

# Aadista Guriga kadib markaad dhasho inta lagu jiro masiibada COVID-19



Aafada cudurka COVID-19 ayaa badashay siday ahaan jirtay ilmo dhalida qoysas badan. Arintaan ayaa noqon karta mid lama filaan ah oo dhib badan. Haddii qorshahaaga dhalmadu isbadelay ama lagaa fogeeyay ilmahaaga kadib markaad dhashay, waxaad u baahan kartaa taageero dheeraad ah markaad aadaydso gurigaaga. Halkaan waxaad ka helaysaa qaababka qaar ood u daryeeli karto naftaada aadna jaceel ula abuuri karto cunugaaga.

## Daryeelida Naftaada



### Caafimaadkaagu waa muhiim

Halkaan waxaad ka helaysaa dhawr tallooyin oo ku aadan qaabka aad u daryeelayso baahiyahaaga gaarka ah:

- Ku daryeel naftaada shaawar, qubays, ama daryeelada kale ee jirka ee aad ku raaxaysanayso.
- Qaado nasiino badan ilaa inta suurtagalka ah.
- Ka codso inuu kaa caawiyo hawlaha guriga lamaanahaaga, carruurtaada waawayn, ama ilaha kale ee taageerada.
- Waqti gali naftaada. Banaanka fariiso, cab cabitaan kulul, daawo filin, akhri buug, ama wac saaxiib.



### Inaad dareento niyad jab ama walaac waa wax caadi ah

Dad badan ayaa dareema niyad jab ama walaac kadib markay ilmo dhallaan. Haddii qorshahaaga dhalmadu isbadelay ama lagaa fogeeyay ilmahaaga sabab la xariirita cudurka COVID-19, waxaad si gaar ah dareemi kartaa niyad xumo ama walaac. Waxaad u baahan kartaa inaad la hadasho saaxiib aad ku kalsoon tahay, qof bulshada kamid ah, ama khabiiir caafimaadka dhimirka ah si aad ugu sheegto waxa aad dareemayso. Haddii aad dareemayso fikir ah inaad isdisho, waxaad wici kartaa National Suicide Prevention Lifeline (Laynka Tooska ah ee Qaran ee Kahortaga Isdiilka) oo ah 1-800-273-8255 (TRS: 1-800-799-4889) ama wada sheekaysi kula yeelo ciwaanka [suicidepreventionlifeline.org/chat](https://www.suicidepreventionlifeline.org/chat).

# Xariir la yeelashada cunugaaga

Markaad daryeesho cunugaaga, waxaad yeelanaysaan xariir. Dhoolacadaynada, hab siinta, qosalka, kabadalida xafaayada, qabashada cunugaaga, iyo cunto siin ayaa kaa caawinaaya inaad xariir caafimaad leh la yeelato cunugaaga. Qasab maahan inaad heerka ugu sareeyo gaarto, kaliya samee waxaad awoodo, markaad awoodo.



## Daryeelida Cunugaaga

Markaad quudinayso cunugaaga, fiiri indhaha cunugaaga kadibna dhoola cadee, hadal, hees, ama cod reemid ah samee intuu cuntada cunaayo.

Naas nuujinta ayaa noqon karta wax dhib badan. Taageero ayaad heli kartaa haddii aad dhib qabto.

- Ka codso dhakhtarkaaga inuu kuu gudbiyo la taliyaha dhanka naas nuujinta.
- Raadi koox bixisa taageerada dhanka naas nuujinta oo macali ah ama oonleen ah.

Mararka qaar ilmaha ayaa ooyi doona aadna u rafanayaa si kasta oo aad u sabaalisaba. Oohinta ayaa wax caadi ah u noqon karta cunugaaga, marka samee intaad awoodo si aad isku dajiso. Haddii aad dhib badan ku qabto, caawimaad codso.

- Marka ilmuhu dhawaaqayaan waxaa suurtagal ah inay baahan yihiin, daalan yihiin, u baahan yihiin hurdo, ama doonaayaan in la qabto.
- Marka cunugaagu daalo waxaa laga yaabaa inuu rabo inuu firiqfiriq dhaho oo uu dhaqdhaqaaq sameeyo.

## Ilaha



- Dhakhtarkaaga caafimaadka
- Si aad u hesho taageerada dareenka oo 24 saac ah iyo u gudbinta adeegyada kale la xariir Washington Recovery Help Line (Laynka Gurmada Soo Kabashada ee Washington) ama laynka masiibada caafimaadka dhimirka ee deegaankaaga **warecoveryhelpline.org**
- National Suicide Lifeline (Laynka Qaran ee Isdilka) **suicidepreventionlifeline.org** 1-800-273-8255 (TRS: 1-800-799-4889)
- La Leche League (taageerada naas nuujinta) **lly.org**
- March of Dimes Postpartum Depression (Ururka March of Dimes ee Qaabilsan Diiqada Umusha Kadib) **marchofdimes.org/pregnancy/postpartum-depression.aspx**
- Perinatal Support Services **perinatalsupport.org/for-parents**
- Period of Purple Crying (Muddada Ilmuhu aadka u Ooyo ahna dhoor Asbuuc kadib Dhalmadiisa) **purplecrying.info**



## Xariir la yeelashada Cunugaaga

U naxariiso naftaada intaad baranayso sidii aad u dabooli lahayd baahiyaha cunugaaga. Ilmaha qaar waxaa lagu dejiyaa ruxid, wareejin, heesid, ama meel aamusan, halka qaarna ay dooni karaan meel dagan oon buuq lahayn.

Inaad wadaagtaan farxad iyo baashaal waa wax u wanaagsan adigga iyo cunugaaga. Heesida, wax akhrinta, iyo la ciyaarida cunugaaga ayaa ka caawinaysa cunugaaga dejinta dareenkiisa, waxay siinaysaa dareen badbaado, waxayna ka caawinaysaa maskaxdiisa inay kobacdo.

Iskuday:

- akhrin
- firinta muraayada
- ciyaarida muusiga
- inaad dhulka si dhabac-dhabac u seexataan labadiinuba
- ciyaarida peek-a-boo
- cod la samaynta cunugaaga

Taabashada jirka iyo u raaxaynta adoo adeegsanaaya sabaalin iyo dhab saarid ayaa u fiican cunugaaga. Hase yeeshee, waa muhiim inaad dareen siiso tusaalayaasha cunugaaga si aad u barato inta taabasho ee cunugaagu jecelyahay.

Si aad dukumiintigaan oo qaab kale u ah u dalbato, wac 1-800-525-0127. Macaamiisha dhagoolka ah ama maqalkoodu culus yahay, fadlan waca 711 (Washington Relay) ama iimeel udir [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).