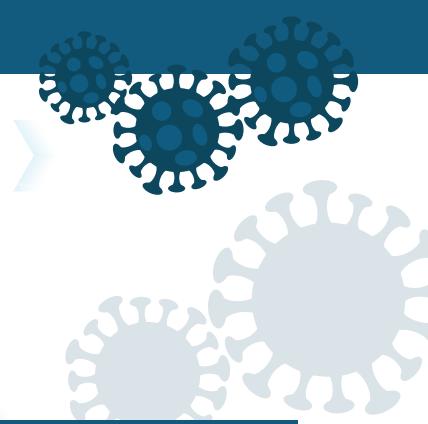


KU SAABSAN CUDURKA KORONA FAYRASKA (COVID-19)



WAXA UU YAHAY

COVID-19 waa cudur uu keeno fayraska loo yaqaanno korona fayras (coronavirus).

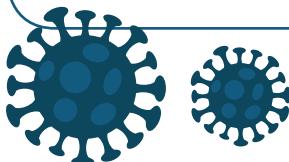
Korona fayraska bani'aadamka waa cudur guud oo caadi ahaan lala xiriiryo jirrooyinka fufudud, oo la mid ah hargabka.

SIDA UU KU FAAFO

Korona fayraska (Coronaviruses) ayaa sida ugu badan waxaa FAAFIYA qofka cudurka qaba isaga oo dadka u sii marsiinaya:

- ▶ dhibcaha neefta soo raaca ee qofka afkiisa ka soo baxa marka uu qufacayo ama hindhisayo
- ▶ xiriirka dhow ee shakhsiyeed, sida taabashada ama gacmo-qaadka
- ▶ taabashada wax ama shay uu fayraska saaran yahay, ka-dibna taabashada indhahaaga, sinkaaga ama afkaaga ka hor inta aadan gacamahaaga dhaqin

Fayrasyadan lama yaqaan in ay ku faafan hababka hawo qaadashada ama biyaha.



HADDII AAD LEEDAHAY ASTAAMO

Haddii aad leedahay ASTAAMAHAY fayraska COVID-19 — qandho, qufac, ama neefsashada oo qofka ku adkaata ama dhibta:



- ▶ guriga joog si aad uga fogaato in aad dad kale qaadsiisi haddii aad dad kale la nooshahay, joog ama ku jir qol gaar ah ama dadka ka fogaaw masaafo 2-mitir ah
- ▶ wakhti hore soo wac ka hor inta aadan booqan xirfadle daryeel caafimaad ama wac maamulka caafimaadka dadweynaha ee degaankaaga oo u sheeg astaamahaaga ka-dibna raac tilmaamahooda
- ▶ haddii aad u baahan tahay daryeel caafimaad oo degdeg ah, wac 911 ka-dibna u sheeg astaamahaaga.

CALAAMADAHU LAGU GARTO

Calaamadaha lagu garto waxaa ay noqon karaan kuwo aad iyo aad u fufudud ama kuwo aad u daran.

Waxay qaadan kartaa ilaa iyo muddo 14 maalmood in ay ku soo muuqdaan ka-dib marka uu qofku soo wajaho fayraska.



QANDHO



QUFAC



NEEFASHADA OO QOFKA KU ADKAATA AMA DHIBTA

KA HORTAGGA

Habka ugu wanaagsan ee looga hortaggo faafidda caabuqa waa in aad:



- ▶ inta badan gacamahaaga ku dhaqdo saabuun iyo biyo ugu yaraan 20 ilbiriqsi
- ▶ fogaataa taabashada indhahaaga, sinkaaga ama afkaaga, gaar ahaan in aad ku taabato gacamahaaga oo aan dhaqnayn
- ▶ ka fogaataa xiriirka dhow ee aad la yeelanayso dadka xannuunsan
- ▶ marka aad qufacayso ama hindhisayso:
 - ku daboochaa afkaaga iyo sinkaagaba laabatada gacantaada ama aftire si aad u yareyso faafidda jeermiska
 - isla-markiiba sida ugu dhaqsiyaha badan ugu ridaa aftireyaal kasta ee aad isticmaashay qashinka ka-dibna gacamahaaga dhaq
- ▶ nadiifisaa oo aad jeermiska ka dishaa waxyabaha sida joogtada ah loo taabto iyo dusha, sida alaabooinka, aaladaha elekriroonigga ah iyo qataarada.
- ▶ guriga joogtaa haddii aad xannuunsan tahay si aad uga fogaato in aad dadka kale ku faafiso cudurka

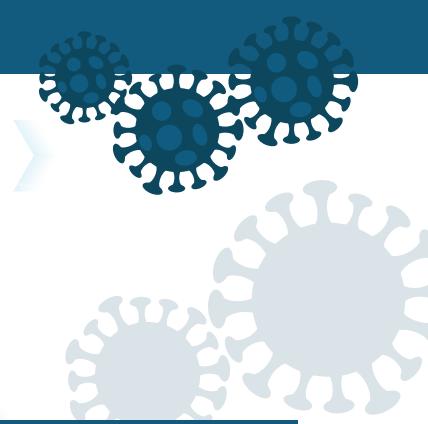
WIXII MACLUUMAAD DHEERAAD AH EE KU SAABSAN KORONA FAYRASKA:

1-833-784-4397

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phac.info.aspc@canada.ca

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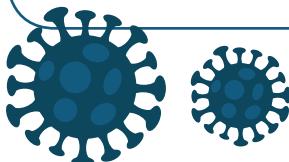
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