

Galmada Badbaadada ah inta lagu jiro COVID-19

Galmada ogolaanshuhu waxay noqon kartaa hab lagula macaamilo walaaca ama lagu buuxiyo laguna muujiyo baahiyahayaga u dhawaanshaha Noloshu galmada ee badbaado iyo raaxada leh waa qayb muhiim ah oo ka mid ah caafimaadka maskaxda iyo faydaqabka.

Laakiin ammaan ma tahay in la galmoodo inta lagu jiro COVID-19?

Miyaan ka qaadi karaa COVID-19 galmo?

Samaynta galmada badbaadsan ayaa laga yaabaa inay ka hortagaan uurka aan loo baahnayn iyo [infekshannada galmada lagu kala qaado](#) (STIs), laakiin kama hor istaagi doonto infekshanka COVID-19. COVID-19 wuxuu [ku faafaa](#) taabashada tooska ah ee dhibcaha neefta (candhuuf) ee qof qaba cudurka fayraska markay qufacaan, hindhisaan ama hadlaan. Dhibcahaani way fidi karaan illaa laba mitir ama lix fuudh. Fayraska sidoo kale waxaa laga helay shahwada (cum) iyo saxarada (saxarada). Weli lama oga in fayraska laga dhex heli karo dhiig ama dheecaanka siilka. Waxa kale oo suuragal ah inuu qofku ku dhaco COVID-19 isagoo taabanaya dusha ama shayga fayrasku ku jiro ka dibna taabto afkiisa, sankiisa, ama indhihiisa.

Sida loo yareeyo faafitaanka COVID-19 welina ku raaxeyso galmada

- Galmada ugu badbaadada badan lamaanaha inta lagu jiro COVID-19 faafa waa naftaada. Kalidnimada galmada, oo sidoo kale loo yaqaan masturbation, ma faafiso COVID-19.
- Lammaanahaaga xiga ee ugu ammaansan waa qof aad la nooshahay.
- Haddii aad inta badan kula kulanto lammaaneyaasha galmada qadka tooska ah, ama aad ula dhaqanto dad aanad la noolayn, ama aad nolol ku sameysid galmo, tixgeli taariikhaha fiidiyowga, galmada macmalka ah, galmada ama qolka lagu sheekeysto halkii aad dadka kula kulmi lahayd.

Ilaali naftaada iyo lammaanahaaga markaad galmo sameyneyso

- Kala hadal lammaanahaaga waxyaabaha ku saabsan khatarta COVID-19 iyo sida aad isaga ilaalin karto.
- Ka bood galmo haddii adiga ama lammaanahaagu aad dareemeysaan caafimaad darro, aad leedahay astaamaha COVID-19 ama haddii midkiinna uu ku dhacay qof qaba COVID-19.
- Tixgeli inaad soo dejiso barnaamijka 'Health Canada's COVID Alert app' sidaa darteed si toos ah ayaa lagu ogeysiin karaa haddii aad xiriir dhow la leedahay qof ku faafaya COVID-19.
- Dhaq gacmahaaga ka hor iyo ka dib galmada, ha ahaato kali ama lammaane.
- Noqo qof hal abuur leh oo raadso siyaabo aad ugu darto isticmaalka waji-shareerka xilliga galmada, gaar ahaan lamaanaha aadan la nooleyn.
- Ka fogow ama xaddid dhunkashada iyo is-dhaafsiga candhuufta oo ha ku taaban indhahaaga, sankaga ama afkaaga gacmo aan la maydhin.
- Tixgeli mowqifyada galmada ee ka fogaanaya inaad fool-ka-fool u wajahdo.
- Inta lagu jiro galmada afka ama dabada, isticmaal cinjirka galmada, galoofyada ama carqalado kale si loo yareeyo taabashada candhuufta iyo dareerayaasha kale.

Wax laga beddelay Oktoobar 21, 2020

- Isticmaal cinjirka galmada si aad isaga ilaaliso STIs.
- Nadiifi aaladaha loo galmoodo oo tixgeli inaad ku daboosho kondhom. Ha la wadaagin aaladaha loo galmoodo dadka kale.
- Ka fogow galmo haddii mid ka mid lammaanahaaga ka mid ahi leeyahay xaalad caafimaad oo u horseedi karta cudur aad u daran COVID-19..

Ka hortag uur aan qorsheysneyn

Sii wad inaad isticmaasho hababkaaga xakameynta dhalmada ee caadiga ah si aad uga fogaato uur aan la filayn. Dhawr [Ruggo caafimaad Galmo](#) oo ku yaal magaalada Toronto ayaa kaa caawin kara daawooyinka lagu qoro ee ka hortagga uurka. La xiriir rugta caafimaadka kahor booqashada, maxaa yeelay saacadaha adeegyadu way is beddeli karaan.

Haddii aadan awoodin inaad hesho hababkaaga xakameynta dhalmada ee caadiga ah, ku dadaal kondhomka iyo saliidaha, iyo, sida loogu baahdo, kaniiniyada ka hortagga uurka degdegga ah, oo laga heli karo dukaamada iyadoon dhakhtar qorin.

Xarumaha daryeelka ilmo iska soo ridka ayaa wali ka furan magaalada Toronto, laakiin la talinta nidaamka ka hor ayaa laga yaabaa in loo baahdo in lagu qabto taleefanka ballanta ka hor. Xarumo badan oo caafimaad looma oggola dadka inay taageeraan inay ballamaha la yimaadaan waqtigan. Adeegyada ilmo iska soo ridka soo booqo: choiceconnect.ca.

Macluumaad dheeraad aho

Booqo boggeena internetka toronto.ca/COVID19 ama naga soo wac 416-338-7600 wixii macluumaad dheeraad ah.