

Sida uu COVID-19 ugu faafo bulshooyinka

Dadka qaba COVID-19 oo dhan ma wada dareemaan inay bukaan. Laakiin xitaa haddii ay dareemaan caafimaad-qab, wali waxay qabadiin karaan fayraska dadka kale.

Haddii u qof qabaa COVID-19 u aado aroos, ama tacsii geeri, ama kulan kale oo ballaaran, waxay si fudud fayraska ugu gudbin karaan dadka kale ee halkaas jooga. Tani waxay si gaar ah run u tahay marka dadku aysan gashanayn maaskaro, iyo haddii aysan ka fogaan ugu yaraan 6 fiit dadka kale.

Dadka kale ee cudurka ka qaaday dhacdada ayaa markaa u keena fayraska guriga iyo qoysaskooda iyo saaxiibdooda. Haddii ay ku nool yihiin meel ka baxsan magaalada, COVID-19 ayaa la aadaya iyaga halkaa.

Qof kasta oo ay la nool yihiin hadda wey qaadi karaan cudurka. Hadday dhammaantood tagaan shaqo, dugsi, ama meel kale oo ay dadku isugu yimaadaan, dadka meelahaas ku nool ayaa, sidoo kale, qaadi kara.

Waxa ku bilaabmay hal qof oo qaba COVID-19 ayaa dhakhso u noqon kara daraasiin, ama in ka badan, illaa ay hase ahaate dadku sameeyaan wax ay ku joojiyaan faafitaanka.

Qaad tallaabooyin aad ku badbaadineyso qoyskaaga, saaxiibbadaada, iyo dadka aadan xitaa aqoon.

Ka fogow dad isu-imaatinada dadka badan.

Gasho maaskaro.

Ka fogow ugu yaraan 6 fiit dadka kale.

Gacmaha iska dhaq.

Oo guriga joog haddii aad bukto.

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Si aad ugu hesho macluumaadkan qaab nooc kale ah, wac: 651-201-4989.