

Naasnuujinta markii COVID-19 laga helo

- Waxaa jira macluumaad kooban oo ku saabsan naas nuujinta maadaama ay la xiriirto COVID-19. Infekshannada kale ee loo yaqaan fayraska coronavirus, sida Syndrome Acute Respiratory Syndrome (SARS) iyo Middle East Respiratory Syndrome (MERS), fayraska laguma helin caanaha naaska.
- Caanaha naasku waxay ka difaacaan cudurro badan..
- Naasnuujinta ayaa lagugula talinayaa xitaa haddii aad qabto COVID-19 maadaama aysan jirin wax caddayn ah in fayraska lagu kala qaado caanaha naaska.
- Qaado dhammaan taxatiraada [iskarantiilka](#) iyo [xirashada waji daboolka](#) intaad naas nuujineyso si looga fogaado inuu ku faafo ilmahaaga cudurka.
- Haddii aad ku hindhiso ama ku qufacdo laabta/naasahaaga oo soo baxsan, ku dhaq meeshaas saabuun iyo biyo kahor inta aanad naaska nuujin ama u bixin caanahaaga.
- Haddii aad dareento inaad aad u jirran tahay inaad naasnuujiso ama aad ka go'do ilmahaaga, waxaad [gacanta ugu lisi kartaa](#) ama bamka ugu lisi kartaa caanahaaga ugu yaraan siddeed jeer 24 saacadood, iyo hal jeer habeenkii, si aad u ilaaliso caanaha naaskaaga. Caanaha naaska ee la soosaaray ayaa laga yaabaa in ilmahaaga loogu quudiyo koob, qaaddo ama dhalo qof caafimaad qaba.
- Haddii aad caano naas ka bixinaysid, dhaq gacmahaaga oo gasho maaskaro ka hor inta aadan taaban wax bambooyin ama qaybo dhalo ah ah. Isticmaal kasta kadib, nadiifi bamka sida ku cad tilmaamaha soo saaraha
- Ha isticmaalin bambooyin naas oo lagaa amaahday ama gacan labaad ah ilaa ay ka yihiin bambooyin kiro oo heer isbitaal ah (raac tilmaamaha cisbitaalka). Qaar ka mid ah bambooyin naasaha oo la isticmaalay ama gacanta labaad ah ayaa leh qaybo gudaha ah oo ay adag tahay in si sax ah looga nadiifiyo.
- Haddii dhalo loo isticmaalo in lagu quudiyo caanaha naaska ee la soo saaray, hubi in si habboon [jeermiska looga nadiifiyey](#).
- Dhammaan daryeel-bixiyeyaashu waa inay ku tababaraan tallaabooyin nadaafadeed oo wanaagsan, oo ay ku jiraan gacmo-dhaqashada iyo xirashada wejiga, ka hor inta aysan taaban ilmaha, mashiinka naaska, ama dhalooyinka quudinta iyo qalabka.
- Nadiifi oo jeermiska ka dil walxa ha sida badan la taabto iyo dusha sare.

Macluumaad dheeraad ah

Wax badan ka baro [naasnuujinta](#) iyo [COVID-19 iyo naasnuujinta](#).

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