

In Guriga lagu Daaweeyo Astaamaha COVID-19

Badiyaa xaaladaha COVID-19 waa wax sahlan oo leh astaamo sida qandho, qufac, neef-qabatin, qarqaryo, madax-xanuun, muruq xanuun, cune xanuun, ama dhadhanka iyo urta oo kaa lumma.

Qof kasta oo qaba COVID-19 ma yeesho dhammaan astaamahaas, liiskanna kuma wada jiraan astaamaha la isku arki karaa. Dhakhtarkaaga ama xaruntaada kala hadal in aad is baarto haddii aad isku aragto wax astaamo ah.

Waa kuwan tallaabooyin sahlan oo aad ku caawin karto naftaada si aad u ladnaato haddii aad aad astaamaha ku maarayn karto guriga. Hel nasasho badan oo qabo waxqabadyada u baahan dedaal yar sida akhrinta buug ama daawashada filim.

Cab biyo badan iyo cabitaano kale.

Haddii aad leedahay cune xanuun, cun cunto jilicsan sida maraq, ama cabbitaan shiidan.

Haddii aad si joogto ah u qaadata daawo dhakhtar kuu qoray, sii wad qaadashada, haddii aanu dhakhtarku ku odhan jooji.

Haddii aad leedahay qandho, qaado daawooyinka qandhada biiya sida acetaminophen, adiga oo raacaya tilmaamaha ku qoran dawada.

Waxa aad ku ladnaan doontaa toddobaad ama laba.

Haddii ay astaamahaagu sii xumaadaan, waa goortii aad wici lahayd dhakhtarkaaga ama xarunta caafimaadka. Tusaale, haddii neeftu ku dhibto, sida marka aad guriga dhex socoto

Haddii aad yeelato qandho ka badan 100 digrii dhawr maalmood – xataa marka aad qaadata daawada hoos u dejisa.

Ama marka aad dareento xanuun aad kari weydo kicitaan, cunis ama cabbis, ama daawasho TV.

Haddii dhakhtarkaaga ama xarunta caafimaadka ayaa telefonka kuugu sheegi doona haddii la rabo inaad timaad.

Khatarta xanuunka COVID-19 waxa ay la korodhaa da'da.. Haddii aad tahay waayeel ama aad leedahay xaalado caafimaad oo kale, dhakhtarkaaga . Waxa laga yaabaa inay kuu hayaan talo gaar kuu ah adiga.

Waa in Aad Waco 911 markay jirto xaalad caafimaad oo degdeg ahi, sida neefta oo kugu adkaata, xanuun iyo cadaadis laabta kaa saarma, jahawareer, bishmahaaga, carrabkaaga, cidiyahaaga ama wajigaaga oo u ekaada midabka garayga ama buluug ama haddii qoyskaaga iyo asxaabtaadu ay hurdada kaa toosin kari waayaan. U sheeg hawlweedenka 911 in laga yaabo in aad qabto COVID-19.

Haddii aad karayso in aad astaamaha kula tacaasho guriga ayaa ah hab muhiim ah oo hoos loogu dhigi karo faafitaanka COVID-19.

Si aad wax badan uga ogaato sida aad u ilaalin karto naftaada iyo qoyskaaga, booqo health.mn.gov.

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Managing COVID-19 Symptoms at Home Transcript (Somali)

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