

# KU SAABSAN CUDURKA CORONAVIRUS (COVID-19)

## WAA MAXAY COVID 19?

**COVID-19 waa cudur uu sababo fayraska coronavirus.**

Coronaviruses-ka bini-aadamka ku dhacaa waa wax caadi ah, lana xidhiidha xanuunada khafiifka ah ama Hargabka la midka ah.

## FAAFITAANKA CUDURKA

Fayrasyada Corona Coronaviruses-ku badanaa waxa uu uga soo faafaa qofka caabuqa qaba siyaabo kala duwan sida.

- ▶ dhibcaha yar yar ee la socda neefta marka aad qufacdo ama aad hindhisto
- ▶ marka aad samayso xidhiidh qofka qaba, sida taabashada ama gacan-qaadka/salaanta
- ▶ taabashada shay fayras ku gaadhay ama dushiisa saaranyahay, ka dibna aad taabato indhahaaga, sankaaga ama afkaaga ka hor intaadan gacmahaaga dhaqin.

Fayrasyadan lama garanayo inay ku faafaan qalabka hawo-bixiyeyaasha ama biyaha.

## HADDII AAD LEEDAHAY ASTAAMO

Haddii aad leedahay astaamaha COVID-19 – sida qandho, qufac, ama neefsashada oo ku dhibta:

- ▶ guriga joog ([karantiimee](#)) si aanu ugu gudbin dadka kale
  - haddii aad la nooshahay dad kale, qol gooni ah joog ama masafo 2-mitir ah ka fogow dadka
- ▶ hore u wac ka hor intaadan booqan xirfadle daryeel caafimaad ama [wac maamulka caafimaadka dadweynaha ee deegmadaada](#)
  - u sheeg astaamaha aad isku aragtay ka dibna raac tilmaaha lagu siiyo
- ▶ haddaad u baahato daryeel caafimaad oo degdeg ah, wac 911 oo u sheeg calaamadaha aad isku aragtay

**MACLUUMAAD  
DHEERAAD AH, BOOQO**

[Canada.ca/coronavirus](https://Canada.ca/coronavirus)

AMA LA XIRIIR **1-833-784-4397**

## ASTAAMAHA CUDURKA

Astaamuhu waxay noqon karaan kuwa aad u khafiif ah ama aad u daran.

Astaamuhu waxay qaadan karaan ilaa 14 maalmood inay soo muuqdaan ka dib marka uu soo gaadho fayrasku qofka.



QANDHO



QUFAC



NEEFSASHADA OO DHIIB  
KU NOQOTA QOFKA

## KA HORTAGGA CUDURKA

Sida ugu wanaagsan ee looga hortagi karo faafitaanka Caabuqu waa:

- ▶ ku dhaqan [ka fogaanta dadka](#) ilaa 2 mitir mar kasta
- ▶ guriga joog haddii aad xanuunsantahaysi aad uga fogaato in cudurka u gudbisno dadka kale
- ▶ gacmahaaga ku dhaq saabuun iyo biyo ugu yaraan 20 sekan
- ▶ ha taaban indhahaaga, sankaaga ama afkaaga, gaar ahaan marka aan gacmahaagu dhaqnayn.
- ▶ iska ilaali inaad xiriir dhow la yeelatid dadka jiran
- ▶ Marka aad qufacaysno ama aad hindhisaysno:
  - ku dabool afkaaga iyo sankaaga gacanta ama Afmaris si loo yareeyo faafitaanka Jeermiska
  - sida ugu dhakhsaha badan ugu tuur qashin-qubka wixii ah Afmaris ah ee aad isticmaashay, ka dibna gacmahaaga maydh
- ▶ si joogto ah u nadiifi, oo Jeermis-dile ku nadiifi walxaha aad taabato sida Caruusadaha, Qalabka Elektarooniga ah iyo gacan-qabadka
- ▶ xiro maaskaro ama [waji-gashi caadi oo aan ahayn kuwa bahda caafimaadku adeegsato](#) (Tusaale ahaan, waa Maaskaro/Afdabool [loo sameeyay](#) in gebi ahaanba lagu daboolo sanka iyo afka iyada oo aan meel qudha la banyan, kaasi oo xarig kiigay xidhay madaxa ama dhegaha) si looga ilaaliyo dadka iyo deegaanka kugu xeeran