

DIB U DEJITAANKA CANADA MUDADA CUDURKA EE COVID-19

Dal cusub usoo guuridi waa tallaabo weyn, khaasatan mudada lagu jiro kacdoon caafimaad darro oo caalami ah. Waxaa laga yaabaa in aad qabto su'aalo iyo danayno badan. Akhbaartani way ku caawinaysaa inta aad dib u degitaanka ku jirto.

Waxaan qaadaynaa tallaabooyin si aan u ilaalino dadka Deegan dalka Canada inta uu jiro COVID-19. Qof kasta oo soo gala Canada waa in uu bixiyaa akhbaaro cayiman waana in uu raacaa qaanuuno cayiman.

Waxa muhiim ah in aad fahamto macluumaadka ku qoran warqaddaan aadna raacdo talabooyinkan.

WAXA AAD U BAAHAN TAHAY IN AAD KA OGAATO COVID-19

Cudurka coronavirus (COVID-19) ku waa cudur khatar ah oo leh astaamo ay ka mid yihiin:



qufac cusub
ama sii
xumaanaya



neefsashada oo
dhib ah ama
neefta oo ku
qabata



heer kul
gaaraya ama
dhaafsiisan 38°C



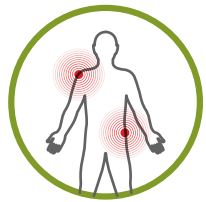
qandho
dareemid



qabow dhaxan
ah (qarqaryo)



cudurada
caloosha
(mindhicir
xanuun, shuban,
matag)



murugyo ama jir
xanuun



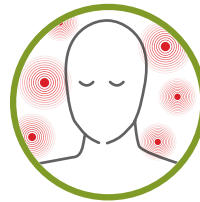
ur ama dhadhan
sii lumaya oo
cusub



madax xanuun



tacbaanimo
ama tabaryari



dareento
caafimaad darro

Hadii uu qof qabo cudurka COVID-19, waxa uu u gudbin karaa kuwa ku dhaw markii uu hadlo, qoslo, qufaco, heeso, ama hindhiso. Jeermiska waxaa kale oo la isugu faafin karaa dariiqa taabashada meel guud ah oo uu jeermisku ku kor dheganaa. Waa muhim in aad ogaato in aad qaadi karto COVID-19 dadka kalena aad qadsiin kartiid adiga oo ann wax astaamo ah lahayn ama aney ka muuqan

ILAALI NAFTAADA IYO TAN DADKA KALE IMAANSHAAGA CANADA KA HOR IYO KADIB INTABA

Sida ugu wanaagsan ee lagu yarayn karo faafitaanka COVID-19 waa:



Guriga joog kana dheerow
dadka kale haddii aadan
ladnaan dareemayn.



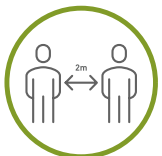
Aad uu dhaq gacmahaaga
saabuun iyo biyo qandac
ah ugu yaraan 20 ilbiriqsi.



Isticmaal gacmo nadiifyaha
aalkolada leh ee 60% ka
kooban aalkolo hadaadan
haysan biyo iyo saabuun.



Iska jir in aad wejigaaga
taabato, khaas ahaan
indhahaaga, sankaaga ama
afkaaga.



Isbar in aad jir ahana uga
durugto (adoo ka joogaya
ugu yaraan 2 mitir fogaan
ah dadka aan kula
deganayn)



Xiro maaskaraha aan
daaweysnayn ama weji
dabool markii aadan dadka
aan kula noolayn ka
fogaan karayn 2 mitir
Qaybo ka mid ah Canada,
meelo cayiman oo cid
walba u furan waa waajib
in la xirto maaska public
places.



Ka fogow inaad uu
dhawaato dadka buka ama
qaba fayraska.



Ku dabool afkaaga iyo
sankaaga suxulkaaga
marka aad qufcayso ama
hindhisayso, ama isticmaal
fasaleeti.



Xaddid xiriirka aad la leedahay
dadka halista sare ugu jira cudur
daran ee ka yimaada qoyskaaga
dibaddiisa, kuwas oo ay ku jiraan:

► da'doodu tahay
65 jir ama ka
weyn

► xanuuno qabaa
cadi ahanatoda

► difaaca jirkoodu uu aad
uu hooseyo, taso kentey
caafimaad darro ama
daaweyn awgeed



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Canada

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MARKA AAD CANADA USOO SAFRAYSO

Waa in aad xirataa maaskarada aan daawada ahayn ee ay ku siiyeen Ururka Qaxootiga Caalamiga ah markii aad soo dhoofaysay. Markaad Canada timaado, waxaad u baahan tahay in aad sii wado xirashada maaskarada aan daawada ahayn ama weji daboole.

Marka aad soo dhex marayso kastanada iyo waaxda socdaalka, waxaanu:



- ku marinaynaa shaashad lagu baarayo cudurka COVID-19
- ku weydiinaynaa halka aad ku socoto
- kaa faydaynaa maaskarada ama weji dabooleka waqti yar oo kooban si aan u habsano qofka aad tahay

Raac awaamirta kala durugga marka aad safrayso, xattaa marka aad xiran tahay maaskarada aan daawada ahayn. Taas macnaheedu waa in aad intii kuu suurto gal ah ka istaagtaa meel 2 mitir u jirta qofka aan kula degnaayn.

KARAANTIIL QASABA AH OO 14 CISHO AH

Markaad timaado Canada, waa in aad **Gashaa Karaantiil 14 chiso** Taasi wa waqtiga ay caadi ahaan ku qaadato in la ogaado in aad qabto COVID-19 ama ay jirooyin ku soo qabanayaan. Karaantiil safarka dabadii waa sharci u yaalla Canada. Qofkasta oon u hogaansamin raacitaanka tilmaamahaas waxaa laga yaabaa in lagu hayo meel karaantiil ah, ama bixiyaa ganaax lacageed ama xabsi galo, xattaa haddii wax yar oo calaamad ah laga helo.

Inta aad karantiil ku jirto, waa inaad naftaada kormeer ku heysaa calaamadaha, xiitaa haddii ay yihiin kuwa fudud. Dadka qaar waxay yeelan karaan COVID-19 ayadoon waligood calaamadaha lagu gaarin. Joogitaanka karantiilnimada 14 maalmood waxay ka hortagtaa faafitaanka COVID-19 bulshada.

Kafaalo qaadahaaga ama ururka maalgelinta ee dawladdu way:



kuu diyaarinayaan meel ku haboon karaantiil ku joogitaanka markaad Canada timaado



kaa caawinayaan in aad hesho cunto, daawo, qalabka nadaafadeed, iyo waxyaalo kale oo lagu geenayo goobta karaantiilka

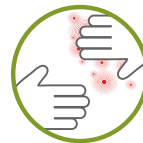


iney kaso **qaadan garoonka dayuuradaha** kuna geynaysaa goobta karaantiilka iyada oon samayn joogsi aan muhim ahayn

Waxaa laga yaabaa in aad 14 cisho ka badan ku sii jirto karaantiilka haddii:



Hadi aad isku aragtiid astaamaha COVID-19



aad la kulanto qof qaba cudurka COVID-19 ama leh astaamaha cudurka COVID-19

HADDII AAD ISKU ARAGTID ASTAAMAHA INTA AAD KARANTIIL KUJIRA

Haddii aad bilowdo inay kaa soo fibaxayaan jirrooyin intaad 14 ka cisho ee karaantiilka ku jirto, dhaqso **ugu sheeg kafaalo qaadayaashaada ama ururka maal-gelinta dawladda.**

Waxay kugu caawin doonaan in aad la xirirto madaxda caafimaadka dadweynaha ee ku yaalla agagaarkaaga. Madaxda caafimaadku waxay ku weydiin doonaan in aad u qeexo jirrooyinkaaga iyo taariikhda safarkaaga. Waxa kale oo ay ku siin doonaan tilmaamo la raaco.

Inta aad astaamaha qabto, waxaad u baahan doontaa in aad:

- **Isla markaaba naftaada karantiil geeli:** Taa macnaheedu waxay tahay waa in aad ka fogaato dadka kale, xattaa xubnaha ka mid ah qoyskaaga iyo dadka aad la nooshahay.
- **Seexato kuna negaato qol gooni ah oo ka**

- fog dadka kale, haday suurto gal tahay.**
- **xirato maaskaro ama weji daboole marka aad ka ag dhaw dahay dad kale.**
- **Jeermis-dile isticmaashaa mar kasta ood isticmaasho musqulaha, waxyaalaha ama meelaha aad la wadaago.** Hadday

suurto gal tahay, isticmaal musqul ka duwan kuwa kale.

- **Ka fogow dadka u nugul in ay qaadaan jirrooyinka khatarta ah, sida dadka waayeelka ah iyo dadka ay xaaladahooda caafimaad liitaan.**

Sidaa si la mid ah adiga iyo qof kasta oo aad isla soo safarteen waxaad u baahanaysaan in aad sii kordhisaan 14 ka cisho ee karaantiilka.

Akhbaaro dheeri ah ka hel : canada.ca/coronavirus



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