

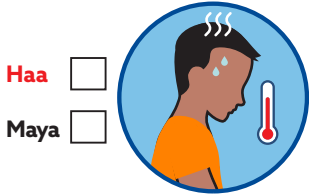


# COVID-19

Fadlan buuxi kahor intaadan galin goobta xanaanada ilmaha

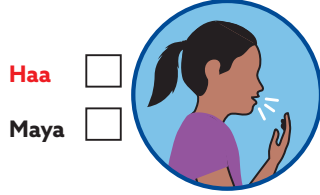
Magaca: \_\_\_\_\_ Taariikhda: \_\_\_\_\_ Waqtiga: \_\_\_\_\_

## 1. Ilmahaagu ma leeyahay mid ka mid ah astaamaha soo socda ee cusub ama ka sii daraya? \*



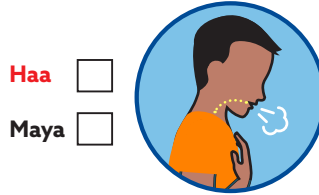
Haa   
Maya

Qandho > 37.8°C



Haa   
Maya

Kufac



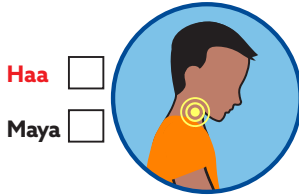
Haa   
Maya

Neefsashada oo ku adkaata



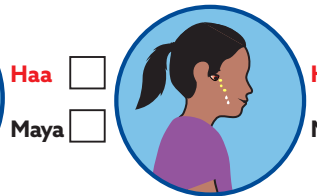
Haa   
Maya

Dhadhanka ama urta oo luma



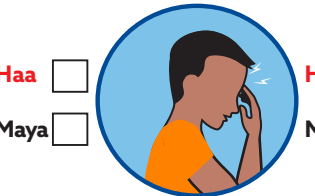
Haa   
Maya

Cune xanuun ama xanuunis liqitaan



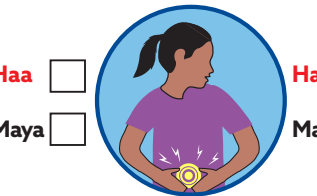
Haa   
Maya

Sanka oo xirma ama duuf badan



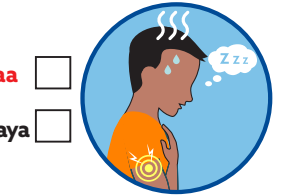
Haa   
Maya

Madax xanuun



Haa   
Maya

Lalabbo, matag ama shuban



Haa   
Maya

Dareemid xanuun, murqo xanuun ama daal

**Hadday "HAA" tahay calaamado kasta:**



Guriga joog & is-karantiil



Is tijaabi

**Ama**



La xiriir bixiye daryeel caafimaad

2. Ma jiraa cunug ama walaal reerkaaga ah oo leh mid ama in ka badan astaamaha kor ku xusan?  Haa  Maya

3. Canuggu ma ku safray meel ka baxsan Kanada 14kii maalmood ee la soo dhaafay?  Haa  Maya

4. Ilmaha ma lagu wargeliyay inuu xiriir dhow la yeeshay qof qaba COVID-19?  Haa  Maya

5. Ilmaha ma loo sheegay inuu guriga joogo oo iskarantiilo?  Haa  Maya

**Haddii "HAA" su'aalaha 2, 3, 4 ama 5:**



Guriga joog & gooni isu-taagga



Raac talooyinka caafimaadka bulshada

\* Carruurta leh xaalad caafimaad oo jira oo uu aqoonsaday bixiyaha xanaanada caafimaadka ee iyaga siisa astaamaha waa inaysan ka jawaabin HAA, ilaa astaamaha ay cusub yihiin, ka duwan yihiin ama ka sii darayaan. Ka raadi isbeddellada astaamaha caadiga ah ee ilmahaaga.

La cusbooneysiyyay Diseembar 2020

Childcare Screening Form December 2020 - Somali



# CUNUGGAYGU WUXUU LEEYAHAY 1 AMA CALAAMADO KALE OO DARAN-19. MAXAAN SAMEEYAA?

## Cunugaaga ma ahaa qof xiriir dhow la leh qof laga helay cudurka COVID-19?

### Haa

- Qof walba, oo ay ku jiraan xubnaha reerka, waa inuu ku ekaadaa guriga & gooni isu-taagga. Cunugaaga ha la baaro.
- Haddii ay wanaagsan tahay, ogeysii daryeelka ilmahaaga. Caafimaadka Dadweynaha Toronto wuxuu la socon doonaa tilmaamo dheeraad ah.
- Hadday diidmo tahay, ilmuhu weli waa inuu iskiis u go'doomiyaa illaa inta ay ka nadiifinayso Caafimaadka Dadweynaha Toronto (dadka ku dhow dhow waxay u baahan yihiin inay is-karantiilaan muddo 14 maalmood ah). Xubnaha qoysku way ku laaban karaan shaqada / dugsiga ilaa iyo inta aysan calaamado lahayn.
- Haddii ilmahaaga aan la baadhin waxay u baahan yihiin inay is-karantiilaan muddo 10 maalmood ah. Xiriiriyaasha reerka sidoo kale waxay u baahan doonaan inay guriga joogaan oo ay is karantiimeeyaan 14 maalmood.

### Maya

- Ogeysii daryeelka ilmahaaga inay leeyihiin astaamo.
- Ilmahaagu waa inuu guriga joogaa, iskiis u go'doomaa oo la baaraa.
- Carruurta walaalhood waxay sidoo kale u baahan doonaan inay guriga iska joogaan oo ay is karantiimeeyaan illaa iyo inta baaritaanka cunugga uu yahay mid taban ama haddii aan la baarin 10 maalmood.
- Dadka qaangaarka ah ee guriga jooga, oo ay ku jiraan waalidiinta, waa inay is-kormeeraan astaamaha, laakiin waxaa laga yaabaa inay aadaan shaqada illaa iyo inta qofka weyn uusan lahayn astaamo.
- Haddii qofka weyn uu yeesho astaamo wuxuu u baahan yahay inuu guriga joogo, is-karantilo & in la baaro.

## Maay noqotay natiijadda istijaabinta COVID-19 ee cunugaaga?

### TOGAN

- Ogeysii daryeelka cunuggaaga inay ogaadeen inay ka heleen cudurka COVID-19.
- Cunnugaagu waa inuu guriga la joogo oo uu iskiis u go'doomiyaa 10 maalmood laga bilaabo maalinta ay calaamadaha bilaabeen.
- Xubnaha qoyska & xiriirada dhow waa inay sidoo kale gooni isu soocaa muddo 14 maalmood ah.
- Caafimaadka Dadweynaha Toronto ayaa kula soo xiriiri doona si ay baaritaan kuugu sameeyaan waxayna ku siin doonaan tilmaamo dheeraad ah

### TABAN

- Ilmahaagu wuxuu ku laaban karaa daryeelka ilmaha ka dib markay ahayd 24 saacadood tan iyo markii astaamahoodu bilaabeen inay soo fiicnaadaan.
- Walaalaha waxay ku noqon karaan dugsiga isla markaaba.

### LAMA BAARIN

- Ilmahaagu waa inuu guriga la joogo & inuu iskiis u go'doomiyaa 10 maalmood laga bilaabo maalinta ay calaamadaha bilaabeen.
- 10 maalmood kadib, waxay dib ugu laaban karaan xanaanada cunugga haddii astaamahoodu ka soo reynayaan.
- Carruurta walaalaha ah waxay sidoo kale u baahan doonaan inay guriga joogaan oo ay is karantiimeeyaan 10 maalmood.
- Dadka qaangaarka ah ee guriga jooga, oo ay ku jiraan waalidiinta, waa inay is-kormeeraan astaamaha, laakiin waxaa laga yaabaa inay aadaan shaqada illaa iyo inta qofka weyn uusan lahayn astaamo.
- Haddii bixiye daryeel caafimaad uu soo ogaado xaalad aan la xiriirin COVID-19, cunugaada wuxuu ku laaban karaa xanaanada cunugga 24 saacadood ka dib marka astaamahoodu soo fiicnaadaan. Walaalhood markaa looma baahna inay is karantiimeeyaan 10 maalmood.