



# COVID-19 Baaritaanka COVID-19 ee carruurta/ardayda

Fadlan dhammaystir kahor intaadan gelin xannaanada carruurta/goobta dugsiga JK-12.

La cusboonaysiiyay Sibtambar 1, 2021

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

## 1. Ilmaha/ardaygu miyuu leeyahay mid ka mid ah calaamadaha soo socda oo cusub ama ka sii daraya?\*\*\*



Xumad >37.8°C iyo /ama qarqaryo

Haa  Maya



Qufac

Haa  Maya



Neef qabatin

Haa  Maya



Dhadhanka ama urta oo yaraata ama la waayo

Haa  Maya



Lalabo, matag ama shuban

Haa  Maya

• Haddii cunugga/ardaygu qabo xaalad caafimaad oo uu baartay bixiyaha daryeelka caafimaadka oo siiya calaamadda, dooro "Maya." Haddii calaamaddu ay cusub tahay, ka duwan tahay ama ka sii darayso, dooro "Haa."

**Haddii ay tahay "Haa" calaamad kasta:**



Guriga jog & iskarantiil



Isbaadh

**Ama**



La xiriir adeeg-bixiyaha daryeel caafimaad

## 2. Ma jiraa qof qoyskaaga ka mid ah oo leh hal ama dhowr astaamood oo ah COVID-19 iyo/ ama sugaya natiijooyinka baaritaanka ka dib markay yeeshaan astaamo?

Haa

Maya

• Haddii ilmaha/ardayga si buuxda loo tallaalo\* ama laga helay COVID-19 90-kii maalmood ee la soo dhaafay oo la fasaxay, dooro "Maya."

## 3. 10-kii maalmood ee la soo dhaafay, canuga/ardayga miyaa baadhitaan lagaga helay cudurka ama baaritaanka rapid antigen ama xirmada is-baaridda ee guriga ku saleysan?

Haa

Maya

• Haddii lagaga waayay cudurka baaritaanka PCR-ku-saleysan, dooro "Maya."

## 4. Miyaa la ogaaday in ardayga/ilmuhu uu xidhiidh dhow la yeeshay qof qaba COVID-19 ama loo sheegay inuu jooga guriga ama iskarantiilo?

Haa

Maya

• Haddii ilmaha/ardayga si buuxda loo tallaalo\* ama laga helay COVID-19 90-kii maalmood ee la soo dhaafay oo la fasaxay ama caafimaadka dadweynuhu sheegeen ilmaha/ardaygu inaanay ahayn inuu iskarantiilo, dooro "Maya."

## 5. 14 -kii maalmood ee la soo dhaafay, canuga/ardaygu miyuu u safray meel ka baxsan Kanada MISE lagula taliyay in la karantiiliyo iyadoo la raacayo [shuruudaha karantiilnimada federaalka?](#)

Haa

Maya

**Haddii ay atahay "Haa" su'aalaha 2, 3, 4 ama 5:**



Guriga jog & iskarantiil



Raac talada caafimaadka dadweynaha



\* Si buuxda u tallaalan macnaheedu waxa weeyi 14 maalmood ama kabadan kadib qaadashada tallaanka qaybta labaad ama ha qayb oo tallaalka halka mar ah.

\*\*Qof kasta oo jirran ama leh astaamaha jiradu waa inuu joogaa guriga ama raadsadaa qiimayn uga timaad adeeg caafimaad bixiyahaado haddii loo baahdo.



# ILMAHAYGA/ARDAYGU WAXA UU QABAA 1 AMA KA BADAN OO CALAAMADAHA COVID-19 AH.



## ILMAHA/ARDAYGU WAA INUU JOOGAA GURIGA, ISKARANTIILAA & ISBAADHAA.

Warqali daryeelka cunug/dugsiga haddii ay qabaan astaamo.

### MAXAY AHAYD NATIJIYADA BAARITAANKA COVID-19.?

#### TOGAN

- U sheeg daryeelka cunug/dugsiga in lagaga helay baaritaanka COVID-19.
- Ilmaha/ardaygu waa inuu joogaa guriga & iskarantiil 10 maalmood laga bilaabo maalinta calaamadahoodu bilaabmaan. Waxay ku laaban karaan maalinta 11, xataa haddii qof kale qof kale oo guriga ah uu yeesho calaamadaha.
- Xubnaha qoyska & xiriirada dhaw la yeeshay dadka aan si buuxda ugu tallaalinayn tallaalka COVID-19\* waa inay iskarantiilaan ugu yaraan 10 maalmood oo ay isbaadhaan.
- Toronto Public Health ayaa kula soo xidhiidhi doonta si loo sameeyo baadhitaan & waxay ku siin doonaan tilmaamo dheeraad ah.

#### TABAN

##### Miyuu ismuhu/ardaygu xiriir dhow la yeeshay qof laga helay COVID-19 10 maalmood ee la soo dhaafay?

- Maya**  Ilmaha/ardaygu waxa uu ku soo laabanayaa 24 saacadood kadib marka calaamadahoodu fiicanaadaan (48 saacadood lalabo, matag ama shuban).
- Haa**  **Haddii ilmaha/ardayga aan si buuxda loo tallaalin:** Waxa loo baahanahay inay iskarantiilaan ilaa 10 maalmood laga bilaabo kulanka ugu dambeeyay ee uu la yeeshay qof qaba cudurka.
- Haa**  **Haddii ilmaha/ardayga si buuxda loo tallaalay\*:** waxay ku soo laaban karaan 24 saacadood kadib marka calaamadahoodu fiicanaadaan (48 saacadood lalabo, matag ama shuban).
- Haa**  **Haddii ilmahaaga/ardayga baaritaan lagaga helay COVID-19 90 maalmood ee la soo dhaafay oo uu ka baxay:** waxay ku soo laaban karaan 24 saacadood kadib marka calaamadahoodu fiicanaadaan (48 saacadood lalabo, matag, ama shuban).
- Haa**  **Haddii ilmuhu/ardayku kaliya ku helo ogeysiis soo gaadhis app-ka COVID Alert:** t waxay soo laaban karaan 24 saaca-dood kadib markii astaamahoodu bilaabmeen inay soo fiicanaadaan (48 saacadood haddii lallabbo, matag ama shuban).

Walaalaha iyo dadka qaangaarka ah ee guriga jooga ee taga xannaanada carruurta/iskuulka ayaa isla markiiba soo laaban kara mar haddii aysan jirin xubno kale oo qoyska ah oo leh astaamo.

#### AAB KA BAADHIN

- Ilmaha/ardaygu waa inuu joogaa guriga & iskarantiilaa 19 maalmood laga bilaabo maalinta calaamaduhu bilaabmeen. Maalinta 11, ilmaha/ardaygu waxa uu ku laaban karaa goobta daryeel cunug/dugsiga haddii calaamadahoodu fiicanaadaan.
- Qof kasta oo ka tirsan qoyska oo aan si buuxda u tallaalinayn\* ama aan laga helin baaritaanka COVID-19 90 maalmood ee la soo dhaafay oo sax ah waa inuu iskarantiilaa ilaa ilmaha/ardaygu lagaga waayayo baadhitaanka COVID-19 ama marka 10 maalmood la soo dhaafo.
- Haddii bixiyaha daryeel cunug uu baaro xaalad aan la xidhiidhin COVID-19 ilmaha/ardaygu waxa uu ku soo laaban karaa 24 saacadood kadib marka calaamadahoodu fiicanaadaan (48 saacadood lalabo, matag ama shuban). Xubnaha qoyska looma baahna inay guriga joogaan.



### Haddii ilmaha/ardaygu u safray meel ka baxsan Kanada 14kii maalmood ee ugu dambeeyey:

- Ilmaha/ardaygu waa inuu raaca tilmaamaha federaalka ee karantiilidda iyo baaritaanka kadib markuu ka soo laabto safarka caalamiga ah.
- Haddii ilmaha/ardayga si buuxda loo tallaalo waxaa laga yaabaa in laga dhafo karantiil. Haddii ilmaha/ardayga aan si buuxda loo tallaalin, waa inaysan tagin dugsiga/xanaanada carruurta 14 maalmood, xitaa haddii ay la safreen wehel la tallaalay.
- **La-soco rabitaanada faderaalka ee socotada.**



\*Si buuxda loo tallaalay macnaheedu waxa weeyi 14 maalmood ama ka badan kadib marka la qaato qiyaasta labaad ee tallaalka labada jeer ah ama hal qiyaas oo ah tallaalka halka mar ah.