

# Cudurka Coronavirus 2019 (COVID-19)

Somali

## Waxa aad Ubaahantahay inaad Ogaato

Xogtan si degdeg ah ayay isku badalaysaa, hel xogtii ugu danabysay oo kasoo baxday:

**Xarumaha Xakamaynta Cudurka (Centers for Disease Control, CDC)** [bit.ly/cdcoronavirusinfo](http://bit.ly/cdcoronavirusinfo)  
**Waaxda Adeegyada Caafimaadka ee Arizona (Arizona Department of Health Services, ADHS)**  
[bit.ly/adhscoronavirus](http://bit.ly/adhscoronavirus)

**RISP Net** <http://www.rispnet.com/medical/>



**Coronavirus ayaa ku faafaaya Arizona.**  
**Qof kasta waa inuu qaadaa talaabo uu**  
**ku ilaalinayo dadka kale iyo naftiisaba.**

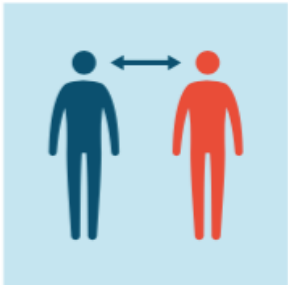
## Waa maxay COVID-19?

Cudruka Coronavirus 2019, ama COVID-19, waa xanuun dhanka neef mareenka ah oo dadku is qaadsiiyaan. Fayriska keena COVID-19 waxaa markii koobaad laga helay Wuhan, Shiimaja Diseembar 2019. Dadka ka yimaada Shiinaha iyo dadka kasoo jeeda Shiinaha, **UGUMA** jiraan khatar dheeraad ah qaadista cudurka si kabadan dadka kale.

Qof kasta, ayadoo laga eegayo dhaqanka ama wadanka uu ka yimid, ayaa qaadi kara cudurka COVID-19.



## Sidee ayuu ku faafaa COVID-19?



Fayrisku wuxuu badanaa iskaga dhex faafaa qof ilaa qof kale markay isku dhawaadaan, asagoo raaca dhibacaha yaryar ee neefsashada ka soo baxa marka qofka cudurka qaba uu qufaco ama hindhiso. Dhibcahan yayar ayaa kaa gali kara afka ama sanko. Dadka u dhaw qofka qufacay ama waxaa lagu jidi kartaa neefta gaarta sanbabada. Fayraska ayaa sidoo kale ku faafa meelaha ay gaaraan iyo taabashada wajiga iyo afka ood ku taabato gacmaha oodan dhaqin.

## Waa maxay astaamaha xanuunku?

Calaamadaha COVID-19 waxa ay u dhexeeyaan kuwo fudud iyo kuwo daran waxaana kamid ah

**Qandho**



**Qufac**



**Dhibaato neefsiga ah**

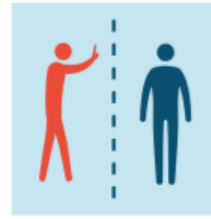


# Yuu ku dhici karaa cudurka COVID-19?

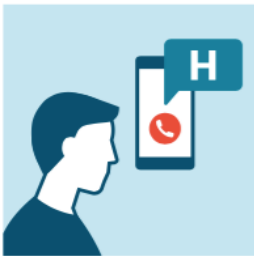
Qof kasta ayuu ku dhici karaa COVID-19, laakiin qof kasta ma muujiyo astaamaha cudurka. Dad badan oo qaba cudurka COVID-19 ayaa kaliya muujiya astaamaha fudud waxayna nasasho ku qaadan karfaan kuna bogsan karaan guriga. Dadka qaar ayaa aad u xanuunsada waxayna u baahdaan in isbitaal la dhigo. Da' kasta ayuu ku dhici karaa cudurku, laakiin, **dadka ka wayn 60 sano iyo dadka qaba cudurada xunxun sida sonkoroowga, xanuunka wadnaha, kansarka iyo xanuunada neef mareenka ayaa khatar wayn ugu jira inay cudurka aad ugu jiradaan caabuqa COVID-19.** Dhibaatooyinka ka yimaada COVID-19 waxaa ku jiri kara xaalado daran sida qufac daran ama fashilka kalyaha, mararka qaarna, dhimasho.

## Sidee ayaan naftayda iyo dad kale u difaaci karaa?

- Had iyo jeer ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbiriqsi - khaasatan kadib marka aad gasho musqusha ama aad duuf iska siimiso, iyo kahor intaadan cuntada cunin.
- Ku dabool qufacaaga ama ku hindhisadaada xagasha suxulkaaga ama tiish.
- Ka fogoow taabashada indhahaaga, sankaaga iyo afkaaga gacmahaaga oodan dhaqin..
- Ka dheroow inaad u dhawaato dadka jirran.
- Nadiifi oo daawada jeermiska ku dhaq alaabta iyo oogooyinka si joogto ah.
- Raac tilmaamaha kasoo baxa dhakhtarkaaga iyo wakaaladaha caafimaadka ee gobalka.
- Qaybtaada ka qaado yaraynta faafida cudurka. Ganacsiyo badan ayaa la xiri doonaa. Guriga joog sida ugu badan ee suuragalka ah xataa haddii aad caafimaad qabto iyo gaar ahaan haddii aad xanuunsanayso.



## Xagee ayaan ka raadsan karaa caawimaad?



**Haddii aad isleedahay waxaad qabtaa COVID-19, wac dhakhtarkaaga ka hor intaadan aadin xarunta caafimaadka ama isbitaalka.** Haddii aadan haysan dhakhtar, wac daryeelka kuugu dhaw ee degdega ah. **Haddii lagaa helo cudurka COVID-19 dhakhtarkaaguna uu kuu sheegay inaad ku bogsooto guriga,** iskuday inaad ka fogaato dadka kale ee qoyskaaga ah ee ku sugan guriga aadna adeegsato musqul kuu gaar ah hadday suuragal tahay. Qofna ha taaban. Ha tagin shaqadaada inta aad xanuunsan tahay. Dhaq gacmahaaga marar kasta. Haka bixin gurigaaga ilaa dhakhtarkaagu uu kuu sheego inaad bixi karto ilaa inaad raadsanayso maahee daryeel caafimaad haddii astaamaha xanuunkaagu kasii daro.

**Ka dhawr naftaada iyo bulshadaada jeermisyada cudurka coronavirus.**

**Si joogto ah u maydh gacmahaaga oo joog guriga!**

**Si wadajir ah, waxaan u joojinaynaa faafida cudurka coronavirus.**