



Maxay Tahay Inaad Ka Ogaato COVID-19

La cusbooneysiiday **12/28/20**: BPHC ayaa cusbooneysiin doonta macluumaadkan markii macluumaad cusub la helo.

WAA MAXAY COVID-19?

COVID-19 waa cudur ku dhaca neef mareenka oo uu sababo coronavirus sheeko cusub oo aan horey loogu arkin bina aadamka. Sidee ayuu ku faafaa COVID-19?

COVID-19 wuxuu si fudud ugu faafaa qof ilaa qof, iyadoo loo marayo **xiriir dhow** (qiyaastii 6 fuudh ama laba dherer gacan) oo leh qof leh COVID-19. Waxay ku faaftaa dhibcaha neef-mareenka ee la soo saaray markii qof cudurka qaba neefsanayo qufac, hindhiso, hadallo, ama heesaya. Dadka cudurka ku faafa waxay ku faafi karaan COVID-19 illaa 48 saacadood ka hor waxay leeyihiin astaamo. **Dad badan oo cudurka qaba aadan lahayn astaamo laakiin wali wuu ku faafi karaa COVID-19.**

Waa maxay Calaamadaha COVID-19?

- Qandho ama qarqaryo
- Qufac
- Neefsashada oo yaraata ama neefsashada oo dhib noqota
- Daal xad dhaaf ah
- Murqaha ama xanuun jirka ah
- Madax xanuun
- Luminta dhadhanka iyo urta
- Cune xanuun
- Ciriiri ama sanko oo dareera
- Lalabbo ama matag
- Shuban

Waa maxay halista aad u leedahay jirro daran?

Dadka qaarkiis waxaa loo tixgeliyaa inay halis sare ugu jiraan inay aad ugu bukoodaan COVID-19. Shaqadan waxa kamid ah:

- Dadka da'da ah
- Dadka qaba xaalado caafimaad oo salka ku haya, oo ay ku jiraan laakiin aan ku xaddidnayn, cudurka kelyaha ee joogtada ah, COPD, habka difaaca jirka oo daciifa, cudurka wadnaha, sonkorowga, buurnida, cudurka sickle cell

Goorma ayey tahay in lagu baaro?

Is baar haddii:

- Waxaad la kulmeysaa Calaamadaha u eg COVID
- Waxaad joogtaa halista sare ee dhibaatooyinka ka yimaada COVID-19
- Waxaad la xiriirtay qof qaba cudurka COVID-19
- Waxaad ku safartay ama ku jirtay shirar waaweyn
- Waxaad la shirtay dad aan ku noolayn gurigaaga

Tijaabinta ayaa si ballaaran looga heli karaa magaalada Boston. Haddii aad xiisaynayso helitaanka **Imtixaanka COVID-19**, hubi ka goobaha imtixaanka magaalada halkan. Tijaabinta at our goobaha mobilada waa lacag la'aan oo waa loo heli karaa qof kasta, iyadoon loo eegin astaamaha ama caymiska caymiska.

Maxaad samayn lahayd haddii aad jiran tahay ama aad u malaynayso inaad leedahay COVID-19?

- Is tijaabi!
- Guriga joog, marka laga reebo inaad hesho daryeel caafimaad.
- Kala sooc dadka kale ee gurigaaga si aad uga hortagtid inaad bukooto.
- Haddii ay qasab tahay inaad ka tagto go'doonka, xiro maaskaro, ka fogow 6 fuudh kuwa kale, gacmahaaga si joogto ah u dhaq, oo nadiifi dhammaan meelaha taabtay.
- Xitaa haddii aadan xanuun dareemin, waxaad u fidin kartaa dadka kale COVID-19.
- Haddii aad u baahan tahay inaad tagto xafiiska daryeel caafimaad ama qolka gargaarka degdegga ah, horay u sii wac si aad ugu sheegto inaad haysato COVID-19 una sheeg calaamadahaaga. Xiro af-dabool.

Goorta La Raadinayo Feejignaanta Caafimaadka Degdegga ah:

Haddii aad isku aragto mid ka mid ah astaamahan, isla markiiba wac 911:

- Neefsashada oo adkaata
- Xanuun joogto ah ama cadaadis xabadka ku jira
- Jahwareer cusub
- Dibnaha bishimaha ama wajiga
- Awood la'aanta in la toosiyo ama soo jeedo



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