

Macluumaadka Bukaanka: Waxa aad u Baahan Tahay in aad ka Ogaatid COVID-19

La casriyeyay: Juun 3, 2020

Maxay yahiin calaamadaha COVID-19?

Inta badan bukaanka qaba COVID-19 waxay isku arkaan calaamado qabooban oo la mid ah hargabka caadiga ama fluuga. Calaamadaha waxay ku soo bixi karaan 2-14 maalin kaddib marka qofka ku dhawado qof cudurka qaba, waxaana ka mid noqon kara:

- Qandhada
- Qufaca
- Neef yarida

Booqo [bogga internetka Xarumaha Kantaroolka Cudurka \(Centers for Disease Control\) \(CDC\)](#) si aad u ogaatid calaamadaha dheeraadka

Halis badan miyaan ku jiraa aniga in aan qaado cudurka darran ee COVID-19?

Dadyowga ku jira halista badan waa in ay ka fogadaan dadka badan iyo waa in ay iska ilaaliyaan in ay xariir sokke la yeeshaan dadka kale. Dadka loo haysto in ay ku jiraan halis badan waxaa ka mid ah:

- Dadka ka weyn 70 sanno.
- Dadka siistemo kooda difaaca ay waxyeelo soo gaartay ama qaba dhibatooyin caafimaad hore sida xaaladaha neefsiga, cudurka wadnaha, cudurka sambabaha iyo sokorowga.

Maxaa loo baahan yahay in aan sameeyo haddii aan xanuunsado?

Haddii aad xanuunsan tahay, waxaa aad muhiim u ah in aad qaadatid daboolka marka aad ku sugan tahay meelaha dadweynaha. Hubso in aad isxassilid; inta badan dadka qaba COVID-19 waxay la kulmaan calaamado yaryar mana u baahna daryeelka caafimaadka. Inta badan dadka waa ka bogsadaan marka ay nastaan, cabbaan dareere badan iyo qaataan dawooyinka xanuunka iyo qandhada yareeya.

Haddii aad u baahan tahay in la fiiriyo caafimaadkaada, horay u wac ka hor inta aadan tagin si aad u aragtid takhtarka ama aadan booqanin qolka degdegga ama kliinikada. U sheeg shaqaalaha calaamadaha aad isku aragtay, hana ogaadaan haddii aad aaminsan tahay in aad ku dhawaatay qof qaba COVID-19.

Caafimaadka Denver (Denver Health) miyuu bukaanka ka baaraa COVID-19?

Haa. Haddii aad u maleysid in aad qabtid COVID-19, la xariir takhtarkaada si aad u qabsatid ballan. Si lagu baaro, waxaa loo baahan in aad ammar ka soo qaadatid takhtarkaada.

Sidee ayaan ammar uga soo qaataa takhtarkeyga si ley baaro?

Bilow in aad la hadashid bixiyahaada. Haddii calaamadahaada u baahan yahiin in la baaro, takhtarkaada wuxuu ku siin doonaa ammar. Waxaad ballanka la-tashiga telehealth ka qabsan kartaa xariirinta bukaanka Caafimaadka Denver (Denver Health), ([MyChart](#)), ama marka aad wacdid xarunta ballanka, telefoonka 303-436-4949.

Haddii aad xanuunsatid, wac Khadka Kalkaalinta Caafimaadka Denver (Denver Health Nurse Line), Telefoonka 303-739-1211.

Xaggee ayay Denver Health ka fullisaa baaritaanka COVID-19?

Waa la baaraa dhamaan bukaanka soo gala. Baaritaanka bukaan socodka, taasoo u baahan in aad ammar ka soo qaadatid bixiyahaada iyo ballanka baaritaanka, waxaa laga fulliyaa goobaha soo socda:

- Xarunta Webb ee Daryeelka Aasaasiga (Webb Center for Primary Care)
- Xarunta Caafimaadka Qoyska Montbello (Montbello Family Health Center)
- Xarunta Caafimaadka Qoyska Peña (Peña Family Health Center)

Maxuu yahay kharashka ku baxa baaritaanka COVID-19? Ceymiska miyaa bixin doono kharashka bacdamaa takhtarkeyga ku talliyay?

Haddii aad ku jirtid ceymis, waa lagaa bixin doonaa kharashka baaritaanka COVID-19. Haddii aadan ceymis qabin, waxaa dhici karto in aad hal mar bixisid khidmadda baaritaanka.

Kliinikadaha Caafimaadka Denver (Denver Health) ma u furan yahiin booqashooyinka fiyoobida caadiga?

Haa. Kliinikadaha Daryeelka Aasaasiga (Primary Care Clinics) waxay u furan yahiin dhamaan booqashooyinka. Waxaa la dhiirigeliyaa booqashooyinka lagu fullin karo telefoonka (telehealth) halka kuwa u baahan qiimeynta qofka laga helo dhamaan goobaha. Kliinikadaha takhasuska waxay u furan yahiin qiimeynta qofka la soo xulo.

Waxaan fullinay taxadir badan si aan u ilaalino ammaanka bukaankena, sida hirgelinta kala fogaanta bulshada, hubinta isticmaalka daboolka wijiga, iyo yareynta qiyaasta socodka iyo dhismooyinka dadka ku badan yahiin. Haddii aad u baahatid in aad qof ahaan soo booqatid, bukaanka waxaa laga codsan doonaa in uu u hoggaansamo hababka kala fogaanta bulshada inta uu ku sugan yahay xerada iyo in uu qaato waxayaabaha ku habboon daboolka wijiga ama dabool. Haddii aadan haysanin wax aad ku daboolshid wijiga, waxaa lagu siin doonaa mid aad isticmaashid.

Maxaan fillan karaa marka aan galo dhismaha Caafimaadka Denver (Denver Health)?

Si loo ilaaliyo ammaanka bukaankena, dadka soo booqda iyo shaqaalaha, dhamaan isbitaaladaha iyo goobaha daryeelka bukaan socodka, waxaan ka fullinay habka kantaroolka gelitaanka iyo baaritaanka calaamadaha. Fadlan, ku talagal 15 daqiiqo dheeraad ah ka hor inta aan la gaarin ballankaada si loo fulliyo hawsha baaritaanka.

Ma leyga rabaa in aan qaato daboolka wijiga marka aan imaado meeshiina?

Haa. Sida qeyb ka tirsan ammarka caafimaadka dadweynaha uu soo saaray Duqa Magaalada Denver, dhamaan dadka daggan Denver waxaa laga rabaa in ay qaataan daboolka wijiga marka ay ku sugan yahiin goobaha dadweynaha, marka ay soo booqdaan goobaha caafimaadka ama marka ay ku hawlan yahiin hawlaha ganacsiga. Haddii aadan soo qaadan karin daboolkaada ama daboolka wijiga, waxaa lagu siin doonaa mid marka aad gashid goob kasta oo ku taal xeradaha ama gudaha xarumahena caafimaadka qoyska.

Qaliinka la xushay ama hawlaha caafimaadka miyaa laga fulliyaa Caafimaadka Denver (Denver Health)?

Caafimaadka Denver (Denver Health) wuxuu bilaabay in uu dib u ballamiyo hawlaha caafimaadka ee xasaasiga u ah waqtiga. Bixiyayaasha Caafimaadka Denver (Denver Health) waxay adiga kula shaqeyn doonaan toos si loo qabto amd dib loo ballamiyo qaliinka la doortay mustaqbalka.

Maxaan samayn karaa si aan uga hortago COVID-19?

Waxaa jira dhowr tallaabo aad qaadi kartid si aad u yareysid ku dhawaashada COVID-19:

- Saabuun iyo biyo ku dhaq gacmahaada in badan, ugu yaraan 20 sekan. Haddii aadan heli karin saabuun iyo biyo, isticmaal nadiifiyaha gacanta ee laga helo ugu yaraan 60% alkolo.
- Iska ilaali in aad taabatid indhahaada, sankaaada, iyo afkaada. Waxaa dhici karto in aad qaadid COVID-19 marka taabatid meel fidsan ama shay uu firuska saaran yahay kaddibna aad taabatid afkaada, sankaaada ama indhahaada.
- Waxaad qufaca iyo hindhisada ku daboolsha warqadda nadaafadda. Kaddibna waxaad warqadda ku tuurtaa qashinka. Icticmaal gudaha xussulkaada haddii aadan heli karin warqadaha nadiifinta.
- Joog guriga haddii aad xanuunsan tahay iyo guriga ku haay caruurta haddii ay xanuunsan yahiin. Maalin kasta, nadiifi dhamaan meelaha fidsan ee "aad loo taabto" gurigaada adiga oo isticmaala daawada lagu dilo jeermiga

Haddii aad xanuunsatid, wac Khadka Kalkaalinta Caafimaadka Denver (Denver Health Nurse Line), Telefoonka 303-739-1211.

ee ku shabadeysan "Ogolaashada EPA" ("EPA Approved"). Waxaa ka mid ah kuuska albaabka, miisaska caadiga, miisaska fidsan, iyo waxyaabaha qofka leeyahay sida telefoonada gacanta.

Ma loo baahan yahay kala fogaanta bulshada?

Haa. Si aad u xanuunsatid, waa in aad ku dhawaatay firuska. Ku dhawaashada waxay dhici kartaa marka qof qaba cudurka qufaco ama hindhiso, sida fluuga iyo cudurada kale ee la xariira neefsiga u fidaan. Marka la kala fogaado in ka badan lex cag (labo mitir) lana qaato daboolka marka lagu sugan yahay goobaha dadweynaha, waxaad yareysay fursadda in aad ku dhawaatid firuska.

Maxay yahiin ilaha aan ka heli karo macluumaadka?

- Si aad u heshid jawaabo ku qoran luqado badan sida Ingiriisiga, Isbanish (Español), ama Mandarin (普通话), wac Khadka Taakuleynta Colorado (Colorado Help Line): telefoonka 303-389-1687 ama 1-877-462-2911
- Caafimaadka Dadweynaha Denver (Denver Public Health): denverpublichealth.org/Coronavirus
- Caafimaadka Dadweynaha Colorado (Colorado Public Health): [covid19.co`do.gov](https://www.coloradopublichealth.gov/covid19)
- Xarumaha Kantaroolka Cudurka (Centers for Disease Control): [cdc.gov/coronavirus/index.html](https://www.cdc.gov/coronavirus/index.html) ama [CDC COVID-19 FAQ](https://www.cdc.gov/coronavirus/19faq)
- 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