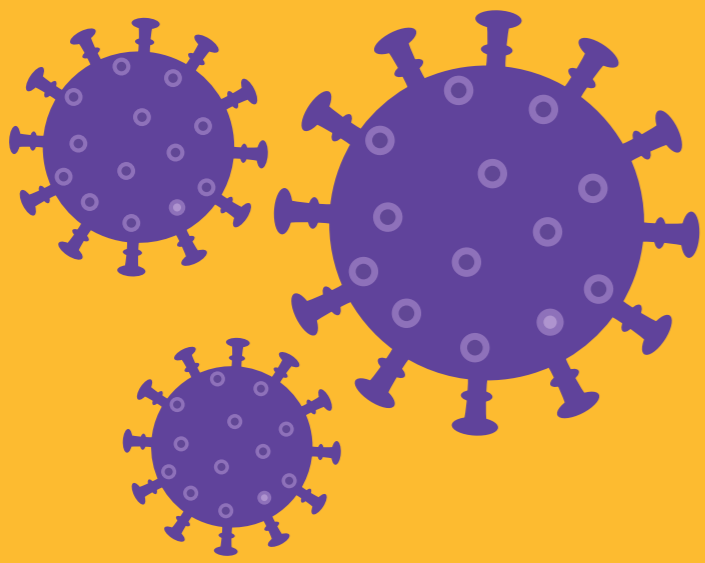


# U DIYAARGAROWEGA IYO KA HORTAGA CUDURKA COVID-19 EE XABSIYADA IYO JEELASHA

## WARBIXINTA GUUD EE CUDURKA



### WAA MAXAY CUDURKANI?



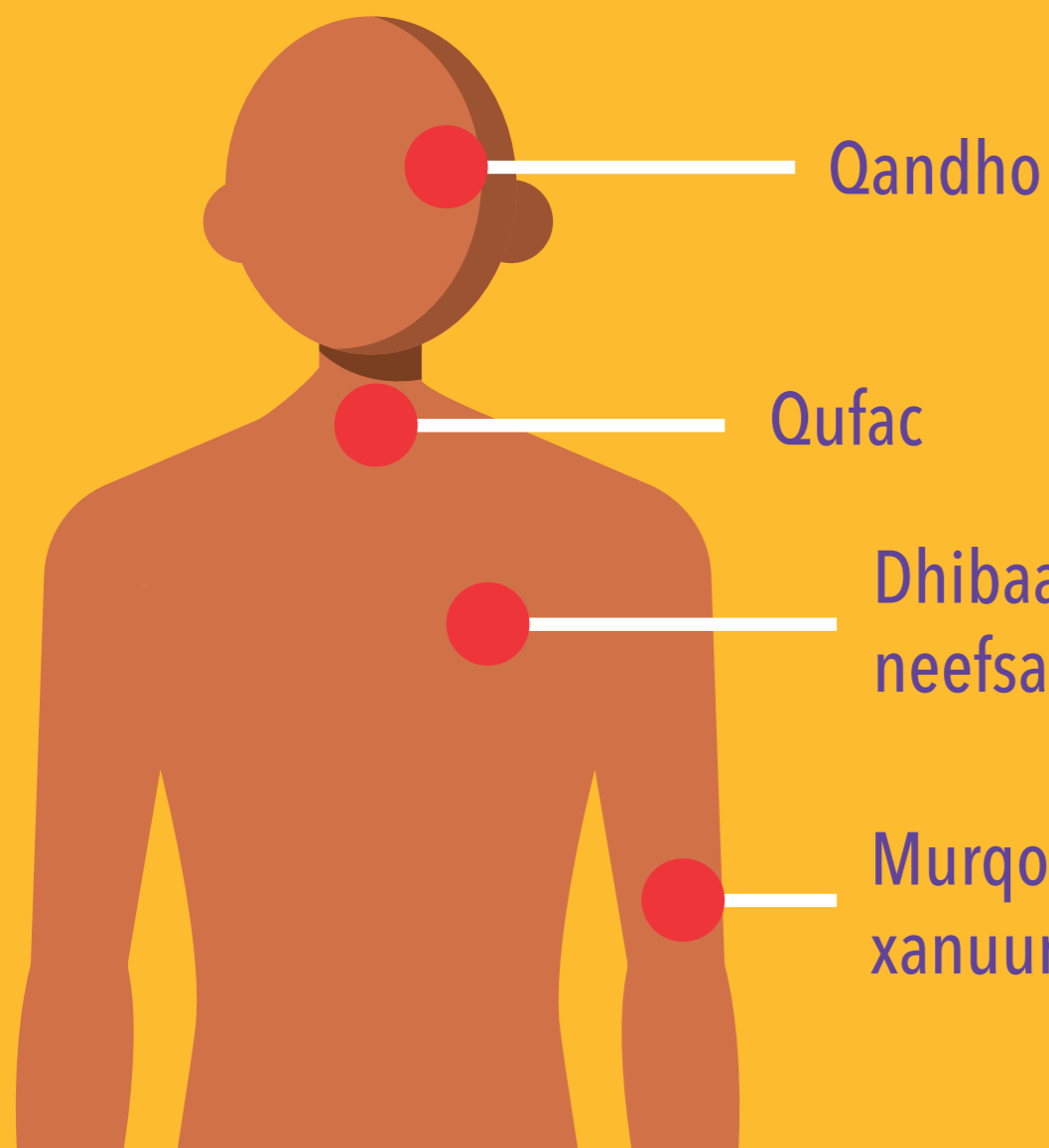
COVID-19 waa arrin caalami ah. Waa Cudur uu sababay Fayraska cusub ee Coronavirus, kaas oo aan horay loogu aqoon ama lagu arkin Bini-aadamka.



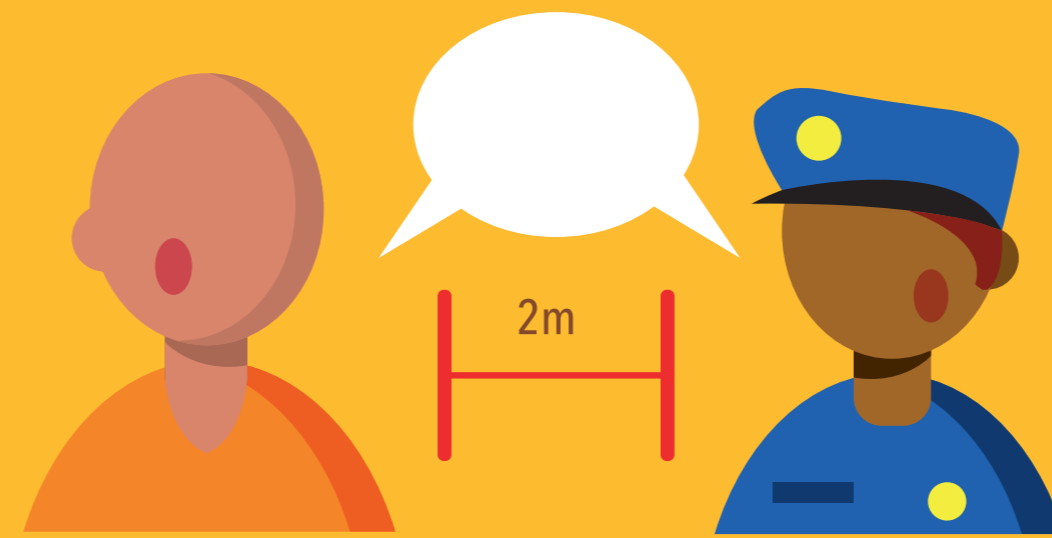
### CUDURKANI, YUU HALISTA UGU BADAN KU YAHAY?

Wali waxaan u baahannahay inaan barano sida uu cudurka COVID-19 u saameeyo dadka. Dadka waayeelka ah (Da'da ah), iyo dadka kale ee leh xaalado caafimaad ay ka midyihiin, Neefta/ Cudurada Neef mareenka ah ee raaga, Sonkorta iyo Cudurda Wadnaha ku dhaca ama xaalad kasta oo waxyeelaysa difaaca jirka, ayaa u muuqda inay halis wajihi karaan.

### CALAMADAHA XANUUNKA



Xaaladaha badankood, COVID-19 waxay keentaa calaamado fudud oo ay ka midyihiin Sanduufka, Cunne Xanuunka, Qufac, Qandho iyo Daal zaa'id ah. Dadka qaarkood xaaladoodu wa ka sii xumaan kartaa waxaya u horseedi kartaa oof wareer ama Neefsashada oo ku adkaata. Mararka qaarkood, cudurkan wuxuu sababi karaa Geeri.



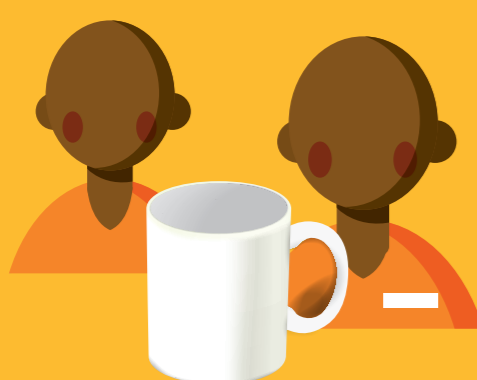
### SIDEE TANI U SAAMAYN KARTAA XABSIGA?

Ka hortaga COVID-19 in uu soo galo Xabsiga waxay u baahantahay isbadalo muhiim ah oo ku meel gaar ah oo ku dhaca nidaamka caadiga ah ee Xabsiga. Waxaa ka mid noqon kara galitaanka Xabsiga, Dhaq-dhaqaaq xadidan, iyo hawlaha maxbuuska oo xadidan. Inkastoo ay carqalad tahay, haddana talaabooyinkan ku meel gaarka ah aad ayay muhiim u yihiin si looga ilaaliyo Shaqaalaha, Maxaabiista & Bulshada cudurka COVID-19.

### SIDEE AYUU COVID-19 KU FAAFAA?



Cudurka COVID-19 wuxuu umuqdaa inuu si fudud ugu faafo xiriir dhow oo lala yeesho qof cudurka qaba (1 mitir gudahood). Marka qof qaba COVID-19 Qufaco ama Hindhiso, dhibco yar-yar ayu sii daayay, hadii aad ka ag-dhaw dahay marka neefsato waxaa ku dhici kara fayraska.



Qofka wuxuu kaloo ku dhici karaa Cudurku hadii uu taabto sagxad ama shay wasakhaysan, kadibna uu taabto wajigiisa (tusaale, Qofku waxaa laga yaabaa in uu taabto Gacanka Albaabka ama gacan qaad la sameyo qof kale, kadibna taabto wajigiisa). Sidaa darteed, sifaynta goobaha aad ku sugantahay ama ku nooshahay waa muhiim.

