

La casriyeyay: Agoosto 4, 2020

Si aad u heshid adeegyada tarjumada, fadlan wac: 303-739-1211, riix 3 kaddibna sheeg luqadda aad jeceshahay.

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 ama qarqaryada, Qufaca, Neef Yarida, Xanuunka Murqaha, Daalka Guud, Dhadhanka iyo/ama Urinta oo Lunta
- Booqo [Bogga internetka Xarumaha Kantaroolka Cudurka \(Centers for Disease Control\) \(CDC\)](#) si aad u ogaatid calaamado dheeraad ah.

Halis badan miyaan ku jiraa badamaa aan qabo cudurka daran 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 halista badan waxaa ka mid ah:

- Dadka ka weyn 70 sanno.
- Dadka siistemkooda 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 loo qaato xanuunka iyo kuwa yareeya qandhada.
- 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 iminka 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 dalab 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 dalabka. Waxaad ballanka la tallinta caafimaadka ku shaqeeyo telefoonka (telehealth) ka qabsan kartaa xariirinta bukaanka Caafimaadka Denver (Denver Health), [Jaantuskeyga \(MyChart\)](#), ama adiga oo waca xarunta ballanka, telefoonka 303-436-4949.

Xaggee ayay Denver Health ka fulisaa baaritaanka COVID-19?

Waa la baari doonaa dhamaan bukaanka la seexiyo. Baaritaanka bukaan socodka, taasoo u baahan in aad dalab ka soo qaadatid bixiyahaada kana qabsatid ballanka baaritaanka, waxaa laga fulliyaa goobaha soo socda:

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

Ma la bixin doonaa kharashka ku baxa baaritaankeega?

- Haddii aad ku jirtid ceymis, waa lagaa bixin doonaa kharashka ku baxa baaritaanka COVID-19. Haddii aadan ceymis qabin, waxaad bixin doontaa khidmadda baaritaanka.

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

- Haa. Kliinikadaha Daryeelka Aasaasiga (Primary Care Clinics) waxay u furan yahiiin in dhamaan la soo booqdo. Waxaa la dhiirigeliyaa booqashooyinka lagu fullin karo telefoonka (telehealth) iyo kuwa u baahan in qofka la arko lana qiimeeyo lagana helo dhamaan goobaha. Kliinikadaha takhasuska waxay u furan yahiiin 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 yahiiin.
- 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 haysan daboolka 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 isbitaaladana 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 goobahiina?

- Haa. Haddii aadan soo qaadan karin dabool kuu gaar ah ama daboolka wijiga, waxaa lagu siin doonaa mid marka aad gashid goob kasta oo ku taal xeradana ugu muhiimsan ama gudaha xarumahena caafimaadka qoyska. Looma baahna in caruurta soo booqata ee ka yar saddax sanno in ay soo xertaan daboolka sanko iyo afka inta ay ku sugan yahiiin xerada ama marka ay u yimaadaan ballanka la siiyo.

Qaliinka la xusho ama hawlaha caafimaadka caadiga ma laga fulliyaa Caafimaadka Denver (Denver Health)?

- Haa. Bixiyeyaasha Caafimaadka Denver (Denver Health) waxay toos kuula shaqeyn doonaan adiga si aad u qabsatid ama dib u qabsatid ballanka qaliinka la xusho mustaqbalka.

Haddii ley seexiyo, sabab kasta ha noqoto, ha ahaato COVID-19 ama yeysan ahaanin, ma ley soo booqan karaa?

- Siyaasadaha u dagan qofka soo booqda Caafimaadka Denver (Denver Health) waa la baddali doonaa marka magaalada, gobolka ama dawladda federaalka soo saaraan hoggaamin cusub. Weydii bixiyahaada siyaasadda iminka jirta ee ku saabsan qofka soo booqda ama booqo www.denverhealth.org/visitors si aad u heshid wararkii ugu dambeyay ee ku saabsan siyaasadda qofka soo booqdo.

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 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, sankaa, iyo afkaada. Waxaa dhici karto in aad qaadid COVID-19 marka aad taabatid meel ama shay uu firuska saaran yahay kaddibna aad taabatid afkaada, sankaa ama indhahaada.
- Warqadda caafimaadka ku dabool qufaca iyo hindhisada. 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 yahiiin. Maalin kasta, nadiifi dhamaan meelaha badanaa "la taabto" gurigaada adiga oo isticmaala daawada lagu dilo jeermiga ee ku shabadeysan "Ogol 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?

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**DENVER
HEALTH**
— est. 1860 —



- Haa. Si aad u xanuunsatid, waa in aad ku dhawaatay firuska. Ku dhawaashada waxay dhici kartaa marka qof qaba cudurka qufaco ama hindhiso, ee la midka ah sida fluuga iyo cudurada 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?

- [Xarunta Kantaroolka Cudurka \(Center for Disease Control\)](#)
- [Caafimaadka Dadweynaha Denver \(Denver Public Health\)](#)
- [Caafimaadka Dadweynaha Colorado \(Colorado Public Health\)](#)
- [Waaxda Caafimaadka Dadweynaha iyo Deegaanka ee Denver \(Denver Department of Public Health and Environment\) – Magaalada Denver \(City of Denver\)](#)
- Si aad u heshid jawaabo ku qoran luqadaha Ingiriisiga, Isbanishka (Español), ama Mandarin (普通话), wac Leenka Kaalmada Colorado (Colorado Help Line): [303-389-1687](tel:303-389-1687) ama [1-877-462-2911](tel:1-877-462-2911).

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