

Sida loogu daryeelo qof qaba COVID-19 guriga



Badanaa dadka ku xanuunsada COVID-19 waxay yeelan doonaan astaamo khafiif ah waana inay ku bogsadaan guriga. Daryeelka guriga ayaa kaa caawin kara joojinta faafitaanka COVID-19. Haddii aad daryeeleyso, ama aad la nooshahay qof laga helay cudurka COVID-19 isla markaana uu caafimaadkiisu ku filan yahay inuu ku bogsado guriga, raac tilmaamahan si aad u ilaaliso naftaada iyo dadka kale ee guriga ku nool, iyo sidoo kale kuwa bulshadaada ah.

Adiga oo ka taxadraya dacwo COVID-19 ah oo guriga ah waxaad u baahan kartaa inaad is go'doomiso / is-keli yeesho wadar ahaan 24 maalmood. Haddii tani aysan macquul ahayn, dacwada COVID-19 kala hadal kalkaalisadooda caafimaadka dadweynaha wixii ku saabsan fursadaha kale ee go'doomin.

Sideen ugu taageeri karaa xubin qoyskayga ah ama qof aan isla deganahay guriga?

Qofka qaba COVID-19 waa inuu is-karantiilaa. Tani waxay ka dhigan tahay inaysan ka bixi karin gurigooda ilaa ay u baahdaan daryeel caafimaad oo deg deg ah. Waxay u baahan yihiin in laga fogeeyo dadka kale ee guriga ku nool, oo ay ku jiraan xayawaanka rabaayadda ah. Hadday suurtagal tahay, waa inay ku sugnaadaan qol gooni ah ama dabaq gooni ah oo ay isticmaalaan musqusha qolkooda. Haddii qofku ku qasbanaado inuu la wadaago musqusha, si joogto ah jeermiska ugu nadiifi meelaha dusha laga taabto in badan (tusaale ahaan, musqusha, qasabada qasabada, qasabadaha, albaabbada gacmaha, qaybta shidashada nalka iwm).

Kaliya hal qof waa inuu daryeela qofka qaba COVID-19. Dadka halista sare ugu jira waa inay iska ilaaliyaan daryeelka, ama inay xiriir dhow la yeeshaan qofka jiran. Tan waxaa ka mid ah dadka jira 60 sano iyo wixii ka weyn, kuwa difaaca jirkoodu daciifka yahay ama kuwa leh dhibaatooyinka caafimaad ee hoose. Si loo yareeyo faafitaanka COVID-19 ee qoyska dhexdiisa, saraakiisha caafimaadka bulshada ayaa gacan ka geysan kara helitaanka meelo kale oo lagu daryeelo qofka jiran, ama xubinta reerka ee qatarta ugu weyn ugu jiri kara dhibaatooyin halis ah COVID-19. Macluumaad intaas ka badan, qofka qaba COVID-19 waa inuu la hadlaa sarkaalkiisa caafimaadka bulshada, ama la xiriiraa Health Links - Info Santé (204-788-8200 ama 1-888-315-9257).

Saraakiisha caafimaadka bulshada waxay si joogto ah ula xiriiri doonaan qofka qaba COVID-19 si ay u qiimeeyaan heerkulkooda, astaamaha, fayoobaanta ugana jawaabaan wixii su'aalo ama walaac ah. Qofka qaba COVID-19 waa inuu sii wadaa is-karantiilka ugu yaraan 10 maalmood laga bilaabo bilawga astaamahooda iyo illaa iyo inta ay astaamo la'aan ka noqonayaan 24 saacadood. Sarkaalka caafimaadka bulshada ayaa u sheegi doona goorta ay joojin karaan is-karantiilka. Taxaddarradu

waa inay ku sii jiraan meeshan oo dhan illaa inta lagula taliyo in is-karantiilka la joojin karo.

Ogsoonow in xiriirku uu ka imaan karo qof ka socda hay'ad caafimaad ee gobolka, Xiriirka Xarunta Caafimaadka Dadweynaha COVID-19, Laanqeyrta Cas ee Canada, 24/7 In Touch ama la-hawlgalayaal kale. Shakhsiyaadka waxaa sidoo kale lala xiriiri karaa nidaamka wicitaanka otomaatiga ah ama fariimaha qoraalka ah ee SMS.

Wicitaanada otomaatiga ah ayaa loo sameyn doonaa lambarka la bixiyo waqtiga baaritaanka waxayna dhacayaan inta u dhexeysa 9:00 subaxnimo iyo 8:00 fiidnimo toddoba maalmood usbuucii. Si aad u hesho iyaga waa inaad ka saartaa wixii magac qarsoodiga ah ka xiraayo taleefankaaga. Shakhsiyaadka ayaa sii wadi doona helitaanka wicitaanada joogtada ah ilaa ay astaamo ka madax banaan yihiin oo kiiskoodu xirmayo. Macluumaad dheeraad ah oo ku saabsan kiiska iyo maaraynta xiriirka, oo ay ku jiraan wicitaannada otomaatiga ah, farriimaha qoraalka ah ee SMS iyo walaacyada asturnaanta ayaa laga heli karaa manitoba.ca/covid19/testing/monitoring/index.html.

Haddii uu qofka qaba COVID-19 uu galo xaalad caafimaad oo kasii dareysa, wac Linkiyada Health Links - Macluumaadka Santé (204-788-8200 or 1-888-315-9257). Kalkaaliso ayaa kugu caawineysa in aad go'aan ka gaarto in loo baahanyahay qiimeyn caafimad iyo in kale.

Haddii qofka qaba COVID-19 uu leeyahay calaamadaha hoos ku xusan:

- xanuun feedho oo cusub ama daran
- Dhibaataada neefsashada
- bushimaha ama wejiga oo dhalaalaya
- jahwareer lama filaan ah
- astaamaha istarogga, sida lugaha ama gacanta oo daciif ah, kabuubyo, hadal aan fiicnayn, ama wejiga oo hoos u dhaca
- Wac 911.

Waa muhiim in goor hore la raadsado daryeel caafimaad si loo helo daryeelka loo baahan yahay.

Aniga oo ah daryeelaha qof qaba COVID-19, sideen hoos ugu dhigi karaa halista inan xanuunsado?

Inaad si buuxda isaga tallaasho COVID-19 waxay si weyn hoos ugu dhigeysaa halista ah in aad xanuunsato.

Daryeel bixiyeyaasha waa in si buuxda loo tallaalaa haddii ay suurtagal tahay. Qofka aad daryeeleyso waa inuu awoodaa inuu sameeyo inta badan daryeelkiisa (fiiri [Xaashida Xaqiiqda - Is-karantiilka shakhsiyaadka qaba calaamadaha iyo / ama Sugitaanka Natiijooyinka baarista COVID-19](#)); si kastaba ha noqotee, qofku wuxuu u baahan karaa caawimaad mararka qaarkood. Daryeele ahaan, waxaad ka badbaadi kartaa naftaada adoo:

- Si joogto ah u nadiifi gacmahaaga. Ku dhaq saabuun iyo biyo diiran ugu yaraan 15 ilbidhiqsi oo si fiican gacmahaaga u qallaji. Waxa kale oo aad isticmaali kartaa gacmo nadiifiye alkolo leh.
- Ka fogaanshaha taabashada tooska ah ee dareeraha jidhka, gaar ahaan

dheecaannada ka yimaada afka iyo sanko sida candhuufta, qufaca iyo hindhisada.

- Xirashada qalabka ilaalinta shakhsi ahaaneed ee habboon.
 - Haddii aad u baahan tahay inaad u dhexeyso laba mitir (lix fiit) qofka jirran, labadiinuba waa inaad xirtaan maaskaro caafimaad. Daryeel bixiyeyaashu sidoo kale waa inay xidhaan ka hortagga indhaha (muraayadaha indhaha ma bixiyaan difaac ku filan). Dhaq gacmahaaga kadib taabashada qofka jirran.
 - Xidho galoofisyada la iska tuuri karo, maaskaro caafimaad iyo ilaalin indhaha ah marka aad bixinaysid daryeelka aad kutaabaneyso dheecaankooda jidhka (tusaale, xabka, xaakada, matagga, kaadida, iyo saxarada).
- Isticmaalka qalabka difaaca si nabdoon.
 - Maaskarada wajiga waa in loo xirin carruurta ka yar 2 sano, qof kasta oo dhib ku qabo neefsashada, ama qof kasta oo aan iska saari karin maaskaro caawimaad la'aan.
 - **Markaad gashanayso qalabka difaaca**, waa inaad marka hore gacmaha iska dhaqdaa ama aad isticmaashaa nadiifiye gacmaha lagu nadiifiyo oo aalkolo leh (ugu yaraan boqolkiiba 60 aalkolo).
 - Wajiga Maskaro ku xidho marka hore adoo dhegaha ku xidhaya ama madaxa gadaashiisa ku xidha; ka dib ku dheji buundada sankoaga oo gunta garka hoostiisa. Kadibna gasho difaaca indhaha iyo galoofyada.
 - **Markaad iska saareyso qalabka difaaca**, iska fur gacno gashiyadaada, nadiifi gacmahaaga, ka dibna iska qaad ilaalinta ishaada iyo ugu dambeyn, maaskaro. Mar labaad nadiifi gacmahaaga.
 - Si fiican u nadiifi gacmahaaga dhammaan taabashada ka dib.
Si fiican u nadiifi gacmahaaga dhammaan taabashada ka dib.
- Si taxaddar leh ula tacaal wasakhda qofka qaba COVID-19.
 - Qashinka (tusaale ahaan, marada, waji-gashiga la isticmaalay, iwm.) Waa in lagu tuuraa goobta qashinka lagu rido oo bac balaastik ah leh.
 - Si aad u tuurto qashinka, xir boorsada qashinka oo la tuur qashinka kale ee guriga. Isku day inaad taaban wajigaaga ama aad toos u taaban qashinka.
 - Dhaq gacmahaaga ama isticmaal nadiifiyaha gacmaha ee aalkolo ku saleysan ka dib marka aad qashinka guriga wax ka qabato.
- Si taxaddar leh u dhaqidha dharka qofka qaba COVID-19.
 - Xidho galoofisyada la iska tuuri karo iyo maaskaro caafimaad markii aad taabaneysid dharka wasakhda ah oo leh qofka jirran.
 - Dharka wasakhda ah ku rid bacda dharka lagu dhaqo ama dambiisha ay ku jirto bac balaastik ah.
Ha ruxin.
 - Dharka iyo gogosha uu leeyahay qofka jirran ayaa la isla wada dhaqi karaa dharka kale.
 - Isticmaal saabuun caadi ah oo dharka lagu dhaqo oo mashiinkaaga dharka lagu dhaqo ku nadiifi ama kuleelay. Dhar dhaqiddu waa in si fiican loo qalajiyaa.
 - Iska saar galoofyadaada, nadiifi gacmahaaga ka dibna iska siib maaskaro oo mar kale nadiifi gacmahaaga.

- Haddii weelka dharka lagu dhaqo uu si toos ah u taabto dharka wasakhda leh ee qofka jirran, ku dil jeermiska biliij la qasay.

Sideen u yareyn karaa halista ah COVID-19 inuu ku faafo dadka kale ee guriga ku nool?

- Nadiifi oo jeermis ku dil aagagga taabashadisa badanyihiin ugu yaraan laba jeer maalintii, ama in ka badan inta loo baahdo (tusaale ahaan, musqulaha, qasabadaha, saxanka, miisaska, furayaasha nalka, albaabbada, qalabka elektiroonigga, remote-yada, iwm.).
- Markaad nadiifinaysid iyo markad dilaysid jeermiska, hubi inaad:
 - Gasho galoofisyada la tuuri karo.
 - Ku nadiifi meesha ama sheyga **saabuun iyo biyo** haddii ay wasakh yihiin.
- **Kadib, isticmaal aalda jeermiska lagu dilo.**
- Hubso inaad raacdo tilmaamaha ku qoran laabelka si aad u hubiso inaad si ammaan ah oo waxtar leh u isticmaaleyso badeecada. Alaabooyin badan ayaa kugula talinaya in dusha sare la qoyo dhowr daqiiqo si loo dilo jeermiga. Kuwo badan ayaa sidoo kale kugula talinaya xirashada galoofyada, hubinta in boosku hawo fiican leeyahay, iyo tirtirida ama ku mayrida sheyga ama dusha sare kadib isticmaalka.
 - Jeermis dilaha waa in ay ku jiraan ugu yaraan 70 boqolkiiba aalkolada, ama waxaa loo kala saaraa sida a EPA waxay u diiwaangashan tahay jeermiska dilaha guryaha lagu isticmaalo. Waad sameyn kartaa jeermis dile adiga kuu gaar ah adoo isku qasaaya 20 ml (afar qaado) oo biliij ah illaa hal litir oo biyo ah. Jeermiska dilaha waa inuu ku ekaadaa dusha saree sheyga hal daqiiqo.
 - Ku dhaq gacmahaaga saabuun iyo biyo diiran ugu yaraan 15 ilbidhiqsi markaad dhamaysid ama isticmaal nadiifiyaha gacmaha ee aalkolada ku saleysan.
- Biyaha ku fur musqulaha hadana dabool.
- Ka fogow wadaagista waxyaabaha shakhsi ahaaneed (tusaale ahaan burushka cadayga, tuwaalada, dharka lagu dhaqo, dharka gogosha, sigaarka, maacuunta wax lagu cuno ee aan la maydhin, cabitaanada, talefannada, kombiyuutarada ama aaladaha kale ee elektaroonigga ah).
- Ka fogow wadaagista cuntada ama cabbitaanka.
- Fur daaqadda, sida cimiladu u saamaxdo.

Qalab nooc ee ah ayaan ubaahanahay si aan ugu xanaaneeyo qof guriga jooga?

- Maaskarada caafimaadka ama habraac
- Galoofisyada la tuuri karo
- ilaalinta indhaha
- Heerkulbeegga
- Dawooyinka qandhada yareeya
- Biyo socda
- Saabuun gacmeed
- Nadiifiye gacmaha ku saleysan aalkolo oo ay ku jiraan ugu yaraan 60 boqolkiiba aalkolo
- Unugyada ama maro

- ❑ Weelka qashinka ee lakabka balaastigga ah
- ❑ Alaabta guriga lagu nadiifiyo oo joogto ah
- ❑ Keydiso jeermis dilaha, ama haddii aan la heli karin, biliij iyo weel gooni ah oo lagu qasi karo
- ❑ Aalkolo (boqolkiiba 70) tirtiraha udiyaar garowga
- ❑ Saabuun dhaqid joogto ah
- ❑ Saabuunka maacuunta
- ❑ Tuwaallo waraaqo ah oo la iska tuuro.

Maxaan sameyn karaa si aan u joojiyo faafitaanka COVID-19 ee ka baxsan gurigayga?

Haddii aad daryeeleysid xubin reerkaaga ah ama qol wadaag ah, iska ilaali inaad la xiriiro dadka kale. Is-karantiil (karantiil) lana soco calaamadaha jirrooyinka (tusaale, qandho / xummad, qufac, hungur xanuun / cod xabeeb ah, neefta oo kugu dhegta, dhadhamin la'aantaada ama urkaaga, ama haddii aad matagto ama aad shuban qabto in ka badan 24 saacado, ama calaamado kale oo ku taxan qalabka baaritaanka COVID-19) 14 maalmood laga bilaabo xiriirkii kuugu dhowaa ee aad garanaysay. By providing care you may need to isolate/self-isolate for a total of 24 days. If this is not realistic, consider having the case speak to their public health nurse about alternative isolation options. Haddii aad si buuxda u tallaalan tahay, waxaa laga yaabaa inaad u baahnayn inaad is-go'doomiso, laakiin waa inaad iskaa u kormeertaa astaamaha COVID-19 muddo 14 maalmood ah xiriirkii kuugu dhowaa ee kuugu dhowaa ee la yaqaan.

Isticmaal adeeg gaarsiin ama adeeg soo qaadid, ama weydii saaxiibbada iyo xubnaha goyska in ay kuusoo dhigaan alaabada iyo raashinka albaabkaaga hortiisa si looga fogaado in lala xiriiro dadka kale. Ha u oggolaan martida inta aad daryeeleyso xubin reerka ka tirsan oo qaba COVID-19. Jooji ama ogeysii adeeg bixiye kasta oo had iyo jeer gurigaaga u soo galo in xubin reerka ka mid ah jiran yahay, qabo COVID-19, ama sugayo natiijooyinka baaritaanka. Tan waxaa ka mid ah shaqaalaha daryeelka guriga, daaweeyayaasha shaqada, jimicsiga jirka, shaqaalaha bulshada, iwm. Adeeg bixiyeyaashu waxay ka wada hadli doonaan sida ugu wanaagsan ee daryeelka loo bixiyo inta lagu jiro waqtigan.

Wixii Macluumaad dheeraad ah oo ku saabsan COVID-19:

- La hadal kalkaalisada caafimaadka dadweynaha.
- Wac Health Links – Info Santé in Winnipeg at **204-788-8200**; lacag la'aan bilaash ah meelaha kale ee Manitoba **1-888-315-9257**.

boogo:

- Websaydhka dawladda ee Manitoba ee COVID-19 www.manitoba.ca/covid19/
- Websaydhka dawladda Canada ee COVID-19: www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html