

# Novel Coronavirus Xaashida Xaqiiqda

## Xaashida Xaqiiqda

### Muxuu yahay coronavirus?

Novel coronavirus (COVID-19) waa wasakh fayras ah oo keliya ku faafay dadka tan iyo bishii Diseembar 2019. Qubarada caafimaadka ayaa ka walaacsan waayo in yar ayaa laga yaqaanaa fayraskan cusub. Waxay awood u leedahay inay ku keento cudur daran iyo oofwareenka dadka qaar daawana ma laha.

### Sidee buu ku faafa coronavirus?

Qubarada caafimaadka weli waa ay baranayaan faahfaahinta ku saabsan faafka coronaviruskan cusub. Coronavirus kale ayaa ku faafay iyadoo dad qabay u gudbiyey dad kale iyadoo uu u maray:

- hawada qufucida iyo hindhisida
- xiriirka dhow ee shaqsiyanka ah, sida taabashada ama is gacanqaadka
- taabashada walax ama sagxad leh fayraska, kadibna ku taabato afkaaga, sanakaaga, ama indhahaaga

### Sidee buu u daran yahay coronavirus?

Quburada waxay weli wax ka baranayaan baaxada uu xanuunka novel coronaviruska leeyahay. Kiisaska la soo sheegay ayaa baaxadiisa dhaafay xanuun meel dhexdhexaad ah wuxuu la mid yahay hargabka caadiga ah) oofwareen daran oo u baahan in isbitaal lagu dhigo. Ilaa iyo hadda, dhimasho ayaa la soo sheegay inta ugu badan dad waayeelo ah oo xaalado caafimaad kale qabay.

### Waa maxay astaamuhu?

Dadka laga helay novel coronavirus waxaa laga soo sheegay calaamado ka soo muuqan kara ilaa 2 maalmood iyo dhawr ama inta ugu badan waa 14 maalmood kadib markuu u soo shaacbaxo fayraska:

#### Xummad



#### Qufac



#### Xumad Qufac Neefsashadoo kugu adag



### Maxaan sameeyaa hadaan astaamahan aan qabo?

Wac daryeel bixiyahaaga caafimaadka si aad ugu caddeyso habka ugu badbaadsan ee aad daryeel ku heli karto. Ha ogaadeen haddaad u safartay meel laga qabo xanuunka 14 maalmood gudahood.

## Yaa halis ugu jira novel coronavirus?

Halistaada inaad qaaddo COVID-19 waxay la xiriirtaa inaad la kulanto fayraska. Si loo yareeyo haliska faafida, saraakiisha caafimaadka waxa ay la shaqeynayaan daryeel caafimaad bixiyayaasha sida ugu dhaqsiiyaha badan si loogu caddeeyo oo loo qiimeeyo kiis kasta oo laga shakiyey.

**Musaafiriinta u safraya kana soo safraya meelaha qaar ee adduunka ayaa laga yaabaa inay halis siyaada noqoto.** Eeg [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) wixii ku saabsan hagida safarka ee ka soo baxay CDC.

## Sidee baan uga hortagi karaa inaan qaado novel coronavirus?

Haddaad u safreyso dibadaha raac hagida CDC: [www.cdc.gov/travel](http://www.cdc.gov/travel).

Tallaabooyinka aad qaadi karto si aad uga hortagto faafidda hargabka ama durayga caadiga ah ayaa sidoo kale wax ka tari kara kahortagga coronavirus:

- Ku farxalo gacmaha inta badan saabuun iyo biyo. Haddii aadan heli karin, isticmaal nadiifiyaha alkahoolka ka samaysan
- Ka fogow inaad gacmahaaga oo aan dhaqneen ku taabato indhahaaga, sankaaaga, ama afkaaga
- Ka fogow inaad xidhiidh dhow la samayso dadka xanuunsanaya
- Joog guriga intaad xanuunsan tahay oo ka fogow xiriir dhow inaad la yeelato dadka
- Ku dabool qufacaaga ama hindhisadaada tiish, kadibna iska tuur. Haddii aadan tiish haysan, suxulkaaga u dhig qufaca.
- Nadiifi oo jeermiska ka dil walxaha iyo sagxadaha aad sida badan taabato.



Hadda, ma jiraa tallaal loo heli karo oo ka hortaga caabuqa novel coronavirus.

## Sidee ayaa loo daweyaa coronavirus?

Ma jiraan daawooyin si qeexan loo ansixiyey oo coronavirus ah. Dadka badankooda ee qaba xanuunka coronavirus dhexdhexaad ah iskooda ayey uga bogsoodaan ayagoo cabaya qulqul badan, nasiinyo, qaadashada daawooyinka xanuunka iyo xumada. Si kastaba ha'ahaatee, kiisaska qaar waxay u kobceen oofwareen waxayna u baahan yihiin daryeel caafimaad ama isbitaal seexin.

## Wixii macluumaad dheeri ah:

[healthoregon.org/coronavirus](http://healthoregon.org/coronavirus)

La cusboonaysiiyey 3/5/2020



WAAXDA CAAFIMAADKA DADWEYNAHA

Badbaadada Caafimaadka, U diyaargarowga iyo Gurmada (HSPR)

Waxaad ku heli karta dokumentigan luuqado kale, far waawayn, farta indhoolaha ama qaabka aad doorbidayso. Kala xiriir Waaxda Caafimaadka Dadweynaha teleefanka 971-673-0977 ama 971-673-0372. Waannu qabanaa dhammaan wicitaanada gudbinta ama waxaad wici kartaa 711.