



COVID-19 & Fayrasyada ku dhaca Neefmareenka

Baadhitaanka maalinlaha ah ee loogu talo galay caruurta/ardayda/dadka waaweyn. Waalidka/mas'uulka ayaa u buuxin kara canuggiisa.

6da Sibtambar, 2022

1. Miyaad leedahay mid ka mid ah calaamadahan oo cusub ama kasii daraya?

A) Hal mid ama inka badan:



Xummad $> 37.8^{\circ}\text{C}$
iyo/ama qadhdhado



Qufac



Neef-qabasho



Dhadhanka/urta oo
lunta ama sii yaraanaysa

B) Laba ama wax ka badan:



Hunguri xanuun



Madax xanuun



Dareemitaanka
daal fara badan



Sanka oo duuf
ka socdo/ cabur



Murqo/kala
goyso xanuun



Yalaalugo/
matag/shuban

2. Miyaa shaybaadh lagaaga helay COVID-19 10kii cisho ee u dambeesay oodna leedahay calaamad(o)?



Haddii jawaabtaada su'aalaha 1 ama 2 "HAA"



Raac tallaaboo yinka dheeraadka ah**

3. Ma waxaad leedahay hal calaamad oo qaybta 1(B) ah AMA mid ka mid ah calaamadaha soo socda oo cusub ama kasii daraya?*

• Calool xanuun

Isha oo gaduud ku noqota

• Rabitaanka cunnada oo kugu
yaraada ama aad weydo



Haddii jawaabtaadu "HAA" tahay Guriga joog illaa calaamaduhu ay kasoo raynayaan 24 saacadood (48 saacadood haddii aad leedahay yalaalugo/matag/shuban)
oo aanadna lahayn calaamad cusub

4. Miyaa laguu sheegay in aad iskarantiisho, iskeliyayso, gurigana aad joogto, ama aadan tagin iskuulka ama goobta daryeelka caruurta hadda wakhti xaadirkan? (oo uu kuu sheegay dhakhtar, wakiilka federaalka ee xuduuda, caafimaadka dadweynaha)?



**Haddii jawaabtu "HAA" tahay Guriga joog + Raaacna tilmaamaha lagula
wadaagay**

Haa

Maya

5. Miyaa laguu sheegay inaad kulan dhow lasamaysay qof leh calaamadaha AMA qof shaybaadh lagaga helay COVID-19?



**Haddii jawaabtaadu "HAA" tahay Raac tilmaamaha dheeriga ah + Haddii
aad calaamado* yeelato, naftaada kaliyee islamarkaba**

Haa

Maya

*Haddii astaantu ay sababayso xaalad caafimaad oo horay loo ogaa oo astaanta keeni jirtay, dooro "Maya". Haddii astaantu cusub tahay, ka duwan tahay ama kasii darayso, dooro "Haa". Haddii ay jiraan daal aan badnayn, xanuun dhanka murqaha ama kala goysyada ah 48 saacadood gudahood ka dib marka aad qaadato tallaalka COVID-19 ama hargabka, dooro "Maya".

**Raacitaanka tallaaboo yinka dheeri ah waxaa loola jeedaa: Xidhashada maaskaro si wacan kuu le'eg marka aad goobaha dadweynaha joogto, inaadan samayniin waxqabadyada aad u baahan tahay inaad iska saarto maaskaraha iyo inaadan booqan dadka iyo goobaha khattartoodu aadka usarrayso.