



Aalad is-baaritaan

2022-2023 Sannad Dugsiyeedka

Qalabkan waxaa la sameeyay iyadoo lala kaashanayo maamulka caafimaadka ee deegaanka iyo gobolka. Waxaad isticmaali kartaa qalabkan maalin kasta si aad uga baarto calaamadaha caadiga ah ee jirrada kuwaas oo u baahan kara inaad guriga joogto si aad u soo roonaato. Waxaan danaynaynaa sirtaada oo dhammaan macluumaadka lala wadaago dugsiga waxay ahaan doonaan kuwo sir ah.

PPS waxay isticmaashaa habab yaraynta si ay uga jawaabto cudurrada faafa ee dugsiyada. Waxaan kugu dhiirigelinaynaa inaad sii waddo ku-dhaqanka tallaabooyinka yaraynta shakhsi ahaaneed sida gacmo-dhaqashada ama isticmaalka gacmo nadiifiyaha, daboosha qufacaaga, iyo waji-xirashada. Kalkaalisada dugsiga ayaa laga yaabaa inay kula soo xiriirto telefoon si ay u hesho macluumaad dheeraad ah oo ku saabsan xanuunka ardaygaaga.

	Waalidiinta/Masuulka	Shaqaalaha
	<p>waa inay ogeysiyaan dugsiga haddii ardaygaaga(yada)</p> <ul style="list-style-type: none"> Haysatan mid ka mid ah calaamadaha hoos lagu sharaxay; <p>AMA</p> <ul style="list-style-type: none"> Laga helay cudur la kala qaado sida COVID-19, Busbuska, hMPXV ("Busbuska Daanyeerka"), Jadeecada, Meningitis-ka, ama Xiiq-dheerta. 	<p>waa in aad ogaysiisaa kormeerahaaga haddii aad:</p> <ul style="list-style-type: none"> Haysatan mid ka mid ah calaamadaha hoos lagu sharaxay; <p>AMA</p> <ul style="list-style-type: none"> Laga helay cudur la kala qaado sida COVID-19, Busbuska, hMPXV ("Busbuska Daanyeerka"), Jadeecada, Meningitis-ka, ama Xiiq-dheerta.

Calaamadaha u baahan inaad guriga joogto

Liistada hoose waxay ku siinaysaa tilmaamo dugsi, maaha talo caafimaad. Fadlan la xiriir bixiyaha caafimaadkaaga wixii walaac caafimaad ah.

HADDII SHAKHSIGA...	Shakhsiga wuu soo laaban karaa ka dib...
	<p>QORID: Liiskani waxa uu tilmaamayaa wakhtiga ugu gaaban ee guriga lagu joogo. Kala hadal adeeg bixiyahaaga marka ay wanaagsan tahay in lagu soo laabto shaqada ama dugsiga sababtoo ah cudurrada qaarkood waxay u baahan karaan muddo dheer oo soo kabsasho ah.</p>

<p>2+ calaamadaha asaasiga ah ee COVID-19:</p> <ul style="list-style-type: none"> Qandho Qufac Neefsashada oo ku adkaata ama neefta oo ku yaraata Luminta dhadhanka ama urta 	<p>Baaritaanka COVID-19 waa mid taban(negative) oo qofka ayaa 24 saacadood qandho la'aan ah isaga oo aan isticmaalin dawooyinka qandhada yareeya iyo calaamadaha kale ayaa ka soo roonaaday.</p> <ul style="list-style-type: none"> Kaarantiilka ugu yar waa 5-maalmood haddi aanad baarin ama haddii baaritaankaaga yahay mid togan (negative). Dadka waa in ay raacaan tilmaamaha ku salaysan calaamadaha lagu dabaqi karo calaamadaha kale. Xiro maaskaro dugsiga/shaqada 5 maalmood oo dheeraad ah (Maalmaha 6-10) ka dib 5 maalmood oo karaantiil ah.
<p> Nabar maqaarka ah oo nabarro furan</p>	<p>* Finanka ayaa tagay AMA nabarada waa engegan yihiin AMA finan/nabarka gabi ahaanba waxaa lagu dabooli karaa faashad AMA kalkaalisada dugsiga ayaa amar ka heshay dhakhtar taasoo muujinaysa in ardayga soo laaban karo.</p> <p>Haddii laga helay ogaanshaha hMPXV ("Busbuska Danyeerka"), bixiyaha caafimaadkaaga waa inuu kuu oggolaadaa inaad ku noqon karto dugsiga/shaqada.</p>
<p> Qandho: heerkulka 100.4°F (38°C) ama ka badan</p>	<p>* Qandho la'aan 24 saacadood adiga oo aan qaadanin dawo qandho-yaraysa.</p> <ul style="list-style-type: none"> Haddii aad qabto COVID-19 u soo sheeg dugsiga/shaqada.
<p> Qufac cusub AMA Neefsashada oo dhib ah oo cusub</p>	<p>* Calaamadaha ayaa soo hagaagaya 24 saacadood (qufac la'aan ama qufac si fiican loo xakameeyo AMA si raaxo leh u neefsanaya)</p> <ul style="list-style-type: none"> Haddii laga helo xiiq-dheer, ardayga waa inuu qaataa 5 maalmood oo antibiyootik ah ka hor inta uusan soo laaban Haddii aad qabto COVID-19 u soo sheeg dugsiga/shaqada.
<p> Shuban: 3 saxaro dabacsan/biyo leh maalintii AMA ma awoodo inuu xakamayo saxarada</p>	<p>* Calaamado la'aan 48 saacadood AMA amarro ka yimid dhakhtarka ilaa kalkaalisada dugsiga.</p>
<p> Matag: hal ama in ka badan oo dhacdo taas lama sharaxin</p>	<p>*Calaamado la'aan 48 saacadood AMA amarro ka yimid dhakhtarka ilaa kalkaalisada dugsiga.</p>

Si aad u heshid liiska buuxa ee calaamadaha u baahan inaad guriga joogtid, eeg [ODE/OHA Tasmada Cudurada la is Qaadsiiyo.](#)