

COVID-19

Waalidka ama masuulka qaaliga ahow,

Waxa lagu siinayaa xaashidan xaqiiqda:

- Sababtoo ah waxaa laga yaabaa in ilmahaagu uu la kulmay COVID-19.
- Ujeeddooyin macluumaad oo keliya.

Macluumaadka Guud ee ku saabsan COVID-19

Waa maxay COVID-19?

- COVID-19 waa jirro uu keeno fayraska loo yaqaan SARS-CoV2.
- Waxay si fudud ugu faafi kartaa dhibco iyo qaybo yaryar oo hawada la iskaga gudbiyo

Ya qaadi kara?

- Qof kasta wuu qaadi karaa COVID-19, xitaa haddii uu hore u qaaday.
- Dadka qaar ayaa halis sare ugu jira inay aad u jiradan ama ay ku dhacaan dhibaatooyin caafimaad, oo ay ka mid yihiin:
 - Dadka ka weyn 50 sano.
 - Dadka difaaca jirkoodu daciif yahay.
 - Dadka qaba xaalado caafimaad oo hoose (sida neefta, sonkorowga, cudurada wadnaha, iyo kuwa uurka leh).
 - Dadka aan laga tallaalin COVID-19.
- Dadka ku jira kooxda kor ku xusan ee khatarta sare leh (eeg kor) waa inay la xiriiraan bixiyehooda daryeelka caafimaadka haddii ay u maleynayaan inay qabaan COVID-19.

Waa maxay calaamaduhu?

- Qandho (Akadamiyadda Maraykanka ee Dhakhaatiirta Carruurta waxay ku qeexdaa qandhada heerkul dhan 100.4°F [38°C] ama ka sareeya)
- Qufac
- Neefsasho yar ama neefsashada oo ku adkaata
- Qabow
- Daal
- Muruq xanuun ama jir xanuun
- Madax xanuun
- Luminta dhadhanka ama urta cusub
- Cune xanuun
- Sanka oo barara ama diif leh
- Lalabbo ama matag
- Shuban

Sidee buu u faafaa?

- Marka dadka qaba COVID-ku ay siidaayaan (tusaale ahaan, marka ay neefsanayaan, hadlayaan, heesayaan, jimicsi samaynayaan, qufacayaan, hindhisayaan) waxay ku sii daayaan dhibco iyo qaybo yaryar hawada oo uu ku jiro fayrasku.

- Qaybaha yaryar ayaa hawada ku jira waxayna joogi karaan halkaas saacado badan (tani waxaa loo yaqaannaa virus hawada la socda).
- Dhibcaha waa weyn, badanaa ma socdaan in ka badan 6 fiit.
- Fayrasku wuxuu fidaa marka qofku neefsado dhibco ama qaybo yaryar. Tani waxay aad ugu dhowdahay inay ku dhacdo meelaha dadku ku badan yihiin ee gudaha ah ee aan lahayn hawo wanaagsan.
- Inkastoo ay yar tahay, COVID-19 waxa kale oo uu ku faafi karaa:
 - taabashada shay ama dusha sare ee uu fayrasku ku yaal ka dibna aad taabto afka, indhaha, ama sanko.
 - la wadaaga maacuunta ama koobabka qof qaba COVID-19.
- Qofku wuu faafin karaa COVID-19 xitaa haddii uusan lahayn Calaamado.

Kawaran Haddii Ilmahaygu yeesho Calaamadaha COVID-19?

Haddii ilmahaagu leeyahay calaamadaha COVID-19, waa inay guriga joogaan oo laga baaro fayraska.

Sideen uga baari karaa COVID-19?

- Is-baaridda deg dega ah ayaa u oggolaanaysa dadku inay iskaga baaraan COVID-19 gurigooda. Raac tilmaamaha xirmada.
- Baaritaanka waxaa sidoo kale sameyn kara bixiye daryeel caafimaad.

Xaashidan xaqiiqadu waxay ku siinaysaa macluumaad guud oo keliya. Haddii aad hayso su'aalo dheeraad ah ama aad ka welwelsan tahay in ilmahaagu qabo COVID-19, la xidhiidh bixiyaha xanaanada caafimaadkaaga.

Kawaran Haddii Ilmahaygu qabo COVID-19?

Isla markiiba ogeysii bixiyaha xanaanada cunuggaaga ama dugsiga haddii ilmahaagu qabo COVID-19.

Sidee loola dhaqmaa?

- Inta badan dadka qaba COVID-19 ayaa iskood u bogsada.
- Ilmaha u raaxee, u ogolow inay nastaan, hubi inay si fiican u qaataan cabitaanka (sida caanaha ama pedialyte), oo inta badan kawarqab.
- Bixiye daryeel caafimaad ayaa qori kara dawo lagu daweyo COVID-19, gaar ahaan dadka leh calaamado daran ama halis ugu jira inay ku dhacaan dhibaatooyin caafimaad.
- Dhallaanka 3 bilood ama ka yar ee leh xummad 100.4°F (38°C) ama ka badan waa in uu arko adeeg bixiyahooda daryeelka caafimaadka.
- Kala hadal bixiyaha xanaanada caafimaadka ilmahaaga haddii aad wax walaac ah ka qabto calaamadaha ilmahaaga. **Haddii ilmahaagu ay ka muuqdaan calaamadaha fuuq-baxa (xafaayadaha qoyan ama kaadida ka yar sidii caadiga ahayd, daal ka badan inta caadiga ah, dawakhaad, carrabka ama faruuryaha qallalan, ilmo yar), si degdeg ah u neefsanaya, neefsashada oo dhib ah, ama uu leeyahay madax-xanuun daran. waxay u baahan yihiin in uu arko bixiyaha xanaanada caafimaadka isla markaaba.**

Sideen uga hortagi karaa in COVID-19 uu faafu?

- Qaado tallaalka COVID-19 (iyo xoojiyayaasha).
- Guriga joog oo is baar haddii aad leedahay Calaamado.
- Iska ilaali inaad la kulanto qof kasta oo qaba COVID-19.
- Haddii aad qaaday COVID-19, xidho maaskaro si fiican ugu habboon oo tayo sare leh muddo 10 maalmood ah.
- Xiro maaskaro haddii aad ku jirto meel dadku ku badan yihiin, oo gudaha ah.
- Kordhi socodka hawada gudaha adigoo furaya daaqaadaha ama isticmaalaya nadiifiyayaasha hawada ee HEPA ee la qaadi karo.
- Dhaq gacmaha marar badan, gaar ahaan hindhisada, qufaca, ama taabashada sanko ka dib.
- Dabool sankoaga iyo afkaaga markaad qufacayso ama hindhisayso.
- Ka fogow inaad la wadaagto koobabka, weelka wax lagu cuno, cuntada, iyo cabitaannada qof kasta oo qaba COVID-19.

Ilmahaygu ma u baahan yahay inuu guriga ka joogo daryeelka ilmaha?

Haddi ubadkaagu uu ku dhacay COVID-19 uma baahna inay guriga joogaan.

- Carruurta iyo shaqaalaha uu ku dhacay COVID-19 waa inay:
 - La socdaan calaamadaha ugu yaraan 10 maalmood.
 - Tixgeli inaad xidhato maaskaro si fiican u rakiban (haddii da'du ku habboon tahay) 10 maalmood ka dib soo-gaadhistoodii ugu dambaysay.
 - Is baaraan 3-5 maalmood ka dib soo-gaadhistoodii ugu dambaysay.

Haddii ilmahaagu qabo COVID-19 waa inay guriga joogaan, gaar ahaan haddii mid ka mid ah calaamadaha soo socdaa lagu arko:

- Ay leeyihiin qandho (heerkulka 100.4°F [38°C] ama ka sareeya) oo ay weheliso calaamadaha kale ee COVID-19.
- Aysan dareemaan fayobi ku filan inay ka qayb qaataan hawlaha fasalka (tusaale: daal aan caadi ahayn, qallafsanaan ama xanaaq, ama oohin in ka badan sida caadiga ah).

Fadlan raac nidaamka jirada ee barnaamijka xanaanada cunuggaaga.

Tixraacyo:

Centers for Diseases Control & Prevention

- COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html>

WA Department of Health

- *Guidance to Prevent and Respond to COVID-19 in K-12 Schools and Child Care, last updated 12/5/2022*

Child Care Health Program – Public Health Seattle & King County

- <https://kingcounty.gov/depts/health/child-teen-health/child-care-health/disease-prevention.aspx>
Disease Prevention Website