

Hagaha koroonafayras (Covid19)

SOMALI

Taladani waxay ku saleysan tahay talobixinta iyo macluumaadka caafimaadka ee NHS waxayna talo u tahay dhammaan dadka ku nool UK, iyadoon loo eegaynin wadanka ay ka soo jeedaan.

Version 8 [15.12.2020]



Tusmada

Waa maxay Koroona-fayras (COVID-19) iyo sida laisku ilaaliyo?

Waxa ay tahay in la sameeyo hadii aad astaamo leedahay?

Tilmaanta go'doominta ee qoysaska suuragalka ah inay leeyihiin caabuqa koronafayras (COVID-19)

Ilaa iyo intee ayaa la raacayaa tilmaanta go'doominta?

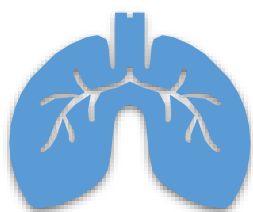
Marka ay tahay in lala xiriiro NHS 111?

Sida loola xiriiro NHS 111?

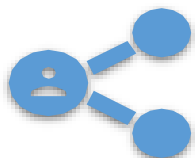
Waxa ay tahay in la sameeyo hadii aad ka walaacsan tahay xaaladaada socdaalka?

Waxa ay tahay in la sameeyo si gacan looga geysto joojinta faafidda Koroona-fayras (COVID-19)?

Waa maxay Koroona-fayras (COVID-19) iyo sida laisku ilaaliyo?



Caabuqa COVID-19 waa jiro cusub oo waxyeelayn karta sambabahaaga, hawo mareenadaada iyo unugyada kale. Waxaa sababa fayras la yiraahdo coronavirus.



Waxaad isku ilaalin kartaa inaad yareyso la kulanka dadka aadan la noolayn, iyo inaad raacdo tallaabooyinka nadaafada muhiimka ah inta aad awoodo si aad gacan uga geysato joojinta faafidda koroona-fayras. Tani waxaa qayb ka ah dadka da' kasta leh – xitaa hadii aadan lahayn wax astaamo ah ama xaalado kale oo caafimaad.



Isticmaalka gaadiidka dadweynaha: Waa inaad iska ilaaliso isticmaalka gaadiidka dadweynaha inta aad awoodo oo aad isku daydo inaad baaskiil qaadato, lugeeyso ama gaari wadato taa badalkeeda. Hadii aad u baahan tahay inaad isticmaasho gaadiidka dadweynaha, iska ilaali xilliyada ay baahida badan ay jirto oo dadka ka fogoow. Waa qasab inaad ku dhex xirato waji-xir gaadiidka dadweynaha. Waxaa muhiim inaad raacdo tilmaamtan, waa lagu ganaaxi karaa hadii aadan raacin.



Sii wadida shaqada: Waa inaad guriga ku sii shaqeyso hadii aad awoodo. Hadii aad rabto inaad shaqada ku noqoto, marka hore waa inaa hubisaa in adiga iyo xubnayaasha qoyska iidan lahayn astaamo. Hadii uu qofna astaamo lahayn, waad aadi kartaa shaqada adiga oo dadka ka fogaanaya 2 mitir, gacmaha dhaqanayo si joojta ah ama jeermis dilaya. Waxaad ka eegi kartaa loo-shaqeeyahaada tallooyinka badbaadada iyo in la heli karo qalabka difaaca shaqsiga ee goobta shaqadaada.



Booliiska iyo ciidanka xooga dalkaba ayaa door ka qaadan karaan dhaqangelinta tallooyinka faydhoorka caafimaadka, iyo sidoo kale hubinta in cuntada iyo waxyaabaha kale ee daruuriga ah la gaarsiiyo dadka nugul.



Waxaad kula soo dagi kartaa taleefonkaaga casriga ah barnaamij kaa caawiya inaad badqabto. App-ka ayaa ku ogeysiin doona haddii aad si dhaw ugu soo dhawaato qof kale oo app-ka isticmaalo oo laga helay cuddurka coronavirus. Haddii adiga cudurka lagaa helana, wuxuu kaa caawin karaa inaad ogaato dadka aad la kulantay oo laga yaabo inaad seegi lahayd haddii kale isaga oo macluumaadkaaga u keeydinaya si gaar ah oo qarsoon.

NHS
COVID-19

Haddii aad ku nooshahay England iyo Wales, la soo dag **APP-ka NHS COVID-19**. App-ka waxaa heli kara qof kasta oo ka wayn da'da 16 jir. Si aad u hesho macluumaad dheerad ah oo ku baxa 11 luuqadood booqo: <https://covid19.nhs.uk/information-and-resources-translated.html>

NHS
SCOTLAND

Haddii aad ku nooshahay Scotland, waxaad la soo dagi kartaa **APP-ka Protect Scotlan**. App-ka waxaa heli kara qof kasta oo ka wayn da'da 16 jir. Wixii macluumaad dheeraad ah booqo: <https://www.protect.scot/>

HSC

Haddii aad joogto Northern Ireland, waxaad la soo dagi kartaa **APP-ka StopCOVID NI Proximity**. App-ka waxaa heli kara qof kasta oo ka wayn da'da 11 jir. Wixii macluumaad dheeraad ah booqo: <https://www.nidirect.gov.uk/articles/coronavirus-covid-19-stopcovid-ni-proximity-app>

Ka hubso maamulka deegaankaaga wixii xeerarka xannibaada deegaanka ah ee adiga ku khuseeya.

England **dhexdeeda,**

<https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing>

Scotland **dhexdeeda,**

<https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/>

Wales **dhexdeeda,**

<https://sanctuary.gov.wales/covid-19>

Northern Ireland **dhexdeeda,**

<https://www.health-ni.gov.uk/publications/guidance-accompany-health-protection-coronavirus-restrictions-no-2-regulations-northern-ireland-2020>

Waxa ay tahay in la sameeyo hadii aad astaamo leedahay?

Haddii aad leedahay:

- heerkul sare – waxaad dareemeysaa kuleyl markaad taabato laabtaada ama dhabarkaaga, ama
- qufac cusub, oo joogto ah – tan macnaheedu waa inaad billaawday qufac aan kala joogsi lahayn, ama
- dareenkaaga caadiga ah ee dhadhanka ama wax urinta oo kaa dhumay, ama isbedel ku yimid (anosmia) - hadii aadan waxba urin karin ama kuu dhadhameynin, ama waxyaabaha kuugu uraan ama kuugu dhadhamaan si ka duwan sida caadiga ah



Waa qasab inaad tillaabooyinkan qaado sida ugu dhaqsada badan:



Is karantiil: guriga joog ugu yaraan 10 maalmood oo raac **tilmaamaha go'doominta ee qoyska leh caabuqa koronafayraska suuragalka ah.** Qof kaste oo kale oo gurigaaga jooga ama kaa soo ag dhawaaday waa inuu is kariintiilaa 10 maalmood.

Iska baar Koroonafayras shanta maalin ee ugu horeysa ee aad yeelato astaamaha gudahooda: Qof kasta ayaa si bilaash ah lagu baari karaa hadii ay astaamo leeyihiin si loo ogaado hadii ay qabaan fayraska. Waxaa jira laba nooc oo laisku baaro. Waxaa laguugu keeni karaa baaritaanka halka aad ku nooshahay, ama waxaad tagi kartaa goobta baaritaanka midkood. Waxaa jawaabta baaritaankaada ku heleysaa fariin qoraal ahaan, iimayl ama wacitaanka taleefonka.

Iska baar Koroonafayras



Si aad u ballansato baaritan ama onleen uga dalbato booqo <https://www.nhs.uk/ask-for-a-coronavirus-test> Hadaadan onleen ku heli karin, wac 119 hadaad joogta **England**, **Wales** iyo **Northern Ireland** ama 0800 028 2816 hadaad **Scotland** joogto.



Hadii natiijaada baaritaanka ay noqoto in lagaa waayay cudurka:

Waxaad joojin kartaa is kariintiilida hadii aad ladan tahay oo aadan qabin asataamihi. Dadka kale ee qoskaaga ama aad ka ag dhawaatay ayaa sidookale joojin kara is kariintiilida



Hadii natiijaada baaritaanka ay noqoto in lagaa helay cudurka:

Waa inaad dhameysato inta kaaga hadhay toban maalmood ee is kariintiilka, qof kaste oo kale oo gurigaaga joogana ama kaa soo ag dhawaaday waa inuu sii wadaa 10ka maalmood ee is kariintiilka. Adeega dabagalka ee deegaankaada ayaa kula soo xiriiri doona iyaga oo dalbanaya gacan siinta joojinta sii faafida fayraska. Waxay ku weydiin doonaan mesha aad tagtay marki ugu danbeesay iyo qofka aad ka ag dhawaatay. Tani waxay muhiim u tahay in la ogaado qofka u baahan inuu is karantiilo oo guriga uu joogo 10 maalmood ama ka badan.

Wixii macluumaad dheerad ah ka eeg:

Scotland dhexdeeda, <https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-coronavirus-service/>

Northern Ireland dhexdeeda, <https://www.publichealth.hscni.net/publications/test-trace-protect-step-step-guide-and-translations>

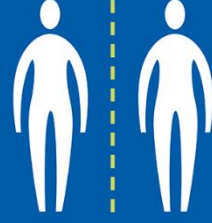
Tilmaanta go'doominta ee qoysaska suuragalka ah inay leeyihiin caabuqa koronafayras (COVID-19)



Ha aadin shaqada, dugsiga, qaliinada GP, farmashiyaha ama isbitaalka



Isticmaal qalab gaar ah, ama nadiifi isticmaalka kadib



Ka fogoow xiriir dhow inaad la yeelato dadka kale



Ha lagu keeno cuntada iyo daawada



Raac tallooyinka soo booqdayaasha



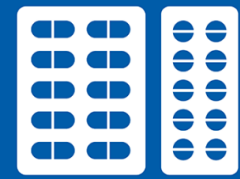
Seexo keligaa, hadday macquul tahay



Si joogto ah u dhaq gacmahaaga



Cab biyo badan



Qaado barastamol si uu kaaga caawiyo astaamahaaga

Waxaa muhiim inaad raacdo tilmaamtan, waa lagu ganaaxi karaa hadii aadan raacin.

Wixii macluumaad dheerad ah ka eeg:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Ilaa iyo intee ayaa la raacayaa tilmaanta go'doominta?

- Qof kasta oo leh astaamo waa inuu joogtaa guriga oo uu is karantiilo ugu yaraan 10 maalmood.
- Haddii aad la nooshahay dad kale, waa inay joogaan guriga oo ay is karantiilaan ugu yaraan 10 maalmood, si ay uga fogaadaan inay cudurka ku faafiyaan bannaanka.
- Balse, haddii qof jooga gurigaaga uu astaamo yeesho, waa inay guriga joogaan oo ay is karantiilaan 10 maalmood laga bilaabo maalinta astaamahooda bilaabmeen. Xitaa haddii ay ka dhigan tahay inay guriga joogeen wax ka badan 10 maalmood.
- Haddii aad la nooshahay qof 70 jir ah ama ka weyn, oo uu qabo cudur raaga, uur uu leeyahay ama difaaciisa jirka uu daciifay, isku day inaad u raadiso meel kale oo uu joogo 10 maalmood.

Marka ay tahay in lala xiriiro NHS 111?

- marka aad xoog u xanuunsato oo aadan sameyn karin wax walba oo aad sameyn jirtay, sida daawashada telefishanka, isticmaal taleefankaaga, aqriska ama sariirta inaad ka kacdo
- marka aad dareento inaad kaga bogsan karin astaamahaaga guriga
- marka xaaladaada ay sii xumaato

Sida loola xiriiro NHS 111?

Waxaad isticmaali kartaa adeega onleenka koronafayras ee NHS 111

(<https://111.nhs.uk/covid-19>) si aad u ogaato waxa la sameeyo marka xigta. Haddii aadan heli karin adeegyada onleenka waxaad wici kartaa 111 (waa lambar bilaash ah oo la waco). Waxaad ku heli kartaa turjubaanka luuqadaada inaad si joogta ah “yes” (**haa**) ugu jawaabto su'aalaha dhammaan.

Waxa ay tahay in la sameeyo haddii aad ka walaacsan tahay xaaladaada socdaalka?

Dadka dibeddaha ka yimid ee soo booqday dalka **Ingiriiska**, oo uu ka mid yahay qof kasta oo oggolaansho la'aan ku nool Boqortooyada Ingiriiska, **laguma** dallaci doono kharashka:

- baaritaanka koroonafayraska (xitaa haddii baaristu ay muujiso in aadan qabin fayraska korono)
- daaweynta koroonafayraska – balse haddii aad bilowdo daaweynta kadibna baaris ay muujiso in aadan qabin fayraska korono, waxaa laga yaabaa in lagugu dallaco kharashka daaweyn kasta ka-dib marka aad hesho natiijada baarista
- daaweynta carruurta yeesha jirrada carruurta ee bararisa qayba badan jirka kamid ah

Looma baahna baaritaanno socdaal haddii kaliya lagaa baarayo ama lagaa daaweynayo COVID-19.

Waxa ay tahay in la sameeyo si gacan looga geysto joojinta faafidda Koroonafayras (COVID-19)?

- Hubi inaad u dhaqdo gacmahaaga si joogto ah, adiga oo isticmaalaya saabuun iyo biyo, ugu yaraan 20 ilbiriqsi
- Raac talada ku saabsan inaad feejignaato oo aad bad-qabto
- Iyada oo ku xiran meesha aad ku nooshahay, raac tallada ku saabsan weji daboolida oo ka fogow masaafo 2 mitir ah dadka aadan la noolayn.

Wixii macluumaad dheerad ah ka eeg:

- Hagitaanka NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Hagitaanka WHO: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>