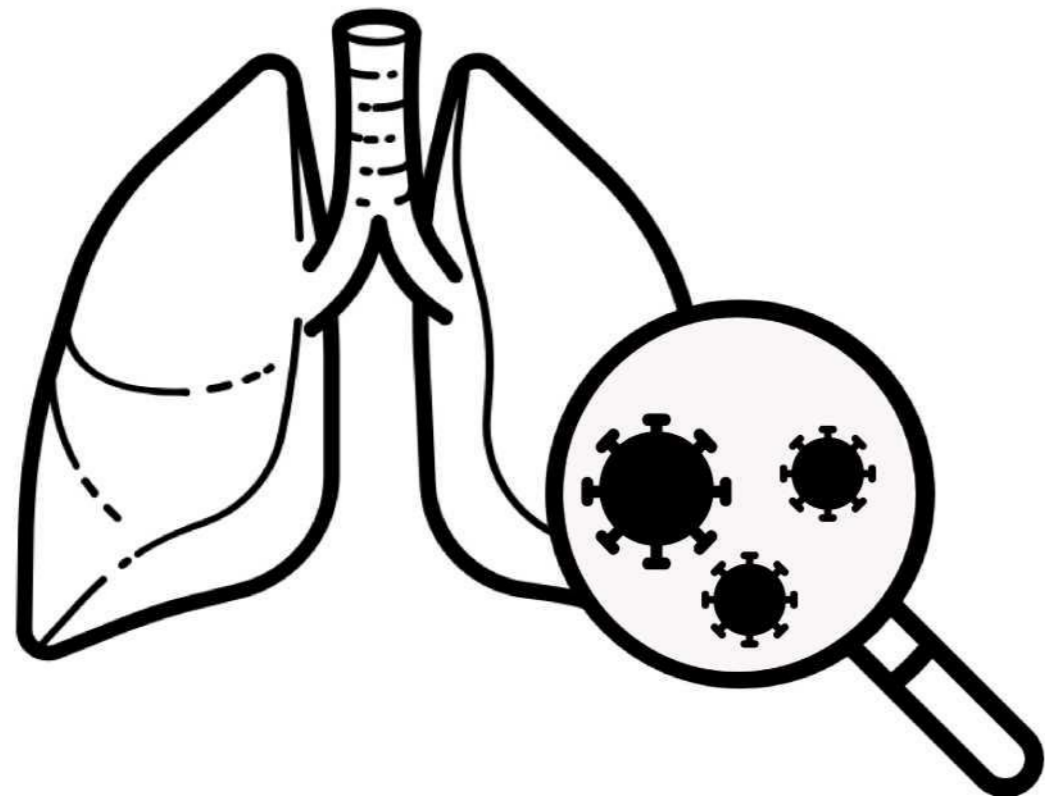


Xarunta Xakamaynta iyo Kahortagga Cudurka ee Maine

Koronafayraska Cusub ee 2019 (COVID-19)



Xaashida xaqiiqda



Koronafayraska Cusub ee 2019 (COVID-19) waa cudur neef-mareen. Waxa sababa koronafayras. Dillaaca cudurka COVID-19 wuxuu ka bilowday Magaalada Wuhan, ee dalka Shiinaha ku taal oo tan iyo markii ku faafay dalal kale oo badan.

Astaamaha iyo calaamadaha lagu yaqaan



Qandho

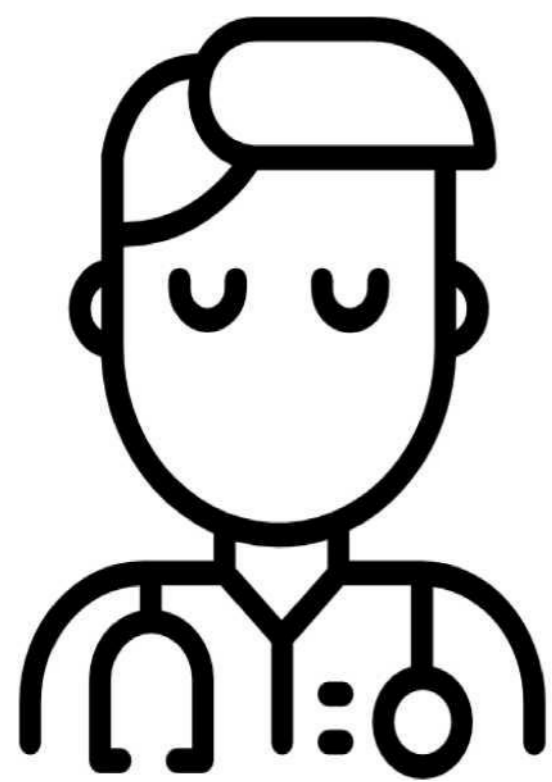


Qufac



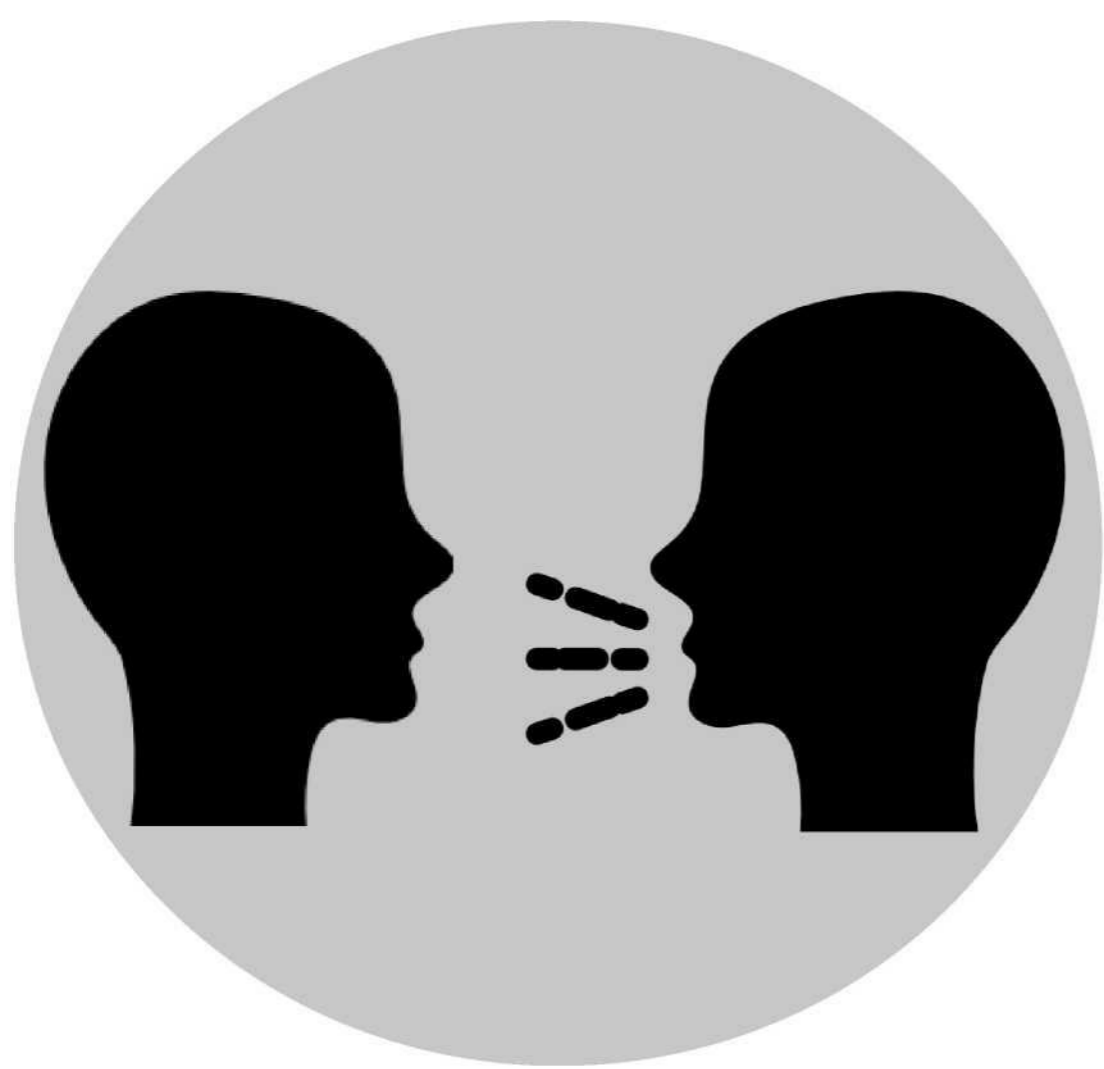
Neef Qabasho iyo
Dhibaato Neefsi

Astaamuhu waxay bilaabmaan 2 illaa 14 maalmood kaddib u feydsanida fayraska. Cudurrada laga soo warbixiyay waxay isku kala jiraan dhexdhexaad illaa kuwo daran ah. Cudurka daran wuxuu sababi karaa oof wareen, kilyaha hawsha joojiya, iyo dhimasho.



Wac dhakhtarkaaga haddii aad leedahay calaamado. U sheeg wixii safar ah ee dhowaanta ahaa iyo haddii aad la xiriirtay qof u hayo oo la yaqaan. Haddii aad u baahantahay daryeel caafimaad, fadlan wac xarunta daryeelka caafimaadka kahor inta aadan iman.

Faafidda COVID-19



- Fayrasku wuxuu inta ugu badan ku faafayaa qof ka qof. Taasi waxay dhacdaa marka qof cudurka qabaa u qufaco ama hindhisoodo oo ku qabadiin karo dadka kale e u jira illaa 6 fiit.
- Waxa suurtagal ah in qof ka qaadi karo cudurka COVID-19 isaga ama iyada oo taabta dusha sare ama shay uu fayrasku u dul yaal, ka dibna ay taabtaan afkooda, sankooda, ama indhahooda. Taasi MA AHA habka ugu badan ee ee fayrasku u ku faafo.

Ka Hortagga COVID-19 ee loogu talagalay Socotada



Iska ilaali inaad taabato ama ku dhawaato dadka buka.



Iska ilaali xayawaanka (nool ama dhintay) iyo waxyaabaha xaywaanka laga sameeyo. Taas waxa ka mid ah hilibka aan la

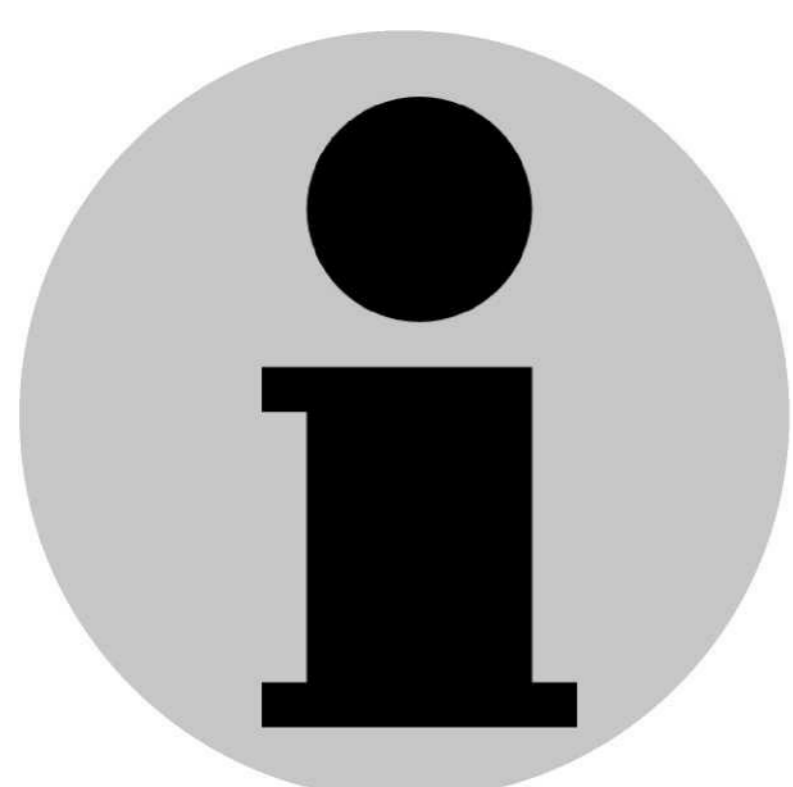


Gacmahaagana ku mayd biyo iyo saabuun.

Waa inaad walibana iska dhaqdaa gacmahaaga ugu yaraan 20 sekan. Isticmaal nadiifiyaha gacmaha ee alkolada ku salaysan ee ka kooban ugu yaraan 60% alkolo, haddii ayna saabuun iyo biyo jirin. Haddii aad leedahay calaamadaha korka, waa inaad wacdaa bixyahaaga daryeeka caafimaadka.

Ma jirto daawayn gaar ah oo loogu talagalay COVID-19. Inta ugu badan dadku waxay ka soo kabtaan iyaga oo guriga jooga.

Wixii Macluumaad Dheeraad ah, Booq:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (Bogga Caafimaadka Socdaalaha CDC-da Marykanka)

Waxa kale oo waliba aad ka wici kartaa Maine CDC telefoonka 1-800-821-5821.