

## Daryeelka Ilmo marka aad qabto COVID-19

- Iyada oo ku saleysan macluumaadka hadda jira, dhallaanka iyo carruurta uma muuqdaan inay halis ugu jiraan inay qaadaan COVID-19 marka loo eego dadka waaweyn.
- Calaamadaha iyo dhibaatooyinka COVID-19 waxay umuqdaan kuwa ka fudud kuwa dhallaanka ah iyo carruurta marka la barbar dhigo dadka waaweyn iyadoo lagu saleynayo warbixinnada xaddidan illaa iyo maanta.
- Sida ugufiican ee ilmahaaga loo difaaci karo ayaa ah inaad qaaddo dhammaan taxaddarrada [iskarantiil](#) oo aad iska ilaaliso u-bandhigidda ilmahaaga COVID-19.
- Kahor intaadan taaban ilmahaaga, ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 15 ilbidhiqsi.
- [Xiro maaskaro wejigaaga](#) sankaa iyo afkaaga markasta oo aad u dhowdahay ilmahaaga.
- Haddii ay suurogal tahay, ka ilaali dusha ilmahaaga hurdada ugu yaraan lix tallaabo wejigaaga.
- Weydii saaxiibadaa ama xubnaha qoyskaaga ee aan jiranayn inay kaa caawiyaan daryeelka ilmahaaga.
- Haddii aad naas nuujinaysid, marwalbo gacmahaaga dhaq kahor intaadan taaban ilmaha oo xiro maaskaro wajiga inta aad naas nuujinayso.
- Haddii aad qaadatay go'aan aqoon leh oo ah inaad ku quudiso caanaha daasadda ee dhallaanka:
  - Weydii qof sifiican u quudiya ilmaha, haddii ay suurogal tahay
  - Markasta dhaq gacmahaaga oo xiro maaskaro inta aad diyaarinaysid caanaha daasadda iyo quudinta ilmaha..
  - [Jeermiska ka nadiifi](#) maskasadda iyo qalabka, gacmahana dhaq inta aadan taaban dhalooyinka iyo qalabka nadiifka ah.
  - Hayso labo ilaa afar toddobaad oo ah caanobooraha.
  - Haddii ilmahaagu ka yar yahay laba bilood, isticmaal dareere urursan ama caanobooraha diyaarka u ah.
  - Caanaha carruurta lagu sameeyo ee guryaha lagu sameeyo laguma talinayo maadaama ay nafaqo ahaan u dhammaystirnayn. Waxbadan ka oggaw [caanaha carruurta](#).
- Nadiifi oo jeermiska ka dil walxaha sida badan la taabto iyo dusha sare.

### Macluumaad dheeraad ah

Wax badan ka baro [daryeelka ilmaha markuu qabo COVID-19](#).

Wixii macluumaad dheeraad ah ee ku saabsan COVID-19, booqo websaytkayaga [www.toronto.ca/COVID19](http://www.toronto.ca/COVID19) ama naga soo wac 416-338-7600.