



DADKA NUGUL IYO COVID-19

Inkasta oo ay cudurrada qof kasta ku dhici karaan, hadda dadka reer Canada qaarkii ayaa halis badan ugu jira in uu caabuqa ku dhaco oo ay qaadaan dhibaatooyin daran oo sabab u ah xaaladahooda dhaqaale, bulsho iyo kuwa caafimaad.

Ururrada, hawlweennada iyo mutadawaciinta waxaa ay door muhiim ah ka qaataan gacan ka geysashada ka hortagga in dadkan ay qaadaan ama faafiyaan fayraska COVID-19. Waxay bilaabaan iyagga oo la wadaagaya waxyaabo fudud oo ay sameyn karaan si ay gacan uga geystaan in iyagga iyo kuwa kaleba ay caafimaadqabaan, ku hagaan caawimaad haddii ay isku arkaan wax ka mid ah astaamaha iyo calaamadaha waxayna bartaan siyaabaha gacan looga geysan karo daryeelka loo fidiyo macaamiisha jirran ee ka soo bogsanaya fayraska COVID-19.

Dadka nugul waxaa ka mid noqon kara:

Qof kasta:

- ←←Oo ah waayeel
- ←←Oo halis ugu jira iyada oo sabab u ah xaalado caafimaad ee jira (tusaale, cudurka wadnaha, dhiig-kar, sonkorow, cudurrada ku dhaca neef-mareenka ee daba-dheeraaday, kansar)
- ←←Oo halis ugu jira iyada oo sabab u ah hab-dhiska difaaca jirka oo daciifay ee ka dhashay daaweyn ama xaalad caafimaad (tusaale, Kiimiko-ku-daweyn)

Qof kasta oo:

- ←←Dhibaato kala kulma akhriska, hadalka, fahamka ama wada-xiriirka
- ←←Dhibaato ku kala kulma helidda daryeel caafimaad ama talo caafimaad
- ←←Dhibaato kala kulma sameynta waxqabadyada ka hortagga, sida gacmo-dhaqa joogtada ah iyo daboolidda qufaca iyo hindhisada
- ←←U socda daryeel caafimaad khaas ah ama u baahan shahay caafimaad gaar ah
- ←←Leh baahiyo kormeer ama taageero lagu joogteynayo madax-banaani
- ←←Ku adag helidda gaadiid
- ←←Ay haystaan caqabado dhaqaale
- ←←Haysta shaqo aan xasilnayn ama xaalado shaqo oo aan debecsanayn
- ←←Bulsho ama juqraafi ahaan go'doonsan, sida bulshooyinka go'doonsan ama ku dhaqan meelaha fog
- ←←Haysata xaalado guryayn aan jirin, ku filnayn, ama aan sugnayn





Sidee ayay ururradu u taageeri karaan dadka nugul inta lagu guda jirro dillaaca cudurka fayraska COVID-19

Wakhti qaado oo aad ku barato xaqiiqooyinka:

- ←←Ogow wax badan oo ku saabsan fayraska COVID-19 adiga oo booqanaya canada.ca/coronavirus
- ←←La soco wararka ugu dambeeyay ee ku saabsan xaaladda hadda ee bulshadaada
- ←←La xiriir saraakiisha caafimaadka dadweynaha ee degaanka, gobolka, dhulka si aad u hesho macluumaadka, kheyraadka iyo hagidda la xiriirta fayraska COVID-19

Qaado wakhti aad isku diyaariso:

- ←←Dib-u-eeg qorshaha sii socoshada shaqadaada si adiga iyo hawladeennadaadaba aad u ogaataan waxa la sameeyo
- ←←Horay u sii qorsheyso carqaladaha suuragalka ah
- ←←Aqoonso oo qorsheyso sidii aad u sii wadi lahayd bixinta adeegyada ugu muhiimsan
- ←←La-hawlgal ururrada bixiya adeegyada la midka ah kuwa aad bixiso si aad u wadaagtaan kheyraadka iyo istiraatiijiyadaha
- ←←U diyaargarow in aad ka jawaabto su'aalaha kaaga imaanaya hawladeennada, mutadawaciinta, iyo macaamiisha
- ←←Tixgeli in aad soo iibsato oo aad kaydsato sahayda guud iyo **sahayda nadaafadda**
- ←←U diyaargarow xaddidaadaha hoyga iyo meelaha bannaan ee la wadaago

Waxaad hawladeennada bartaa siyaabaha looga hortagi karo faafidda cudurka fayraska COVID-19:

- ←←Gacamaha oo inta badan lagu dhaqdo saabuun iyo biyo kulul ama isticmaalka nadiifiyaha aalkolada leh
- ←←Kordhinta helitaanka sahayda nadaafadda gacmaha iyo aadaabta suuban ee qufaca (tusaale, kiimikada aalkolada leh ee gacamaha la marsado, saabuun, warqadaha lagu tirtirto ee la isku qalajiyo, af-tire, weelasha qashinka)
- ←←Nadiifinta meelaha badanaa la isticmaalo, dusha iyo waxyaabaha (jikooyinka, meelaha la wadaago, meelaha lagu cunteeyo, miisaska, meelaha la seexdo ee la wadaago, qataarada, iyo meesha laga furo lagana xiro khasabadda)
- ←←Joogista guriga marka aad xannuunsan tahay
- ←←Ka fogaanshaha isticmaalka agabka la wadaago
- ←←Wadaagista macluumaadka ku saabsan waxa la sameeyo haddii hawladeen ama macmiil uu muujiyo astaamaha lagu xannuunsanayo

Wadaagista tallaabooyinka ku saabsan **sida loo** daryeelo oo loo go'doomiyo dadka ku nool xarunta ay dadku ku badan yihiin (oo ay ku jiraan isticmaalka musqullo gaar ah, haddii la heli karo)



Soo-jeedimada loogu talagalay taageeridda dadka nugul xilliga fayraska COVID-19

←←Bixi tilmaamo cad oo ku saabsan sida loo dhaqo gacmaha oo loo daboolo qufaca iyada oo la adeegsanayo:
Luuqadda caadi ahaan inta ugu badan lagu adeegsado bulshada

Farriimo gaaban oo sharxi kara tallaabooyin fudud oo ay qaadi karaan

Far waaweyn iyo muuqaal shaxeed iyo jaantusyoy

Tilmaamaha la heli karo (tusaale, farta indhoolaha ee braille, sawirro); iyo

Iyada oo calaamado lagu dhejinayo meelaha caamka ah: meel u dhaw saxannada fool-dhaqa, meelaha laga soo galo, meelaha laga gudbo, musqulaha, goobaha la seexo, goobaha madadaallada, qolalka sugitaanka

←←Tixgeli taageeridda waxyaabaha kale sida: Isticmaalidda daraawalo mutadawac ah iyo lacagaha taksiga lagu raaco oo la kabo beddelka gaadiidka dadweynaha

Dejinta tallaabooyin gaaris kale ama nidaamka “saaxiibka dhaw”

Oo ay ku jiraan siyaasado loogu oggolaanayo macaamiisha xanuunsan in ay ku nastaan hoyga xilliga maalintii

Suuragelinta in la helo cunto, cabbitaanno iyo sahay, intii suuragal ah

Xasuusinta macaamiisha qaadashada ama dib u soo qaadashada daawooyinka loo soo qoray, iyo sahayda caafimaad ee lagama maarmaanka ah

←←Haddii aad ka shakido in macmiilku uu la xannuunsan yahay fayraska COVID-19, fadlan la xiriiir **Maamulka Caafimaadka Dadweynaha ee degaankaaga**

**WAXAANNU DHAMMAANTEENA KA QAYB QAADAN KARNA KA HORTAGGA FAAFIDDA
CUDURKA KORONA FAYRASKA EE LOO YAQAANNO COVID-19. SI AAD U HESHO
MACLUUMAAD DHEERAAD AH, BOOQO**

Canada.ca/coronavirus ama la xiriiir