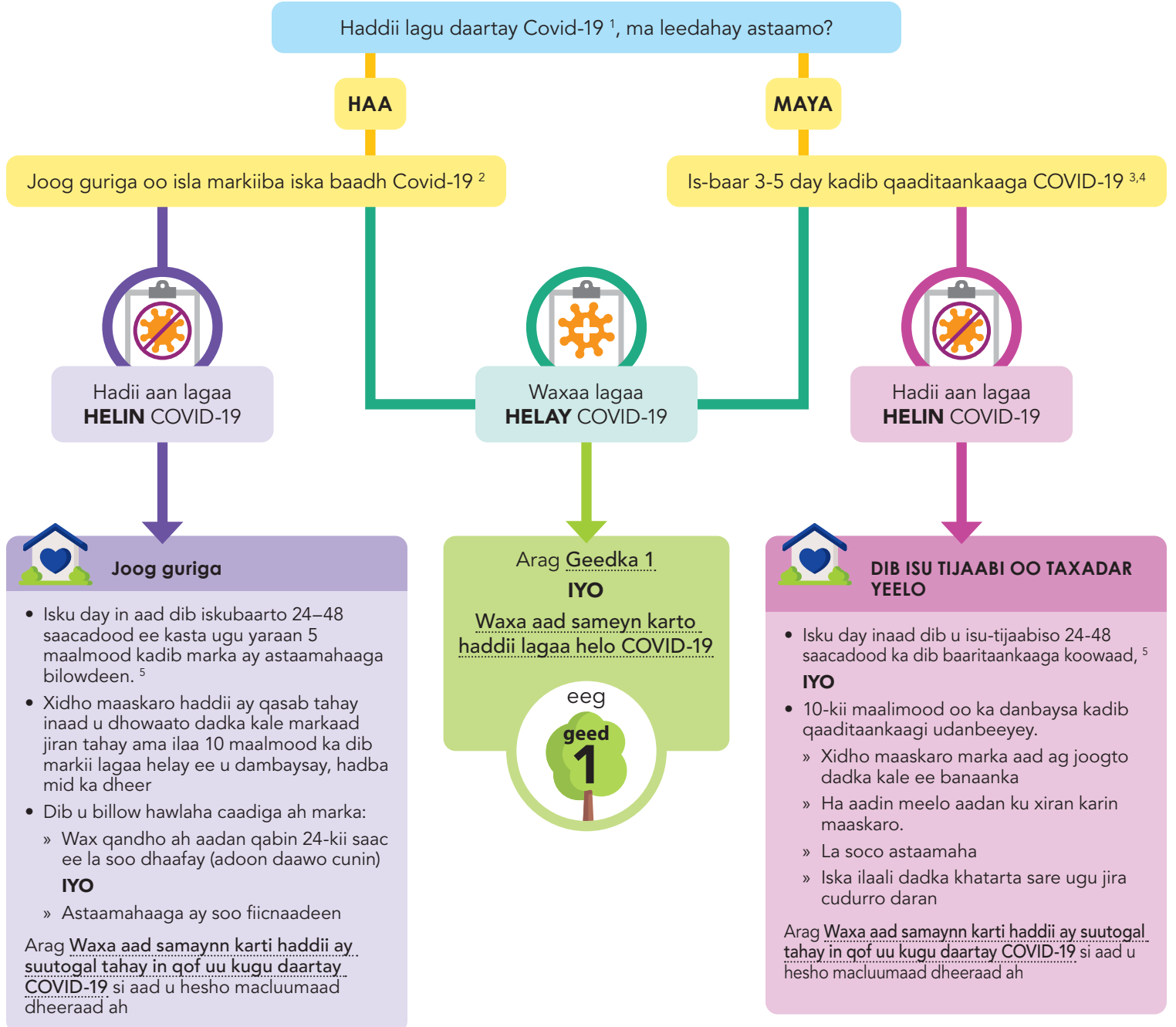
³ Haddii aadan xiran karin maskaro si fiican u habboon, waa inaad ku dhammaystirtaa karantiil buuxda oo 10 maalmood ah ee guriga.

⁴ Arag **Hagaha Is-tijaabinta ee Dadweynaha** si loo helo macluumaad dheeraad ah oo ku saabsan isticmaalka ku celcelinta tijaabada haddii aan lagaa helin. Haddii aan lagaa helin iyadoo laisticmaalaya shaybaar molecular ah (tusaale, Polymerase Chain Reaction (PCR, Baaritaanka Nuqulada Hiddo sida), uma baahnid inaad ku celiso baaritaanka.

Waxa aad samayn karto haddi lagu qaadsiiyo COVID-19



Shaxdaan go'aanka ah waxaa loogu talagalay guud ahaan dadweynaha iyo goobaha aan caafimaadka ahayn, sida dugsiyada iyo goobaha daryeelka carruurta.



¹ Qaaday COVID-19: qof kuu jiray 6 fiit oo ahaa qof laga helay Covid-19 in ka badan 15 daqiiqo mudo 24 saacadood gudahooda ee muddada kiiska la isku qaadsiiyo. Qeexitaanka xiriirka udhawaanshaha dhaw wuu ku kala duwanaan karaa xaaladaha qaarkood.

² Haddii lagaa helay 90-kii maalmood ee la soo dhaafay oo aad leedahay calaamadaha Covid-19, isticmaal baaritaanka difaaca jirka (ma ahan baaritaan PCR).

³ Haddii laga helay Covid-19 30-kii maalmood ee la soo dhaafay oo aad bogsatay oo aanad lahayn astaamo, laguma talinayo in mar kale lagaa baadh Covid-19. Si kastaba ha ahaatee, waa inaad xidhataa maaskaro kugu habboon oo tayo sare leh agagaarka dadka kale, ha aadin meelo aadan xidhan karin maaskaro, la soco calaamadaha kana fogog dadka khatarta sare ugu jira cudurro daran 10 maalmood ka dib qaaditaankaaga caabuqa ee ugu dambaysay.

⁴ Hadii lagaa helay caabuqa 30–90 -kii maalmood ee la soo dhaafay, isticmaal baaritaanka difaaca jirka (ma ahan baaritaanka PCR).

⁵ Arag **Hagaha Is-tijaabinta ee Dadweynaha** si loo helo macluumaad dheeraad ah oo ku saabsan isticmaalka ku celcelinta baaritaanka haddii aan lagaa helin. Haddii aan lagaa helin iyada oo laisticmaalaya shaybaar molecular ah (tusaale ahaan, PCR), uma baahnid inaad ku celiso baaritaanka.