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COVID-19 Talooyin Ka haayada caafimaadka ee dadweynaha

Waa maxay COVID-19?

COVID-19 (cudarka loo yaqaanay Nooval Koronavirus) waa nooc cusub ee feyras kamid ah, waxuuna u faafaa qof ilaa qof. Cudarkaan mareykanka iyo dalal kale oo badan ayaa laga helay. Asalkeeduna waxu ka yimid dalka shiinaha.

Sidee ayuu u faafaa Nooval Koronavirus (COVID-19)?

khubarada caafimaadka ayaa wali waxay baraniyaan faafitaanka koronavirus. Haatan waxaa la filayaa inuu dhowr nooc u faafaa:

- Dhecaanka neefsashada ee qofka cudurka qaba ka baxo marku qufaco ama hindhiso.
- Dadka isku meel wada joogo oo isku dhow (ilaa 2 mitir).
- Hadii aad taabatid shay ama meel fayraska leh, ka dibna aad taabatid afkaaga, sankaa, ama indhahaaga.

Waa maxay astaamaha fayrisku?

Dadka laga helay Caabuqa Xalfaafka Wadnaha waxay soo sheegeen astaamo ay ka mid yihiin muddo kooban oo 2 maalmood ah ama muddo dheer oo dhan 14 maalmood kadib marka fayrisku ku dhacay:



Qandho



Qufac



Neefta oo ku adkaata

Tilmaamo loo bandhigiyo qof walbe

Waxaad yareyn kartaa halista naftaada ee ku keeni karto COVID-19, iyo tan ugu muhiimsan, kuwa kuu dhow:



- Guriga joog markaad jirantahay oo ha tagin meelaha dadka isku yimadaan.
- Hadii aad u baahato mooyee, ka fogow goobaha caafimaadka guud ahaan. Hadii aad xanuunsantahay, wac xafiiska dhakhtarkaaga intaadan galin.



- Hadii aadan xanuunsaneyn xitaa iska ilaali booqashada isbitaalada iyo xarumaha daryeelka. Hadii aad u baahatid inaad booqato xarumadahaas mid ka mid ah, waqtigaa joogto yaree, oo ka fogoo bukaanka ilaa 2 mitir.
- Hadii aada ka maarmin mooyee, Ha aadin qolka gargaarka degdega ah. Xirfadlayaasha ka shaqeeyo qolka gargaarka degdega ah, waxay u baahanyihiin inay marka hore u adeegaan baahiyaha ugu daran. Hadii aad leedahay qufac, qandho, ama astaamo kale, marka hore wac dhakhtarkaaga caadiga ah.



- Ku dadaal caadooyinka nadaafada shaqsiyeed ee wanaagsan, oo ay kujiraan in aad gacmahaaga ku dhaqidid biyo iyo saabuun in badan. Ku qufac tishuu ama xusulkaaga, oo iska ilaali taabashada indhahaaga, sankaa, ama afkaaga.
- Ka fogow dadka jiran, khaasatan hadaad khatar sare ugu sugan tahay koronavirus.
- Nadiifi meelaha aad loo taabto (sida nal shidida iyo albaabaha guriga). Alaabaha guriga ee wax lagu nadiifiyo waa kuwo wax tariyo.



- Ku dadaal nasasho badan, cab cabitaano fara badan, cun cuno caafimaad leh, oo isku day inaad yareesid istireeska, si aad u xoojisid bulshadaade.

Hadii aad leedahay astaamaha COVID-19, ama suaalo qabtid, waxaad wici kartaa:

Kentucky COVID-19 Hotline 1-800-722-5725 | [kycovid19.ky.gov](https://www.kycovid19.ky.gov)

Tilmaamo loo bandhigiyo iskulaha

Waxaan tixgelinaynaa labada faa iidooyin ee dhici kara iyo cawaaqib xumada ka dhalan karta xiritaanka iskulaha. Wakhtigaan hada la joogo talda haayada caafimaadka ee dadweynaha mahan inla xiro iskulaha. Hadii la helo kiis COVID-19 ah oo la xaqiijiyay, Hayada caafimaadka ee dadweynaha wuxuu la shaqeyn doonaa iskulaha si loo go'aamiyo ficillada ugu wanaagsan oo ay ku jiraan xiritaanka iskulaha. Waxaan siin doonaa iskulada macluumaadka ku saabsan sida amni iyo cafiimad loogu furnaado.

Waxaa laga yabaa inay jiraan caruur iyo shaqaalo cuduro kale horay u lahaa, sidaa daciifnimada difaaca jirka. Daryeeyaasha caruur taas leh waa inay la tashadaan dhakhtiirtoda.

Tilmaamo ganacsiyada iyo goobaha shaqada loo bandhigiyo

Loo shaqeeyayaashu waa inay qaadaan tillaabooyin macquulsan, oo yarenayso shaqaalahooda inay ka shaqeeyaan shaqoyinka dadka tirada badan xiriir dhow la leh. Loo shaqeeyayaashu waa inay:

- Bixiyaan xulushooyin ay shaqaalahooda ku shaqaysankaraan guryahoda.
- Ku booriyaan shaqaalaha inay gurigooda joogaan markay jiran yihiin.
- Kordhiyaan faa iidooyinka shaqaalaha buko loogu talagalay, ama kuwa lagula taliyay inay guriga joogaan.
- Ka fikirnaan marxaladaha bilowga iyo dhamaadka shaqada. Si ay u yareyaan waqtiga dadka tirada badan isku imadaan.

Inta lagu jiro mudadaan muhiimka ah, isku day inaad ka fogaan karto isku keenitanka dad faraha badan. ka fikir inaad dib u dhigtid shirarka iyo kulmadaha bulshada. Hadii aadan iska ilaalin karin isku keenitaanka bulshada:

Tixgelin ku saabsan xafladaha iyo isku imaadka bulshada

- Ku dhiirrigeli qof kasta oo jiran inuu ka soo qeyb galin.
- Ku dhiirrigeli inay ka soo qeyb galin qof kasta oo khatar ugu jiro inay qaadaan COVID-19.
- Iskuday inaad dadka siiso meel balaadhan oo ayna isku dhoween.
- Ku dhiirrigeli ka qaybgalayaasha inay si joogto u racaan caadooyinka wanaagsan ee caafimaadka, sida dhaqida gacmaha.
- Meelha sare nadiifi si joogto ah. Alaabaha caadiga ee wax lagu nadiifiyo waa kuwo wax ka tariyo COVID-19.

Tilmaamo loo bandhigiyo dadka khatar ugu jiro inay qaadaan cudurka daran ee COVID-19.

Haayada caafimaadka ee dadweynaha waxay la talinaysaa dadka khatar ugu jiro inay qaadaan cudurka daran. Dadkaasi waa inay guryahooda joogaan oo ka fogaadaan meelaha la iskugu yimaado. Dadka khatar ugu jiro inay qaadaan cudurka daran waxaa ka mid ah:

- Dadka 60 sano ka weyn.
- Dadka leh cuduro kale, cuduradaas o kamid ah cudurada wadnaha, sambabada, iyo sonkorta.
- Dadka difaaca jirka u ku yaryahay.
- Haweenka uurka leh.

Cidii Suaalo ka qabto in xaaladooda ay halis gelineyso, fadlan la tasho dakhtarkaaga.



Hadii aad leedahay astaamaha COVID-19, ama suaalo qabtid, waxaad wici kartaa:

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More information: [kycovid19.ky.gov](https://www.kycovid19.ky.gov)