

Waxyaabaha aad u baahan tahay inaadka ogaatid xanuunka COVID-19

COVID-19

Xanuunka COVID-19 waa xanuun ku dhaca neef mareenka taasoo uu sababay fayraska cusub ee corona. COVID-19 wuxuu u taagan yahay **CO**rona **VI**rus **D**isease **2019**, waa sanadkii la ogaaday.

Gudbinta

Fayrasku wuxuu ku faafaa xidhiidhka dhow ee aad la samayso dhibacaha kasoo baxaya neef mareenka qof qaba xanuunka COVID-19. Dhibcahani waxay yimaadaan marka qof qufaco, hindhiso, hadlo ama uu neefsado. Dhibcuhu waxay ka gudbi karaan in kabadan laba mitir/lix feet marka qofku heesaayo, qoslayo ama kor u qaylinayo. Sidoo kale waxaad ku qaadi kartaa COVID-19 oogo fayraska leh dabadeedna afkaaga, sankaa, ama indhahaaga aad ku taabato.

Calaamadaha

Calaamadaha waxay ku qaadataa ilaa 14 cisho inay muuqdaan. [Calaamadaha \(symptoms\)](#) ugu caansan waa qaar cusub ama xumad darran, qufac, neeftoo kugu adkaata, cuno qalayl, duuf badan, urta iyo dhadhanka oo kaa taga, lallabo, matag, shuban, iyo liqitaanka oo kugu adkaada.

Dadka waaweyn iyo caruurta waxay yeelan karaan calaamado guud sida qadhdhadyo, madax-xanuun, hurdo kabadan intii caadiga ahayd, jahwareer, dawakhaad, muruq-xanuun, wareer, daciifnimo ama dhicitaan.

Caruurta qaarkood waxay la kulmi karaan xaalado gaara oo keeni kara caabuq. Isla markaaba dawo u raadi ilmaha hadaanuu kasoo raynayn ama xaraarad kasoo baxaan, xumadi ku raagto, indhuhu casaadan iyo/ama gacmaha iyo luguhu bararaan.

Dadka qaarkood waxay lahaan karaan calaamado dhexdhexaada ama waxba ma yeelan karaan. Dadka xanuunka COVID-19 qaba laakiin aan calaamado yeelan weli wey fidin karaan fayraska. Dadka difaacooda jidhku liito, xaalad caafimaad ooh ore ku jiray, ama ka weyn da'da 60 sano ayaa khatar aada ugu jira xanuun halis ah.

Talaabooyinka aad qaadayso si aad cid walba u ilaaliso

- Xadid socdaalada aan muhiimka ahayn ee wadankaaga dibadiisa.
- U jirso laba mitir/lix feet dadka kale.
- Maskaraato ama weji daboo xidho.

Revised September 3, 2020

- Gacmahaaga ku dhaq had iyo jeer saabuun iyo biyo ama isticmaal jeermis dilaha gacmaha (70-90% alcohol).
- Ka fogow inaad ku taabato wejigaaga gacmo aan dhaqnayn.
- Ku dabool suxulkaaga ama softi markaad hindhisto ama aad qufacdo. Si degdega ugu tuur softiga qashin qubka gacmahaagana dhaq.
- Nadiifi fayraskana ka dil oogada ama waxyaabaha taabashadu ku badan tahay.
- Guriga joog haddii aad xanuun dareemayso.
- Ka fogow inaad xidhiidh dhow la yeelato dadka kale ee xanuunsan.
- Halkan ka dejiso Abbka Digniinta COVID-19 [COVID Alert app](#) si sitoosa aad ugu ogaato haddii xidhiidh dhow la yeelatay qof qaba xanuunka COVID-19.

Sharciga Maskaraataha

Sida markay bishu ahayd Juulay 7, 2020, qof kastoo jooga magaalada Toronto ay qasab ku ahayd xidhashada maskaraataha ama daboolka wejiga marka meelaha caamka ah layskugu imanayo. Xidhashada maskaraataha ayaa ka caawin kara hoos u dhiga faafitaanka xanuunka COVID-19. Xitaa marka la xidhanayo maskaraataha, waa muhiim inaad nadiifiso gacmahaaga had iyo jeer, u jirsato dadka kale laba mitir/ lix feet, iyo inaad guriga joogto markaad xanuunsato. Inbadan ka oggow sharciga maskaraatiga ee Caasimada Toronto [mask bylaw](#) iyo sida had iyo jeer loo sameeyo markayaha maskaraatiga [cloth mask](#).

Shaybaadh

Haddii aad leedahay calaamadaha xanuunka COVID-19 ama aad xidhiidh dhow la samaysay qof qaba xanuunka, isasoo shaybaadh. Wac Telehealth 1-866-797-0000, bixiyahaaga adeega caafimaad, ama xarunta qiimaynta [assessment centre](#), haddii aad hayso wax su'aalo ah. Jawaabaha shaybaadhka [Test results](#) waa kuwo aad ku heli karayso hab onlayn ah. Haddii shaybaadhkaagu yahay mid aan laga helin xanuunka, waxaad joojin kartaa is karantiimayntii 24 ka saacadood kadib marka calaamadihii kaa muuqday ay laabtaan. Macluumaad dheeri ah oo ku saabsan iskarantiimaynta ayaa hoos ku xusan.

Iskarantiimayn

Guriga joog isna karantiimee 14 maalmood haddii aad haysato:

- Lagaa helay xanuunka COVID-19
- Xidhiidh dhow la samaysay qof qaba xanuunka COVID-19
- Ka soo laabato socdaal Canada dibadiisa ah, ayka mid yihiin Maraykanka, 14 kii maalmood lasoo dhaafay
- Waxyaabaha uu kugu hago inaad samayso xarumaha caafimaad

Revised September 3, 2020

Guriga joog isi shaybaadh haddii aad isku aragto calaamadaha COVID-19, xitaa haddii ay yaryihiin, iskarantiimeena inta aad sugayso jawaabta shaybaadhka.

Dawaynta

Majiraan dawayn khaasa oo loogu talo galay xanuunka COVID-19 ilaa mooyaan adigoo aad u xanuunsan. Wac bibiyahaaga daryeelka caafimaad haddii aad u baahato caawimo aadku yarayso calaamadaha. Wac 911 haddii adiga ama qof kale uu haleelo neefta oo ku adkaata.

Iska jir khiyaanada iyo fadeexada

Majiraan dawo la aqoonsan yahay taasoo lagaga hor tagayo COVID-19. Raadinta macluumaadka qofka waa marka qofku been ka sheego si uu ku qanciyo siinta macluumaadkaaga khaaska ah. Shaqaalaha Xarunta Caafimaad ee Toronto weligood kuma weydiinayaan kaadhkaaga lacagta ama lambarka caymiska bulshada.

Macluumaad dheeri ah: Booqo boggayaga internetka toronto.ca/COVID19 ama naga soo wac 416-338-7600.