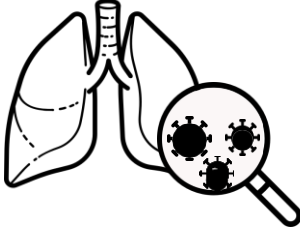


# Cudurka Coronavirus ee 2019 (COVID-19)



Xaashida Xogta



Cudurka Coronavirus ee 2019 (COVID-19) waa cudur ku dhaca habka neefsiga. Waxaa keena fayraska coronavirus. COVID-19 waa caadi gudaha Maraykanka, oo ay ku jirto gobolka Maine.

## Calaamadaha Caadiga ah



Qandho ama gariir



Qufac



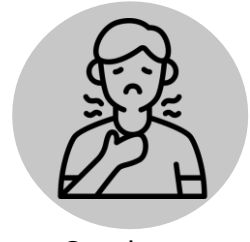
Neef-qabad iyo dhibaato neefsashada ah



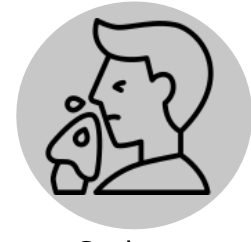
Madax xanuun



Daal ama dareen daal badan



Cunaha oo xanuuna



Sanka oo dareera



Murqo ama jir xanuun

Dadka qaba COVID-19 waxay yeeshaan calaamado kala duwan oo u dhexeeya kuwo fudud iyo kuwo halis ah. Calaamado kale waxaa ka mid noqon kara lumis cusub oo dhadhan ama ur ah, lalabbo ama matag, iyo shuban. Calaamaduhu way kala duwanaa karaan qof ilaa qof waxaana ay bilaabmi karaan 2 ilaa 14 maalmood ka dib marka uu fayrasku qofka ku dhaco. Dhammaan dadka ma yeeshaan calaamado.

Qaar ka mid ah dadka ayaa u nugul in ay si daran u xanuunsadaan oo u baahan daryeel caafimaad haddii ay qabaan COVID-19. Tani waxay ku jirtaa dadka waayeelka ah, kuwa difaaca jirka daciifay, dadka qaba naafonimooyin gaar ah, ama xaalado caafimaad oo hore u jiray.

Daaweyn ayaa loo heli karaa dadka u nugul in ay si daran u xanuunsadaan COVID-19 awgiis.



Raadi daryeel caafimaad oo degdeg ah haddii aad leedahay calaamado digniin ah sida wareer ama isbeddel maskaxeed, xanuun ama cadaadis laabta ah, awood la'aan in aad soo toosto ama feejignaato, iyo maqaarka, dibnaha, ama cidiyaha oo yeesha midab cirro, cawl, ama buluug ah. Liiskani kuma jiraan dhammaan calaamadaha suuragalka ah.

# Faafidda COVID-19



COVID-19 wuu ku fidaa marka qof qaba uu soo saaro dhibco ama qaybo yaryar oo ay ku jiraan fayrasyada marka uu neefsano.

- Dadka kale waxay neefsan karaan dhibcahaas iyo qaybahaas yaryar.
- Dhibcahaas iyo qaybahaas yaryar waxay ku degi karaan indhaha, sanko, ama afka qofka.
- Dhibcahaas waxay wasakhiyeen meelaha ay taabtaan.

Qof kasta oo qaba COVID-19 wuu faafin karaa, xitaa haddii **uusan** lahayn calaamado. COVID-19 wuxuu xitaa ku faafi karaa dadka ilaa xayawaanka xaalado gaar ah.

## Ka Hortagga COVID-19

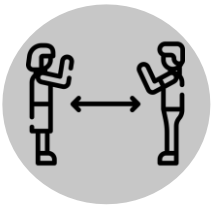
**Ku dhaqanka xeeladaha ka hortagga aasaasiga ah:**



- La soco tallaallada COVID-19 ee cusub.



- Si joogto ah gacmaha ugu dhaqo saabuun iyo biyo.



- Haddii aan saabuun iyo biyo la heli karin, isticmaal jeermis-dile ku saleysan aalkolo oo ay ku jirto ugu yaraan 60% aalkolo.

- Iska ilaali taabashada indhaha, sanko, ama afka adigoo gacmaha dhaqin.
- Ka fogow la xiriirka dhow dadka xanuunsan.

**Marka aad xanuunsan tahay, dadka kale ka ilaali:**



- Guriga joog.
- Afka iyo sanko dabool markaad qufacayso ama hindhisayso.



- Ha wadaagin koobabka iyo qalabka cuntada dadka kale.
- Iska fogee dadka kale jir ahaan.



- Xiro maaskaro markaad dadka kale ag joogto. Waa in ay dabooashaa sanko iyo afka.
- Isbaaro oo raadi daaweyn si aad u yarayso muddada xanuunka.

## Macluumaad Dheeraad ah, Booqo:



1. [www.maine.gov/dhhs/mecdc/diseases-conditions/infectious-diseases/covid-19](http://www.maine.gov/dhhs/mecdc/diseases-conditions/infectious-diseases/covid-19)
2. [www.cdc.gov/respiratory-viruses/](http://www.cdc.gov/respiratory-viruses/)
3. [www.cdc.gov/covid/](http://www.cdc.gov/covid/)

Waxa kale oo aad wici kartaa Maine CDC lambarka 1-800-821-5821.