

Koronafayraska Cusub ee 2019

Koronafayraska Cusub ee 2019 (COVID-19) waa cudur neef-mareen oo ku dhaca dadka oo uu sababo fayras cusub. Wuxuuna ku faafi karaa qof ka qof.

Maadaama u kani yahay fayras cusub, wali waxa jira waxyaabo aynaan aqoon, laakiin maalin kasta waxaa soo ifbaxa waxyaabo cusub oo ku saabsan cudurka COVID-19.

Bahda Faydhoorka ee Minnesota waxay ku dadaalayaan sidii uu hoos ugu dhici lahaa faafitaanka cudurka Covid-19 ee gobolkeena. Waxaan ku xisaabtamaynaa qof kast oo naga mid ah in uu qayb ka noqdo dadaalkaas.

Iska ilaali qaadashada fikradda ku saabsan qofka aad u maleyneyso inuu jirran yahay, sababtoo ah fayraskan ma xulanayo cidda uu ku dhacayo.

Calaamadaha

Dadka la xaqiijiyay inay qabaan cudurka COVID-19 ayaa leh jirro neefsasho dhexdhexaad illaa mid daran ah oo leh calamaado ay ka mid yihiin:

- Qandho
- Qufac
- Neefsashada oo gaabis ah

Dadka yarha dareemaya cudurka COVID-19 waxay joogi karaan guryahaooda inta uu xanuunku hayo. In aad daryeel caafimaad u baxayso mooyeeni gurigaada ku ekoow. Waxaad la xirirtaa dhakhtarkaaga haddii aad u baahantahay daryeel caafimaad.

Ka Hortag u samee naftaada iyo bulshadaadaba

Siyaabaha ugu wanaagsan ee aad iskaga ilaalin karto cudurka COVID-19 waa inaad samayso isla waxyaabaha aad samayso inaad iskaga ilaaliso durayga iyo hargabka:

- Gacmahaaga marwalaba ku dhaq saabuun iyo biyo.
- Guriga joog markaad xanuunsantahay.
- Dabool afkaaga iyo sankaaaga markaad qufacaso.
- Nadiifi oo jeermiska ka dil meelaha iyo dusha ah ee aad taabato had iyo jeer.

U fiirso cidda aad ka helayso akhbaarta cudurka Covid-19. Balanqaad ku saabsabsan helista daawo ama damaanad qaad lagu daawayn karo ama lagaga hor tagayo cudurka Covid-19 sax ma ahan, lamana hayo xiligan xaadirka ah. Illaa iyo hadda ma jiro talaal ku aadan Covid-19. Fadlan la soco ciwaanka ama websaydka MDH iyo CDC wixii faahfaahin ah oo ku saabsan sida looga hortagi karo cudurka Covid-19.

Ogow wax intaa dheer

Ka hel macluumaadka ugu dambeeyay ee ku saabsan cudurka COVID-19 barahan internetka:

- Waaxda Caafimaadka Minnesota Koronafayraska Cusub ee 2019 (COVID-19) (www.health.state.mn.us/diseases/coronavirus/index.html).
- Xarumaha Xakameynta iyo Ka Hortagga Cudurka ee Koronafayraska Cusub ee 2019 (www.cdc.gov/coronavirus/2019-ncov/index.html).