

COVID-19

Waa maxay COVID-19?

Cudurka Coronavirus (COVID-19) waa cudur faafa oo uu keeno fayraska SARS-CoV-2. Fayrasyadu way is baddali karaan sababtoo ah waxay ku dhacaan isbeddellada hidde-sideyaasha, taas oo ah sababta ay u jiraan noocyo kala duwan oo ah Covid-19.

Waa maxay calaamadaha iyo astaamaha COVID-19?

Calaamaduhu waxay aad ula mid yihiin cudurrada kale, sida hargabka iyo ifilada:

- heerkul sare ama gariir (qaraar) - heerkul sare macnaheedu waa inaad dareento kulayl inaad taabato laabtaada ama dhabarkaaga (uma baahnid inaad cabirto heerkulkaaga)
- qufac cusub oo joogto ah - tani macnaheedu waa qufac badan in ka badan saacad, ama 3 ama in ka badan oo qufac 24 saacadood ah
- lumin ama beddelka dareenkaaga urta ama dhadhanka
- neefta oo yaraata
- dareemo daal ama daal
- jir xanuun
- madax xanuun
- dhuun xanuun
- sanko oo xiran ama diif ah
- cunto xumo
- shuban
- xanuun ama jirro

Sidee ku qaadi kartaa COVID-19?

COVID-19 wuxuu ku faafaa xiriir dhow oo lala yeesho dadka fayraska qaba. Dadka qaba fayrasku way faafin karaan xitaa haddii ayan lahayn astaamo. Weli waad qaadi kartaa ama faafin kartaa xitaa haddii si buuxda lagu tallaalay ama aad hore u qabsatay fayraska. Marka qof fayraska qaba uu neefsado, hadlo, qufaco ama hindhiso, waxay sii daayaan dhibco yaryar oo uu ku jiro fayraska. Waxaad qaadi kartaa COVID-19 haddii aad neefsato dhibcahan ama aad taabato sagxadaha ku daboolan dhibco.

Khatarta ah in lagu qaado COVID-19 ayaa ah tan ugu sarreysa gudaha iyo meelaha dadku ku badan yahay.

Sideed gacan uga geysan kartaa joojinta fiditaanka COVID-19?

- iska tallaala COVID-19
- la kulan dadka dibadda haddii ay suurtagal tahay

- fur albaabbada iyo daaqadaha si aad hawo cusub u soo gasho haddii aad la kulanto dadka gudaha ku jira
- xaddid tirada dadka aad la kulanto iskana ilaali meelaha dadku ku badan yahay
- xidho daboolka marka ay adagtahay in laga fogaado dadka kale - gaar ahaan gudaha ama meelaha dadku ku badan yahay
- Ku dhaq gacmahaaga saabuun iyo biyo ama isticmaal gacmo nadiifiyaha si joogto ah maalinta oo dhan

Ha:

- ha taaban indhahaaga, sankaga ama afkaaga hadday gacmahaagu nadiif ahayn

Daawaynta COVID-19?

- nasasho badan qaado
- cab cabitaano badan (biyaha ayaa ugu fiican) si aad isaga ilaaliso fuuq-baxa - cab ku filan si ay diirkaagu u noqdo mid jaalle ah oo nadiif ah
- qaado paracetamol ama ibuprofen haddii aad dareento raaxo darro

Haddii aad dareento neef-la'aan:

- si tartiib ah sanku uga neefsanaya oo afkaaga uga soo baxaya, bushimahaaga oo isla socda sida adiga oo si tartiib ah u afuufinaya shumac
- ku fadhiista kursi toosan
- nasinta garbahaaga, si aan lagugu koolkoolin
- In yar oo hore u tiirsada – is taageer adiga oo gacmaha saaraya jilbahaaga ama wax deggan sida kursi

Haddii aad runtii dareento caafimaad darro oo aad welwelsan tahay, wac 111 ama 999.

Wax badan ka baro halkan

- <https://vimeo.com/510682546>

Tixraacyo:

- https://www.who.int/health-topics/coronavirus#tab=tab_1
- <https://www.nhs.uk/conditions/coronavirus-covid-19/how-to-avoid-catching-and-spreading-coronavirus-covid-19/>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/self-care-and-treatments-for-coronavirus/how-to-treat-symptoms-at-home/>