

Talada fayruska Coronavirus (COVID-19)

(La cusboonaysiiyey 16 Maarso 2020)

Waxaan iminka ku jirnaa wajiga MARXALADDA DAAHINTA ee jawaabcelinta aan ka bixinayno cudurka COVID-19. Waxay tani isbeddello u keenaysaa sida aan u ogaanno una maamulno caafimaadkeena shakhsi ahaaneed:

Waxaa iminka lagugula talinayaa in aad guriga joogto (is-xayirto) haddii qof ka mid ah reerkaagu uu leeyahay:

- Qufac joogto ah oo aanan kala go'ayn oo cusub
AMA
- Xummad ama heerkul sare (taagan 37.8 digirii sentigareed ama ka sarreeya)

Reeruhu waa in ay guriga joogaan (is-xayiraan) muddo 14 maalmood ah marka ay ku bilaabmaan calaamadaha cudurku taasoo waafaqsan talada hadda jirta.

Xataa haddii qof reerkaaga ka mid ahi uusan lahayn calaamado cudur, haddana waxaa lagugula talinayaa in aad:

- Joojiso xiriirka bulsheed ee aanan-daruuri ahayn iyo safarka laga maarmi karo
- Ku shaqayso guriga
- Iska ilaaliso kulannada dadka tiro badan sida baararka, kalaabyada, goobaha masraxa, ciyaaraha kubbadda cagta, iwm.
- Adeegyada NHS isticmaal marka ay daruuri tahay uun. Talo ayaa laga heli karaa 111.nhs.uk

Caawi Ka hortagga Fidista

- Gacmahaaga si joogto ah u mayr maalinta-oo dhan oo ku mayr biyo diirran iyo saabuunta gacmaha muddo ugu yaraan ah 20 ilbiriqsi
- Dadka kale ha uga dhawaan, marka suurogalka ah, masaafo 2 m ah
- Si joogto ah sagxadaha ama meelaha ad adag uga saar jeermiska

Haddii aad isku aragto calaamado cudur, xasuuso:

- gebi dadka reerkaaga ka mid ah waa in ay guriga joogaan ayna iska ilaaliyaan in ay xiriir dhow la yeeshaan dadka kale.
- ha tagin Xafiiska Takhtarka Guud (GP), Farmashiida, ama Isbitaalka.
- isticmaal barta internetka ee [NHS 111](https://111.nhs.uk) War dheeraad ah ee adeegga Coronavirus: <https://111.nhs.uk/covid-19>