

# HUBIYAHA ISKA BAARIDDA XANUUNKA EE MAALINLAHA AH

Shaqaalaha iyo waalidiinta/mas'uuliyiinta ardayda waxaa looga baahan doonaa inay iska baaraan maalin kasta astaamaha cudurka ka hor intaysan galin dhismaha degmada ama aysan isticmaalin gaadiidka degmada. Hubiyaha Is-baarista waa in loo adeegsadaa in lagu go'aamiyo haddii ay jirto halista jirro ama u-baylahaanta COVID-19. **Haddii shaqaalaha ama ardaygu leeyahay mid ka mid ah astaamahan soo socda ama uu u baylahay COVID-19 14-kii maalmood ee la soo dhaafay, waa inuu guriga joogaa oo u soo sheegaa maqnaanshahiisa iyo astaahiisa dugsiga ama kormeeraha ku habboon, lana xiriiraa bixiyahooda daryeelka caafimaad haddii loo baahdo.**

## **Ka helidda/Ka ag dhawaansho/U baylahaanta suuragalka ah ee COVID-19 (14 maalmood ee la soo dhaafay)**

- Shaqaale, arday, ama qof ka tirsan qoyskooda oo laga helay COVID-19
- Shaqaale ama arday ayaa ka ag dhawaaday (6 fuudh gudahood) qof qaba COVID-19 ugu yaraan muddo isugeyn 15 daqiiqo ah maaliintii.
- Shaqaale ama arday ayaa uu ka codsaday inuu is gooniyeeyo ama isku karantiilo guriga xirfadle caafimaad ama waaxda caafimaadka bulshada ee deegaanka
- Shaqaale ama arday leh xubin reerka kamid ah oo ka ag dhawaaday (u jirsaday 6 fuudh qof cudurka qaba ugu yaraan muddo 15 daqiiqo ah) qof laga helay COVID-19, haatana uu xubinta reerku leeyahay astaamo jirro.

## **Astaamaha Aasaasiga ah ee COVID-19**

- Qandho (heerkulka 100.4°F ah ama ka sareeya) ama qarqaryo
- Qufac cusub oo aanuu baarin ama uusan ansixin bixiyaha daryeelka caafimaadku
- Neef yari ama neefsashada oo adkaata oo aan la garanayn sababteeda
- Dhadhan ama ur lumin cusub

## **Astaamaha Dheeraadka ah ee Ka Reebida Jirrada**

- Matag
- Shuban
- Firiiric ama nabaro aan la aqoon



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