

Baaritaanka COVID-19 ee 2022 ee Dugsiyada Maine

Macluumaadka loogu talagalay Waalidka/Shaqaalaha ee kusaabsan Qalabka Isku Baaridda Guriga

Dugsigeyga wuxuu isiiyey Qalabka Isaga Baaridda COVID19

Sidee ayaan u isticmaali karaa qalabyadan baaritaanka?

Isticmaalka Loo Oggol Yahay Qalabka Baaritaanka

1. Lahaanshaha calaamadaha waafaqsan COVID19:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
2. Udhawaanshaha qof qaba COVID19:
 - **Isku Baar Guriga si aad Ujoogto Dugsiga:** baaritaanka taxanaha ah ee ardayda aanan qaadan tallaalka oo astaamaha caabuqa aanan qabin iyadoo la isticmaalayo baaritaanka guriga kuwaas oo loo aqoonsaday [inay xidhiidh udhawaansho dhaw la yeesheen kiis COVID-19 ah oo la xaqiijiyey](#). Baaritaanadani waa inuu ardayga laftirkiisu iska qaadaa ama uu kaqaadaa waalidka ama qofka masuulka ka ah ardayga kahor inta aanu shakhsigu aadin dugsiga. Kala xidhiidh dugsigaaga si aad u hesho tilmaamaha gaarka ah ee kusaabsan joogteynta tijaabada iyo soo sheegidda natiijooyinka.
 - **Xitaa haddii la isbaaro, udhawaanshaha dhaw ee caabuqa** waa in marwalbo la xirtaa afxir si fiican ula eg muddo 10 maalmood ah oo kadambeyso soogaarista caabuqa COVID-19 marki dadka kale lala joogo goobaha gudaha ah, marka laga reebo marki wax la cuanayo ama wax la cabayo.

Baaritaanka LAGA HELAY caabuqa waa in sida ugu dhakhsiyaha badan loogu soo sheegaa kalkaalisada dugsiga ama qofka loo xilsaaray dugsiga.

Raac tilmaamaha CDC ee Maine ee loogu talagalay istakooridda.

- **Jaantuuska Istakooridda** - <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/COVID-19-Isolation-Flow-Chart.pdf>

U raac si taxadar leh tilmaamaha kuqoran xirmada baakada si aad u xaqiijiso inaad hesho natiijooyin sax ah.

Ka fogee qalabka baaritaanka carruurta yaryar.

Hoos ka daawo muuqaalka u eg magaca qalabkaaga baaritaanka

- **Muuqalada Kusaabsan Is-Baaritaanka | CDC** <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing-videos.html>

Qalabka baaritaanka oo bilaasha ah ooga dalab xubnaha kale ee katirsan qoyska ilahaan:

Dawladda Mareykanka: <https://www.covidtests.gov/>

Mashruuca Gobolka Maine ee ACT: <https://accesscovidtests.org/>

Qofka qaba calaamadaha COVID-19

1. Calaamadaha la isku arko iyadoo dugsiga la joogo

Haddii arday/qof shaqaale ah uu isku arko calaamadaha caabuqa isagoo joogo dugsiga, ha tallaalnaado ama yuusan tallaalnaane, ha isku baaro dugsiga haddii laga heli karo. Xitaa haddii laga waayo caabuqa, waa inay guriga aadaan. Baaritaanka guriga ayaa la isticmaali karaa 48 saacadood kadib haddii calaamaduhu sii jiraan. Haddii laga helo caabuqa, hala raaco tilmaamaha istakooridda. Haddii laga waayo caabuqa, ardayga/shaqaaluhu waa inuu guriga iska joogaa ilaa calaamadaha ay ka bogsadaan oo aysan qandho qaban muddo 24 saacadood ah iyadoo aanan la isticmaalin daawooyinka qandho jabiyaasha ah.

2. Calaamadaha la isku arko iyadoo guriga la joogo

Haddii arday/qof shaqaale ah uu isku arko calaamadaha caabuqa isagoo joogo guriga, ha tallaalnaado ama yuusan tallaalnaane, ha joogo guriga oo ha isku baaro Qalabka Baaritaanka Guriga. Xitaa haddii laga waayo caabuqa, waa inay guriga joogaan. Baaritaanka guriga ayaa la isticmaali karaa 48 saacadood kadib haddii calaamaduhu sii jiraan. Haddii laga helo caabuqa, hala raaco tilmaamaha istakooridda. Haddii laga waayo caabuqa, ardayga/shaqaaluhu waa inuu guriga iska joogaa ilaa calaamadaha ay ka bogsadaan oo aysan qandho qaban muddo 24 saacadood ah iyadoo aanan la isticmaalin daawooyinka qandho jabiyaasha ah.

3. Ardayga/Shaqaalaha laga helay caabuqa

Haddii mid kamid ah baaritaanada looga helo caabuqa COVID-19, hala raaco tilmaamaha istakooridda.

- **Tilmaamaha Karantiilka iyo Istakooridda** - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Qofka xidhiidh Udhawaansho Dhaw Sameeyey

1. Ardayga/shaqaalaha xidhiidh udhawaansho dhaw la yeeshay qof laga helay caabuqa COVID-19

- Waa inuu iska baaraa maalinta 5aad.
- Tijaabada baaritaan laga waayay caabuqa kama siideyneyso shakhsiga karantiilka.
- Haddii calaamadaha lagu arko, ha isbaaro sida ugu dhakhsiyaha badan ee suuragalka ah. Haddii laga waayo caabuqa, halagu celiyo baaritaanka 48 saacadood guahooda.

Macluumaadka Kusaabsan Isku Baaritaanka Guriga - <https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

- Guriga iska joog inta aad xanuunsan tahay - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

2. Qof joogo gurigeyga ayaa laga helay caabuqa oona kama fogaan karo xubnaha kale ee qoyska katirsan.

Haddii ardayga/shaqaaluhu ay si joogto ah qoyska ugaarsiinayaan caabuqa:

- Fadlan hala baaro sida ugu dhakhsiyaha badan haddii arday/qof shaqaale ah yeesho wax kamid ah calaamadaha caabuqa COVID-19
- Haddii uusan lahayn calaamado, hala baaro maalinta 5aad ee laga joogo takoorka qofka laga helay caabuqa ee qoyska katirsan.

- c. Shakhsiyaadku waxay isbaari karaan markale 5 maalmood kadib marki udambeysay ee ay dhamaatay muddada takoorka ee qofka. Haddii ay jiraan qoyska dhexdiisa in kabadan hal qof oo laga helay caabuqa, la tasho kalkaalisada dugsiga si aad u hesho tilmaamaha kusaabsan baaritaanka.
- d. Tijaabada baaritaan laga waayay caabuqa kama siideyneyso shakhsiga karantiilka.

Tilmaamaha Karantiilka iyo Istakooridda - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>