

## Waxa aad u Baahan Tahay in aad Ogaatid: Novel Coronavirus (COVID-19)

Maarso 19, 2020

Caafimaadka Denver wuxuu halkaan u joogaa in aad xogogaal u noqotid macluumaadka leysku haleyn karo iyo taageerada aad heli kartaan adiga iyo bulshada Denver.

Su'aalaha guud: Khadka Kaalmada CO (CO Help Line) 1-877-462-2911 ama 303-389-1687

Haddii aad xanuunsan tahay: Khadka Kalkaalinta Caafimaadka Denver (Denver Health Nurse Line) 303-739-1211

\*\* Badamaa dadka badan naga soo wacaan Khadka Kalkaalinta (Nurse Line) taasoo ka dhallatay dillaaca COVID-19, fadlan isticmaal xariirka bukaanka (patient portal) ee laga helo MyChart ([iOS](#)) ([Android](#)) si aad u ogaatid su'aalaha daryeelka caafimaadka guud ama is aad ula xariirtid bixiyehaada daryeelka caafimaadka.

Xasuusin, fadlan tag qolka degdegga haddii aad ku sugan tahay xaaladaha khatarta ku ah nafta oo keliya.

### Maxay Yahiin Calaamadaha?

Inta badan bukaanka qaba COVID-19 waxay isku arkaan calaamado qabooban oo la mid ah hargabka caadiga ama durayga. Calaamadaha waxay soo bixi karaan 2-14 maalin kaddib marka lagu dhawaado, waxaana ka mid ah:

- Qandho, Qufac, ama Neef Yari

### Haddii Aad Xanuunsan Tahay

- Horay u soo wac ka hor inta aadan u tagin takhtarka ama aadan booqan qolka degdegga, ama kliinikada.
- U sheeg calaamadaha aad isku aragtay iyo in aad aaminsan tahay in aad ku dhawaatay qof qaba COVID-19.
- Is x. Inta badan dadka qaada COVID-19 waxay isku arkaan calaamado yaryar mana u baahna daryeelka caafimaadka.
- Inta badan dadka waa ka bogsadaan marka ay nastaan, cabbaan dareere badan iyo qaataan dawooyinka xanuunka iyo kuwa yareeya qandhada.

### Baarista Tooska ee laga fulliyo Goobaha Isbitaalka iyo Kliinikada

- Si aan u ilaalino ammaankaada iyo ammaanka shaqaalahena iyo dadka na soo booqda, dhamaan dhismooyinkena daryeelka isbitaalka waxaan ka hirgelinay gelitaan la kantaroolo iyo baarista calaamadaha.
- Horay u soo wac ka hor inta aadan u tagin takhtarka ama aadan booqan qolka degdegga.
- Waxaan kaa codsaneynaa in aad horay u timaadid 15 daqiiqo dheeraad ah ka hor inta aan la gaarin ballankaada si aad u dhameysatid hawsha baaritaanka.

### Haddii aan u baahdo in ley seexiyo isbitaalka, ma ley soo booqan karaa?

- Nasiib darro, maya.
- Bacdamaa aan ka taxadirno bukaankena, dadka na soo booqdo, iyo shaqaalaha labadaba, waqtigaan lama ogola in dadka na soo booqdo soo galaan isbitaalka.
- Waxaa jira waxyaabo laga dhaafi doono hadba sida kiiska yahay sida daruufaha khaaska ama qaar ka mid ah qeybaha isbitaalka.

### Talooyinka CDC ee la xariira Daboolka Wijiga:

- Haddii aadan jirraneyn, ha qaadanin daboolka wijiga.

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- Daboolka wjiga waxaa isticmaali kara oo keliya dadka muujiya calaamadaha COVID-19, si ay uga hortagaan faafidda cudurka.

### Talaabadaha Aad Qaadi Kartid si aad uga Hortagtid COVID-19

- Saabuun iyo biyo ku dhaq gacmahaada ugu yaraan 20 sekan. Haddii aadan heli karin saabuun iyo biyo, isticmaal nadiifiyaha gacanta, ugu yaraan 60% alkolo.
- Iska ilaali in aad taabatid indhahaada, sankaaada, iyo afkaada.
- Dabool qufaca iyo hindhisada adiga oo isticmaala warqadda nadaafadda, kaddibna ku tuur qashinka. Icticmaal gudaha xussulkaada haddii aadan heli karin warqadaha nadiifinta.
- Joog guriga haddii aad xanuunsan tahay iyo guriga ku celi caruurta haddii ay xanuunsan yahiiin.
- Meelaha nadiifsan gurigaada, iyo waxyaabaha qofka u gaarka ah sida telefoonada gacanta, adiga oo isticmaala waxyaabaha caadiga ee guriga yaala.

### Dillidda Jeermiga

- Waxaa dhici karto in aad qaadiid COVID-19 marka aad taabatid meel ama shay fiiruska saaran yahay kaddibna taabatid afkaada, sankaaada, ama sida suurtoogalka ah indhahaada.
- Maalin kasta, waxaad dhamaan meelaha "taabashada-badan" sida kuuska-albaabka ku nadiifisaa dillaha jeermiga ee lagu dhajiyay sumadda "EPA Approved" (Ogolaashada EPA).

### Ka Fogaashada Bulshada: 6 Cag u Jirso Qofka aad ku Aragtid Calaamadaha

- Si aad u xanuunsatid, waa in aad ku dhawaatay firuska. CDC waxay ku-dhawaashada ku sifeysaa marka ilaa 6 cag (2 mitir) loo jirsado qof qaba COVID-19 muddo dheer.
- Ku dhawaasha waxaa suurtoogelin karaa dhibcaha - marka qofka qaba firuska uu qufaco ama hindhiso, taasoo la mid ah sida fluuga iyo cudurada kale ee la xariira neefsiga u faafaan.

### Ma Loo Baahan Yahay in aan Joojiyo Ballanka Ley Qabtay?

- Haddii aad isku aragtid calaamado sida qufaca, qandhada ama neef yarida, fadlan waqti hore soo wac ka hor inta aadan imaanin Caafimaadka Denver (Denver Health).
- Bukaanka qaba calaamadaha waxaa la weydiin doonaa in ay 6 cag ka fogadaan dadka kale ama in ay ka baxaan meelaha dadweynaha ka dhexeeyo.

### Dadyowga Halista Badan ku Jira

Dadka ku sugan halis badan waa in ay ka fogadaan kooxaha dadka badan iyo waa in ay iska ilaaliyaan in ay ku dhawaadaan dadka kale. Dadka lagu tilmaamo in ay ku jiraan halis badan waxaa ka mid ah:

- Dadka ka weyn 70 sanno.
- Dadka siistemkooda difaaca waxyeelo soo gaartay ama qaba dhibatooyin caafimaad hore sida xaaladaha neefsiga, cudurka wadnaha, cudurka sambabaha iyo sokorowga.
- Dadka toos xariir sokke ula yeeshay qof qaba COVID-19.

### Xasuuso

- Waa caadi in la cabsado ama la murugoodo marka aad maqashid dillaca cudur xattaa haddii aad ku sugan tahay halis yar in aad qaadiid cudurka. Ka taxadir in aadan ku xanaaqin dadka xanuunsaday. Weydii naftaada:
  - "Ma waxaan u fakaraa ama miyaan sameeyaa wax la mid ah haddii uu ahaan lahaa cudur ka duwan, sida hargabka (flu)?"
  - "Waxa aan Aniga sameeyo miyaa badbaadiya dadka mise waxay dhalliyaan cabsi badan?"
- Halista COVID-19 kuma xerna isirka, dhallashada, ama qaranka qofka. Eedeeynta dadka kale kuguma kaalmeyn karto in aad la dirirtid cudurka. Raadinta iyo qeybsiga macluumaad sax ah.

### Xogogaal noqo

Haddii aad xanuunsan tahay, wac Khadka Kalkaalinta Caafimaadka Denver 303-739-1211

- Jawaabaha lagu bixiyo luqado badan sida Ingiriisiga, Isbanish (Español),
- Ama Mandarin (普通话), wac Khadka Kaalmada CO (CO Help Line), telefoonka 303-389-1687 ama 1-877-462-2911.
- Caafimaadka Dadweynaha Denver (Denver Public Health): [denverpublichealth.org/Coronavirus](https://denverpublichealth.org/Coronavirus)
- Caafimaadka Dadweynaha Colorado (Colorado Public Health): [covid19.colorado.gov](https://covid19.colorado.gov)
- Xarumaha Kantaroolka Cudurka (Centers for Disease Control): [cdc.gov/coronavirus/index.html](https://cdc.gov/coronavirus/index.html) ama [CDC COVID-19 FAQ](#)
- Waaxda Caafimaadka Dadweynaha iyo Deegaanka ee Denver (Denver Department of Public Health and Environment): [denvergov.org/content/denvergov/en/environmental-health/news/coronavirus-info.html](https://denvergov.org/content/denvergov/en/environmental-health/news/coronavirus-info.html)