

MAXAY TAHAY INAAD SAMAYSO HADDII AAD XIDHIIDH DHOW LA LEEDAHAY QOF QABA XANUUNKA COVID-19

Aktoobar 12, 2021

Haddii lagu sheego inaad xidhiidh dhow la leedahay qof qaba xanuunka COVID-19:

IS-GO'DOOMI



- oggaanhaagii ugu danbeeyey ee qofka qaba xanuunka. Caafimaadka dadweynaha ayaa kuu sheegi doona xiliga aad dhammaynayso is-go'doominta.
- Haddii aanad lahayn wax calaamado ah oo aad qaadatay talaalka buuxa* ama aad dhawaan qaaday caabuqa COVID-19** maaha inaad is-go'doomiso, ilamaa ayku hagaan caafimaadka dadweynaha. Waa inaad weli raacdaa tilmaamaha hoose.

KORMEER CALAAMADAHA COVID-19 MAALIN KASTA:

Kormeer calaamadaha COVID-19 maalin kasta, xitaa haddii aad si buuxda u talaalan tahay* ama dhawaan caabuqa COVID-19 laga helay**. Eeg mid kamida calaamadan soo socda:



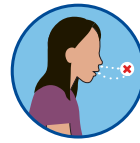
Xumad > 37.8°C iyo/
ama qadhqadhyo



Qufac



Neefsigu ku
adag tahay



Hoos udhac ama
dhadhanka iyo urta
oo ka luma



Dawakhaad,
matag ama
shuban (<18 sano)



Daal, muruqyo iyo
laalaabo xanuun
(18+ sano)



Cune xanuun



Sankoo duuf
yeesha



Calool
xanuun



Madax
xanuun



Indhahoo
basali u ekaada



Amateedka oo
yaraada am aka xidhma

HADDII AAD ISKU ARAGTO CALAAMADAHA:

Iska markiiba isku tijaabi baadhitaanka PCR:

- Ka samayso balan xarunta baadhitaanka si aad u hesho baadhitaanka PCR ee COVID-19.
- Haddii aad baadhitaanka PCR aad ka hesho jawaab negatíf ah ka hor intaanay calaamadaahaagu bilaamin, mar labaad isbaadh.
- Haddii aad si buuxda u talaalan tahay* ama aad dhawaan heshay caabuqa COVID-19**, waa inaad guriga joogtaa isna go'doomisaa isla markiiba inta aad sugayso natiijada baadhitaanka.

Xubnaha guriga ayaa u baahan is-go'doomin:

- Gurigaaga joogtaa waxay ubaahan doonaan inay is-go'doomiyaan ilamaa aad ka noqonayso negatíf, hadii aanad si buuxda u talaalnayn* ama aanay dhawaan qaadin caabuqa COVID-19**.

Oggaysii loo shaqeeyahaaga ama wax caafimaadka dadweynaha: 416-338-7600.

ISA SOO SHAYBAADH XITAA HADDII AANAD LAHAYN CALAAMADO

- Xitaa haddii aanad lahayn calaamadaha, waa inaad qaadataa laba shaybaadh oo ah PCR: midii waa xiliga ugu dhakhsaha badan midka labaadna waa 1 usbuuc ka dib. Caafimaadka dadweynaha ayaa ku siin doona macluumaad dheeri ah kuna saabsan xiliga la isa shaybaadhi karo.

INTA AAD IS-GO'DOONINAYSO, QOF KASTOO GURIGAAGA JOOGAA WAA INUU:

- Xidhaa af-saarka markuu banaanka aadayo si uu u ilaaliyo dadka kale.
- Iska ilaaliyaa meelaha cidhiidhiga
- Xaddidaa xidhiidhka uu la samaynayo kuwa leh arimaha caafimaad ama kuwa da'da waaweyn.
- Laba mitir u jirso dadka kale.

*Talaal buuxa macnaheedu waa 14 maalmood am aka badan qaadashada taxanaha talaalka qaybta labaad ee COVID-19 ama sida ay qeexeen Wasaarada Caafimaadka Ontario.

**Caabuqa COVID-19 ee Dhawaan macnaheedu waa in qofka laga helay xanuunka COVID-19 90kii maalmood ee ugu danbaysay iyo inay caddeeyeen caafimaadka dadweynuhu.