



Hagida COVID-19 ee Qoysaska

Maxaa la sameynaa ...

Canugaaga waxoo leeyahay calaamadaha COVID-19:

Dadka waaweyn iyo caruurta heesato calaamadaha iyo astaamaha COVID-19 waa inee joogaan meel gooni ah, xirtaan maaskaro la fac, iyo isku baaraan sida ugu dhaqsaha badan.

Calaamadaha ugu waaweyn ee COVID-19 weli waa qandho, diif, qufac, cune xanuun, iyo madax xanuun.

Hadoo baaritaanka canugaaga yahay negative markii la isticmaalo baaritaanka degdega ah laakiin wali oo heesto calaamado, fadlan ha u dirin canugaaga iskoolka. Laba maalmood gudahooda ka baar mar kale. La xiriir daryeelahaaga caafimaadka.

FADLAN HA U DIRIN ISKOOL CANUG JIRIN.

Canugaaga waxaa laga helay COVID-19:

- 1. JOOJI MEEL GOONI AH:** Canugaaga ku haay guriga iyo ka fogeey dadka kale ugu yaraan **5 maalmood**. Raac dhamaan tilmaamaha meel joogista gooniga ah ee hoose:

JOOGISTA MEEL GOONI AH

MAALMAHA

Xiro maaskaro agagaarka dadka kale

0 Calaamadaha bilaabteen ama baaritaanka waa laga helay.
1 Bilaaw tirinta maalmaha meel joogista gooniga ah.

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6 Waxaa joojin kartaa joogista meel gooni ah ka dib Maalinta 5 hadii:

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- Qandho la'aan ahayd 24 saacadood (daawooyin qandho yareen la'aanteed), IYO
- Ma lihid calaamado kale, ama calaamadahaaga waa qafiif iyo raysanooyo

11 Joogista meel gooni ah woo dhamaaday

- 2. MAASKARO:** Hadii baaritaanka laga helo COVID, iyo canugaaga u baahan yahay inoo kula jiro qol dadka kale, hubi inay xirtaan maaskaro si fiican ula fac. Caruurta calaamadahooda la xaliyay iyo qandho lahayn ugu yaraan 24 saacadood waxay joojin karaan joogista meel gooni ah ka dib maalinta 5 iyo waxay ku soo laaban karaan iskoolka, laakiin waa inay sii wadaan xirashada maaskaro si fiican ula fac gudaha markay dadka kale la joogaan ilaa maalinta 10.
- 3. WARGELI:** Fadlan la socodsii kalkaalisada iskoolka hadoo canugaaga jiran yahay, hadaa canugaaga ku haysid guriga, ama hadii canugaaga laga helay baaritaanka COVID-19.
- 4. TALAAL:** Xarumaha Xakamaynta Cudurada iyo Akademiyada Maraykanka ee Caruurta waxay ku talinayaan in ardayda la socdaan talaalada COVID-19. La socdaan macnaheeda waa **inay qaateen ugu yaraan 1 talaal** PfizerBioNTech ama Moderna COVID-19. La socoshada talaalka COVID-19 ee lagu taliyay waxoo canugaaga ka ilaalinaa jiro halis ah iyo dhimasho ee keento COVID-19. Talaalada dayrta waxaa la filaa inay daboolaan noocyadii ugu dambeeyay.

Canugaaga waxoo la kulmay qof qabo COVID-19:

Hadii aa [xiriir dhow](#) la yeelatay qof qabo COVID-19, iyo leedahay calaamado ama sheegaayo inaa qabtid, raac tilmaanta kore. Hadii aa xiriir dhow la yeelatay iyo aadan lahayn calaamado:

- 1. Xiro maaskaro si fiican kula fac gudaha wareega dadka kale 10 maalmood.**
- 2. Isbaar 3-5 maalmood ka dib markaa ogaatay inaa qabtid**
Hadii natiijada baaritaankaaga tahay inaa qabtid, jog meel gooni ah
- 3. La soco caafimaadkaaga 10 maalmood.**
Hadii calaamado bilaabtaan, guriga joog, iyo is baar.