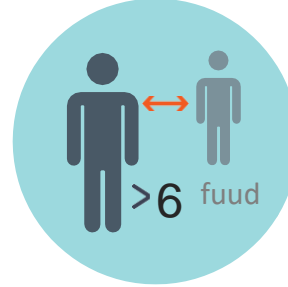


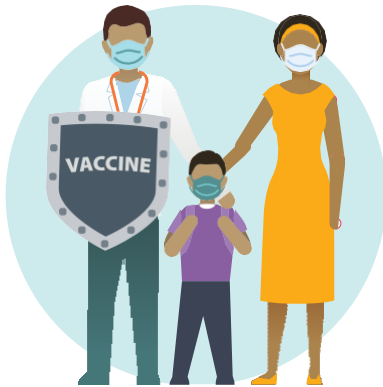
Xaqiiqooyinka ku saabsan tallaalada COVID-19

Tallaalada (Cirbadaha) waa mid ka mid ah aaladaha ay tahay in aan kula dagaalanno cudurka faafa ee COVID-19.



Si loo joojiyo cudurkan faafa, waxaan uu baahanahay in aan adeegsanno dhammaan qalabkeenna ka hortagga. Tallaaladu waa mid ka mid ah aaladaha ugu wax-ku-oolka badan ee lagu difaacayo caafimaadkaaga loogana hortagayo cudurka. Tallaaladu waxaa ay la shaqeeyaan difaacyada jirkaaga ee dabiiciga ah si **jirkaagu uu diyar ugu noqdo in uu la dagaallamo fayraska**, haddii aad u nugushahay cudurka, (sidoo kale loo yaqaan awoodda difaaca jirka). Tallaabooyinka kale, sida xirashada maaskaro daboosha sankaa iyo afkaaga iyo ka fogaanshaha ugu yaraan 6 fuud dadka kale ee aadan la noolayn, ayaa sidoo kale gacan ka geysaneysa joojinta faafitaanka COVID-19.

Daraasaduhu waxaa ay sheegayaan in **tallaalada COVID-19 ay waxtar badan u leeyihiin** in ay kaa ilaaliyaan in uu kugu dhaco COVID-19. Khubaradu sidoo kale waxaa ay qabaan in qaadashada tallaalka COVID-19 uu kaa caawin karo in aad si daran u jirrato haddii xitaa uu kugu dhaco COVID-19. Tallaaladan kuguma ridayaan cudurka laftiisa.



Tallaalada waa kuwa ammaan ah. Nidaamka badbaadada tallalka Maraykanka waxaa uu xaqiijinayaa in dhammaan tallaalada ay yihiin kuwa ammaan ah sida ugu macquulsan. Dhammaan tallaalada COVID-19 ee la isticmaalayo waxaa ay soo mareen tijaabooyin badbaado oo isku mid ah waxaa ayna ka siman yihiin heerarka sida tallaaladii kale ee la soo saaray sannadihii hore. Nidaamka jira dalka oo dhan oo u oggolaanaya CDC in ay la socoto arrimaha badbaadada oo ay hubiso in tallaadada ay yihiin ammaan.

Noocyo kala duwan oo ah tallaalada COVID-19 ayaa la heli doonaa. Kuwa badan oo ka mid ah tallaaladan waxaa lagu bixiyaa laba cirbadood, midba mar oo la kala fogaaynayo. Cirbadda ugu horeysa waxaa ay ka dhigaysaa jirkaaga mid diyaar ah. Cirbadda labaad waxaa la bixiyaa ugu yaraan saddex usbuuc ka dib si loo hubiyo in aad leedahay difaac dhameystiran Haddii lagu sheego in aad u baahan tahay laba cirbadood, xaqiiji in aad labadaba qaadato. Tallaalada waxaa laga yaabaa in ay u shaqeeyaan siyaabo xoogaa kala geddisan, laakiin dhammaan tallaalada waxaa ay kaa caawinayaan in ay ku difaacnaan.



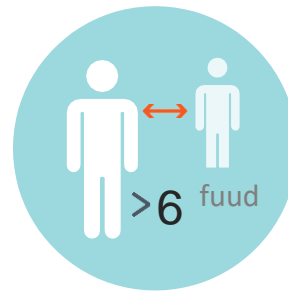


Tallaaladan waxaa ay dadka qaarkood u keeni karaan waxyeelooyin yar yar, sida muruq xannuun, daal, ama qandho yar. Falcelinnadan waxaa ay ka dhigan yihiin in tallaalka uu shaqeynayo si uu u baro jirkaaga sida loola dagaallamo COVID-19 haddii u kugu dhaco. Dadka badankood, waxyeelladan yar yar ma sii qabayaan wax ka badan maalin ama laba maalmood. **Qabitaanka waxyeelladan yar yar ee noocan ah kama dhigna in aad qabto COVID-19.** Haddii aad qabto su'aalo ku saabsan caafimaadkaaga marka aad qaadato cirbadda ka dib, wac dhakhtarkaaga, kalkaalisadaada, ama rugtaada caafimaadka. Sida daawo kasta ay tahayba, waa dhif haddana suurtagal in falcelin daran aad yeelato, sida in aad awood uu yeelan wayso in aad neefsato. Aad uma badno in ay tani dhacdo, laakiin haddii ay dhacdo, wac 911 ama booqo qolka xaaladaha deg degga ah ee kuugu dhow.



Markii aad qaadato tallaalka, adiga iyo shaqaalahaaga daryeelka caafimaad waxaad u baahan doontaan in aad xirataan maaskaro.

CDC waxaa ay kugula talinaysaa in inta uu jiro cudurka, dadka in ay xirtaan maaskaro daboosha sankooda iyo afkooda markii ay la kulmayaan dadka kale ee aan qoyskooda ka mid ahayn, marka la joogo xarumaha daryeelka caafimaad, iyo marka la qaadanayo tallaalka kasta, oo uu ka mid yahay tallaalka COVID-19.



Xataa marka aad qaadato tallaalka ka dib, waxaad u baahan doontaa in aad sii waddo xirashada maaskaro daboosha sankaa **ayo** afkaaga, in aad dhaqdo gacmahaaga mar walba, in aad ka fogaato ugu yaraan 6 fuud dadka aadan la noolayn. Tani waxaa ay adiga iyo dadka kaleba siinaysaa difaaca ugu wanaagsan ee ku aaddan qaaditaanka fayraska. Waqtigan la joogo, khubarada ma oga muddada tallaalka uu ku difaaci doono, sidaa awgeed waa fikrad wanaagsan in aad sii waddo raacitaanka tilmaamaha CDC iyo waaxdaada caafimaadka. **Waxaan sidoo kale ognahay in qof walba uu awood u yeelan doonin in la tallaalo isla markiiba, sidaa darteed weli waxaa muhiim ah in aad ilaaliso naftaada iyo dadka kaleba.**