

## Shaqaalaha Daryeelka Guriga iyo Taageerada Gaarka ah

### ***Ka hortaga Hargab Xiliyeedka iyo Fayraska korona (COVID-19)***

#### **Tallaabooyinka Ka hortaga – Taxadarada Caadiga ah**

Ka illaalinta nafsadaada iyo qofka aad daryeeshid cudurada caabuqa shaqada waxay u baahantahay ogaanshaha xaqiiqaha, ku dhaqida nadaafad wanaagsan, iyo qaadashada dhoor taxadaro oo macquul ah. Kuwaan waa qiyaaso ka hortag oo aad xakameyn kartid.

#### **Marwalba Ku dhaqan Taxadarada Caadiga ah.**

Xarumaha Xakameynta iyo Ka hortaga Cudurka waxay ku talinayaan tallaabooyinka ka hortaga ee soo socda si ay kaaga caawiyaan ka hortaga faafida cudurada caabuqa:

- Ka fogow taabashada dadka ku xanuunsan meel ka baxsan shaqada.
- Ka fogow taabashada indhahaaga, sankaa, iyo afka.
- Markii aad xanuunsantahay, guriga joog.
- Dabool qufacaaga.
- Ku dabool hindhistaada istiraasho, kadib ku tuur istiraashada qashin qubka.

#### **Dhaq Gacmahaaga**

Gacmo dhaqida waa mid ka mid ah difaacyadaada ugu wanaagsan ee looga hortago faafida caabuqa. Ku dhaq gacmahaaga inta badan saabuun iyo biyo ugu yaraan 20 ilbiriqsi, gaar ahaan kadib aadista qubeyska; maareynta dhacaanka jirka; kadib badelida gacmo gashiyada; cunista ka hor; markii ay wasakh ka muuqato gacmaha; iyo kadib diifsashada, qufaca, ama hindhista.

Haddii saabuunta iyo biyaha aan si sahlan loo heli karin, isticmaal nadiifiyaha gacmaha alkulada-kusaleysan oo ugu yaraan ka sameeysan aalkulo boqolkiiba 60%. Marwalba ku dhaq gacmahaaga saabuun iyo biyo haddii gacmaha u muuqdaan kuwa wasaqeysan.

## Ma jirantahay?

Islamarkiiba ogeysii macmiilka-badrooniga, badrooniga diiwaanka ku jiro, maareeyaha dhacdada, wakiil gaar ah ama xiriiriyaha adeegyada haddii aysan kuu suurtoogaleyn inaad shaqada aadid.

## Ma ka walaacsantahay in cudurka neefsiga kaa soo gaaro goobta shaqada?

Waa inaad kala hadashaa Macmiilkaaga-Badrooniga iyo Wakiilkooda ama Badrooniga Diiwaanka ku jira wax ku saabsan walaacyadaada. Xasuuso inaad marwalba ku dhaqantid taxadarada caadiga ah oo dhaq gacmahaaga.

## Qalabka Illaalada Gaarka ah

CDC kulama taliyaan maaskarooyinka wajiga bulshada guud. Si kastaba ha noqotee, shaqaalaha daryeelka caafimaad waa inay xirtaan maaskarooyinka wajiga, haddii ay daryeelayaan shaqsiyaadka qabo xaalado caafimaad ee gelinayo halis dheeraad ah iyaga.

Isticmaalka maaskaraha wajiga waxay muhiim u yihiin dadka si dhow u daryeelayo qof joogo guriga lana kulmi karo cudurka neefsiga ama hargabka. Shaqaalaha daryeelka guriga iyo taageerada gaarka ah waa inay la xiriiraan xafiiska deegaanka haddii ay jiraan baahi haboon oo loo qabo gacmo gashiyada iyo maaskarooyinka wajiga. **Sababo la xiriiro baahida awgood, way adag tahay in la helo maaskarooyinka wajiga iyo gacmo gashiyada waxaana laga yaabo inaan la heli karin waqtiga aad gudbisid codsiga.**

## Qeyraadka iyo Illaha

**Websaydka Caafimaadka iyo Badbaadada Guddiga Daryeelka Guriga ee Oregon:** <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Health-Safety.aspx>

**Maamulka Caafimaadka Oregon:** <https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

**Xarumaha Xakameynta iyo Ka hortaga Cudurka:** <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

**Hel koorsada badbaabada OHCC ee kuu dhow:** <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/de2368.i2.2.20.pdf>