



XANUUNKA CORONAVIRUS (COVID-19)

Waxaad leedahay astaamo laga yaabo in uu keenay COVID-19

GO'DOOMIN KHASAB AH

Dowlada Kanada waxay hirgalisay talaabooyin deg deg ah oo lagu joojinayo soo bandhigida iyo faafinta COVID-19 gudaha Kanada. Waa **IN AAD IS KARANTIISHAA 14 MAALMOOD iyo la soco astaamaha naftaada** khuseeya yareynta halista soo-shaacbaxa cudurka Minimizing COVID-19 ee amarka kanada (karantiin khasab ah) No. 2.

U hoggaansanaanta Amarkan waxa uu khuseeyaa kormeerka, xaqiijinta iyo meelmarinta. Cidda ku xadgudubta waxay wajihi karaan xabsi ku hayn xarun karantiimo sidoo kale ganaax iyo / ama xabsi.

WAA IN AAD ISKARANTIISHAA ADIGA OO AAN KA DAAHIN

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| <ul style="list-style-type: none"> • Si toos ah u tag meesha halka aad isku karantiimaynayso adiga oo aan ka daahin, halkaana ku jir 14 maalmood oo ka bilaabmaya maalinta aad soo gashay Kanada. . • Ha isku karantiimayn meel aad si toos ah ula xidhiidh karto ama ay joogaan dadka caafimaad ahaan nugul, sida dadka leh xaalado caafimaad ooh ore u hayay, dadka difaacooda jidhku hooseeyo ee xanuuno laga dawaynayso, ama dadka da'doodu tahay 65 ama ka sii wayn. • Hubi in aad haysato meel ku haboon in aad isku karantiisho meeshaad oo leh baahiyaha daruuriga ah ee nolosha. • Hubi in aad xidhatay maaskaro kugu haboon ama waji-dabool gaar ahaan marka safarka. | <ul style="list-style-type: none"> • Ku dhaqan kala fogaanta bulshada wakhtiyada oo dhan. • Ha raacin gaadiidka dadwaynaha. Kaliya isticmaal gaadiidka gaarka ah, sida gaadhigaaga gaarka ah. • Ka digtoonow in aad dadka kale xidhiidh la samayso inta aad ku jirto safarka, hana samayn istaag kasta oo aan loo baahnayn: <ul style="list-style-type: none"> ○ Ku jir gaadhigaaga inta suurogal ah; ○ Ha ku negaanin Hudheelka; ○ Haddii aad u baahato gaas ku bixi Bamka; ○ Hadaad ubaahantahay cunno, isticmaal gaari; ○ Hadaad ubaahantahay inaad isticmaasho goobaha nasashada, xiro maaskaro oo maskaxda ku hay kala fogaanta jidhka ee dadka kale iyo dhaqanada nadaafada wanaagsan. |
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WAA IN AAD JOOGTAYSAA LA SOCODKA CAAFIMAADKAAGA:

XUMAD

QUFAC

NEEFTA OO KU QABATA

Haddii xaaladahaagu sii xumaadaan sida (qufaca, neefta oo ku qabata ama xumad gaadhaysa ama ka badan 38°C, ama calaamado xumadeed tusaale ahaan dhaxan xad dhaafa ah oo jidhkaagu dareemo, jidhka oo ku barara, ama dhidid xad-dhaaf ah) si degdeg ah u wac maamulka caafimaadka dadwaynaha una sharax astaamahaaga iyo safarkaagii ka dibna raac tilmaamaha lagu siiyo.

MARKA AAD KARANTIILANTAHAY

Waa muhiim in aad:

- **Ku maydh gacmahaaga inta badan** saabuun badan iyo biyo kulul/diiran ugu yaraan 20 ilbidhiqsi ama isticmaal jeermis-dile Alkahola oo gacmaha lagu dhaqo haddii aanad biyo iyo saabuun heli karin.
- **Iska ilaali in aad taabato wajigaaga.**
- **Ku dabool gacanta afkaaga iyo sankaa** marka aad qufacayso ama hindhisayso.
- **Xadid xidhiidhka aad kula samaynayso dadka kale** meesha aad ku karantiilantahay sida caruurta iyo kuwa aan wali safar galin iyo kuwa aan astaamuhu ka soo muuqan.

Waa kugu WAAJIB in aad:

- **Dhexjoog** goobta aad ku karantiilantahay.
- **Haka dhaqaaqin** goobta aad ku karantiilantahay, illaa aad raadinayso daryeel caafimaad mooyaane.
- **Ha isticmaalin gaadiidka dadwaynaha (tusaale: Basaska iyo Tagaasida).**
- **Yaan lagu soo booqan.**
- **Ha aadin dugsi, shaqo ama goobaha kale ee dadwaynaha.**
- **Diyaarso baahiyaha nolosha** (Tusaale ahaan, cuntada, dawada, qalabka nadiifinta) oo loo soo dirayo meeshaada karantiimada.

Raac tilmaaha lagu siiyay qaab online ah:

www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html



MAAMULKA CAAFIMAADKA DADWAYNAHA

GOBOLADA IYO DHULALAKA	TALEEFAN LAMBAR	WEBSAYDKA
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	811	www.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19

Macluumaad dheeraad ah:

1-833-784-4397

canada.ca/coronavirus

Kaadhka aqoonsiga: 04-22-02 / DATE: 2020.04.28