



March 18, 2020

Tallooyinka loogu talagalay Munaasabadaha Martigelinayo Dadka Nugul

Gudoomiye Kate Brown ayaa amartay in la hirgaliyo tillaabooyinka bulshada ee kala fogaanshaha dadka ee soo jeedinaya in la baajiyo munaasabadaha martigelinaya in ka badan 10 qof oo ka mid ah shakhsiyaadka halis sare ku jira. Dadka halista sare ku jira waxaa ka mid ah dadka da'da ah iyo kuwa qaba xaalado caafimaad oo liita**, iyo sidoo kale shakhsiyaadka aan haysan guri deganaansho. Munaasabad waxaa loola jeedaa isu-imaad kasta oo ka dhaca meel halkaas oo masaafu ah ugu yaraan saddex fuut aysan u dhaxeeyn shakhsiyaadka jooga. Talladan ayaa khuseeysa isu-imaadka arrimaha bulshada, arimaha diinta iyo madaddaalada. Tani ma khuseeyso aadista dugsiga, ganacsiga, dukaamada iyo dukaamada tafaariiqda.

Waxaad leedahay munaasabad soo socota. Maxaa la rabaa inaad sameeyso?

Ka hubso shaqaalaha ku habboon tababarka la qorsheeyay, shirarka, iyo isu-imaadyada kale ee ka dhacaya dhismooyinkaaga. Weydii in shakhsiyaad ka mid ah dadka halsita sare ku jiro laga filayo inay ka qeybgalaan oo gacan ka geysa diyaarinta iyo go'aan gaarista lagu joojinayo munaasabadooyinka leh ka-qaybgalayaal dhan ama ka badan 10 qof kuwaa oo ka mid ah dadka halsita sare ku jiro. Ka fikir inaad wax ka beddeshid, dib u dhigtid, ama baajisid munaasabadahaaga illaa iyo Abriil 8.

- Isbeddelada la tixgalinayo:
 - Bixi ka-qaybgalka onlaynka ah markay suurtagal tahay
 - Khadka geli nashaadyada iyo nuxurada
 - Dir ogeysiis wakhti hore si aad u xusuusiso dadka halista sare ku jira iyo dadka buka inay guriga joogaan
 - Soo bandhig calaamado dhiirrigelinaya dhaqitaanka gacmaha
 - Diyaari gacmo nadiifiye iyo waaskado leh biyo, saabuun iyo shukumaanada xaashida laga sameeyay
 - Si xushmad leh u weydiiso dadka inay baxaan haddii ay xanuunsan yihiin oo ay qufacayaan
- U sheeg shaqaalahaaga iyo ka-qaybgalayaashaada in munaasabada la baajiyay iyo sababta loo baajiyay
- Ka fikir sida aad lacagta ugu celin kartid ka soo qaybgalayaasha

Waan ognahay inay adag tahay in la baajiyo munaasabado aad qorsheynaysay muddo dheer. Si kastaba ha noqotee, tallaabooyinka kala fogaanshaha daka, sida baajinta ama dib u dhigista isu-imaadyada, waxay yareynayaan fursadaha isku gudbinta fayruuska waxayna

gacan ka geysan karaan daahinta iyo gaabinta faafida cudurka sidoo kalena waxay badbaadinayaan nafta. Waxaan kaaga mahadnaqeynaa caawinta aad naga siisay dadaalkan. Inagoo wada jir ah, waxaan yarayn karnaa saameynta COVID-19 uu ku leeyahay xubnaha bulshadayada ugu nugul.

** Xaaladaha caafimaad ee liita ayaa shakhsiyaadka da' kastoo yihiin ku kordhin kara halista fayruuska COVID-19 ee daran.

- Cudurada dhiiga (tus., cudurka unugyada dhiiga cas ee la kala dhexlo ama qof qaadanayo dhiig khafiifiyeyaal)
- Cudurka kelyaha ee raagga iyadoo ku xiran sida uu u qeexay dhakhtarkaagu. Haddii bukaanka loo sheegay inuu ka fogaado ama yareeyo qaddarka daawada uu qaadanayo sababtoo ah cudurka kalyaha, ama laga daawaynayo cudurka kelyaha, oo ay ku jirto sifaynta kalyaha
- Cudurka beerka ee raagga iyadoo ku xiran sida uu dhakhtarkaagu u qeexay. (tus., cudurka beerka e raagga (cirrhosis), cagaarshow raagga). Haddii bukaanka loo sheegay inuu ka fogaado ama yareeyo qaddarka daawada uu qaadanayo sababtoo ah cudurka beerka, ama laga daawaynayo cudurka beerka.
- Nidaamka difaaca jirka oo waxyeeloobay (kubbeynta difaaca jirka) (tus., daaweynta kansarka sida daawaynta kiimikada (chemotherapy) ama shucaaca (radiation), loo gelinayo xubin ama dhuuxa lafta, qaadanaya qiyaas sare oo ah daawooyinka cabuuqa (corticosteroids) ama daawooyinka kale ee kubeeya falcelinta difaaca jirka, HIV leh unugyada CD4 oo ka yar 200)
- Uur hadda jira ama jiray labadii toddobaad ee la soo dhaafay
- Cudurada qanjarada (tus., sonkorowga)
- Cudurada dheef-shiidka (sida cudurada dheef-shiidka ee la kala dhexlo iyo xanuunada ku dhaca unugyada neefsashada iyo tamar soo saarka jirka)
- Cudurka wadnaha (sida cudurada wadnaha ee lagu dhasho, hawlgabka Wadnaha iyo cudurka halboowlayaasha wadnaha)
- Cudurada sambabka oo ay ka mid yihiin neefta ama xannuunka sambabada ee raagga (boronkiito raagta ama bararka sambabka) ama xaaladaha kale ee raagga ee la xiriira waxqabadka sambabbada oo daciifa ama u baahan oksiiinka guriga
- Xaaladaha neerfaha iyo kobaca neerfaha [oo ay ku jiraan cudurada maskaxda, laf-dhabarka, neerfaha jirka kale ee ka baxsan kuwa maskaxda iyo laf-dhabarka, iyo cudurada muruqaha sida hawlgabka isuduwida murqaha, qallalka (cudurada suuxdinta), faaliga, naafonimada garaadka, daahida kobaca oo ah heer dhexdhexaad ah ilaa heer daran, cudurada daciifiyo murqaha, ama dhaawaca laf-dhabarka].