



## OGOW XAQIIQOOYINKA

# KU SAABSAN CUDURKA KORONA FAYRASKA (COVID-19)

Korona fayraska (COVID-19) waa cudur uu keeno fayraska loo yaqaanno *coronavirus*. Korona fayraska bani'aadamka ku dhaca waa cudur guud oo caadi ahaan lala xiriiriyo

jirrooyin fudfudud, oo la mid ah hargabka.

Astaamaha korona fayraska bani'aadamka waxaa laga yaabaa in ay noqdaan kuwo aad iyo aad u fudfudud ama kuwo aad u daran, sida:

### **QANDHO**

### **QUFAC**

### **NEEFSASHADA OO QOFKA KU ADKAATA AMA DHIBTA**

Astaamaha ayaa waxay qaadan kartaa ilaa iyo 14 maalmood in ay ku soo muuqdaan ka-dib marka uu qofku soo wajahu fayraska.

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 shay uu fayraska saaran yahay, ka-dibna taabashada indhahaaga, sanakaaga ama afkaaga ka hor inta aadan gacamahaaga dhaqin

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

Habka ugu wanaagsan ee looga hortaggo faafitaanka caabuqyada waa in aad:

- gacamahaaga inta badan ku dhaqdid saabuun iyo biyo ugu yaraan 20 ilbiriqsi;
- ka fogaato in aad indhahaaga, sanakaaga ama afkaaga, gaar ahaan ku taabato gacmaahaga oo aan dhaqnayn;
- ka fogaato in aad xiriir dhow la yeelato dadka xannuunsan;





- ku qufacdo oo aad ku hindhisto gacanta dharkaaga ee haku qufacin ama hindhisin gacamahaaga; iyo
- guriga joogtid haddii aad xannuunsan tahay si aad uga fogaato in aad cudurka ku faafiso dadka kale.

**Wixii macluumaad dheeraad ah ee ku saabsan korona fayraska:**

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

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