Xiliga ay ku haboontahay in la tago rug caafimaad muddada lagu jiro dillaaca cudurka COVID-19

Ma u baahan tahay inaad tagto xafiiska bixiya daryeel caafimaad muddada lagu jiro dillaaca cudurka COVID-19? Kahor intaad an tagin rug caafimaad ama isbitaal, raac tilmaamahan soo socdo:

Haddii aad ku daryeeli kartid xanuunka ku hayo guriga, guriga joog. Hadii calamadaha ad dharameeyso adan isbitalka ad u tagi jirin awal hore, haddana ha u tagin.

Badankood xaaladaha cudurka COVID-19 waa kuwo fudud oo leh calaamadaha ah sida qandhada, qufaca, murqo xanuun, ama dhuun-xanuun. Uma baahnid inaad raadsato daryeel caafimaad ama in lagaa baaro cudurka COVID-19 haddii ay calaamadahaagu yihiin kuwa sahlan.

Haddii aad tahay 65 jir iyo wixii ka wayn, ama aad qabto xaalado caafimaad oo horay u jiray, waxa wanaagsan in ad la socodsiiso daqtarkaaga inaad bukto. Waxaa laga yaabaa inay talooyin gaar ah kaa siiyaan.

Haddii ay calaamadahaagu ka sii daraan – sida haddii neefsashadu ay kugu adkaato, ama feedho xanuun ama qandho runtii aad u sarraysa ku qabato -- wac dhaqtarkaaga. Hubi inaad wacdo kahor intaadan aadin rugta caafimaadka ama isbitaalka.

Waxay kaa caawin doonaan inaad fahanto talaabooyinka xiga ee ad qaadi laheyd si aad u hesho daryeelka aad u baahan tahay, adigoon dadka kale galinin halista ay ku bukoonayaan.

Markaad tageyso rugta caafimaadka ama xafiiskkooda, xiro maaskaraha wajiga. Haddii aadan mid haysan, sankaaga iyo afkaaga ku dabool maro yar ama masar. Weyddiiso maaskaraha wajiga markaad gudaha dhex gasho.

Ma lihid miyaa calaamadaha cudurka COVID-19 laakiin waxaad u baahan tahay ballan caafimaad? La xiriir dhaqtarkaaga ama isbitaalkaaga.

Xarumo badan oo caafimaad ayaa dib u dhigaya ballamaha caadiga ah, ama ballamaha ugu hawl fulinaya telefoonka ama onlaynka.

Taasi waxay badbaadinaysaa naftaada, shaqaalaha daryeelka caafimaadka, iyo bukaannada kale.

Si aad u hesho macluumaad dheeraad ah booqo: https://www.health.state.mn.us/