

Xaqiiqaha Daboolka Wajiga

Waxaan wada ognahay in dadku qufaca iyo hindhisada ku faafiyaan dhibcaha/finiinada neefsiga. Laakiin miyaad ogayd inaan sidoo kale dhibcaha neefsiga ku faafino hadalka, qosolka, iyo heesida?

Dhibcahan neefsiga ayaa ah sababta **Maamulka Caafimaadka Oregon uu si adag ugu talinayo in dadka reer Oregon ay xirtaan maro daboosho wajiga** waana sababta daboolada wajiga looga baahan yahay goobaha bulshada.

Ogow Xaqiiqaha

Xaqiiqda: Waxaan u xiranaa daboolada wajiga si aan gacan uga geysano yareeynta faafida COVID-19.

Daboolada wajiga waxay naga caawinayaan in dhibcahayaga neefsiga aysan inaga na dhaafin, taasi oo micnaheedu yahay in dadka xirta daboolada wajiga ay ka hortagaan in fayruuska ku faafo dadka kale. (1) (2) Waxaa jira noocyo fara badan oo ah daboolada wajiga, masarada, marooyinka daboolo wajiga oo dhan indhaha mooyee, iyo daboolada wajiga ee guriga lagu hagaajiyo ee leh wareeg la geliyo dhegaha.

Xaqiiqda: Daboolada wajiga ma horseedayaan in karboon-dhaayoksaydhka halista ah ku uruurto gudaha daboolka.

Daboolada wajiga ma horseedayaan in karboon-dhaayoksaydhka ku uruurto oo ay waxyeelooyin xunxun u keento dadka caafimaadka qaba. (3) Xaqiiqdii, maaskarooyinka waxay leeyihiin xirid ka adag mida daboolada wajiga, waxayna shaqaalaha beeraha, shaqaalaha ilaalada, iyo shaqaalaha isbitaalka dhammaantood xirtaan maskarooyinka si ay baadqab u ahaadaan markay joogaan goobahooda shaqo.

Xusuusnow, hase yeeshee, inay tahay in dadka soo socdaa aysan xiranin daboolada wajiga:

- Caruurta ka yar 2 sano jir
- Qof kasta oo qaba xaalad caafimaad oo ku adkaynaysa inuu neefsado marka uu xiran yahay daboolka wajiga.
- Qof kasta oo qaba naafonimo ka hor joogsanaysa inuu xirto daboolka wajiga.

Xaqiiqda: Daboolada wajiga ma kordhinayaan halista aad ugu jirto cudurka marka si habboon loogu isticmaalo goobaha bulshada.

Waxaan u xiranaa daboolada wajiga inaan gacan ka geysano ka ilaalinta dadka kale haddii ay dhacdo inaan qabno fayruuska—laakin maya, xirashada maro daboosha wajiga ma kordhinayso halista aad ugu jirto cudurka. (4) (2) Xaqiiji inaad dhaqdo gacmahaaga kahor iyo ka dib taabashada daboolka wajigaaga oo dhaq maalin kasta.

Xaqiiqda: Daboolada wajiga ma sababaan in fayrusku “dib usoo fircoonaado.”

Qeexitaano

Si loo xaqiijiyo inaan kulligeen isla socono, waa kuwan waxa Maamulka Caafimaadka Oregon uu ula jeedo markuu adeegsado ereyadan...

- **Marooyinka daboolo wajiga** waa xanibyada kahortagga ee aan u isticmaalno inaan ku yareyno faafida COVID-19. Tusaalooyinka qaar waxaa ka mid ah marooyinka daboolo wajiga ee guriga lagu hagaajiyo, masarada, iyo marooyinka daboolo wajiga oo dhan indhaha mooyee.



- **Maaskarooyinka** waa qalab heer-caafimaad ah, oo ay kujiraan maaskarooyinka qalliinka iyo qalabka neefsashada ee N-95.



- **Gaashaanada wajiga** waa caag saafi ah oo lagu daboolo wajiga, gaarayo ilaa garka hoostiisa, kuna soo

Mar haddii aad qabtid infakshin fayruus uu sababay, xirashada daboolka wajiga ma sii xumaynayso ama ma sii dheereynayso infekshinka. Si kastaba ha noqotee, waxay kaa caawineysaa inaad iska ilaaliso ama aadan ugu gudbinin dadka kale. (5)

laabmo dhinacyada
wejiga.

1. [Chu DK, Akl EA, Duda S, et al. Kala fogaanshaha jireed, maaskarooyinka wajiga, iyo ilaalinada indhaha si looga hortago in dadku isqaadsiiyaan SARS-CoV-2 iyo COVID-19: dib-u-eegida nidaamaysan iyo falanqaynta xogta](#)
2. [Joshua Hendrix, Charles Walde, Kendra Findley, Robin Trotman. Labo Jir-qaabeeyayaal oo aan Qaadin fayruuska SARS-CoV-2 Kadib markay Baylah u noqdeen fayruuska iyagoo joogo Goob Timaha lagu habeeyo \(Salon\) ee leh Siyaasadda Daboolada Wajiga ee Caalamiga ah - Springfield, Missouri, Maayo 2020](#)
3. [Derek K Chu, Elie A Akl, Stephanie Duda, Karla Solo, Sally Yaacoub, Holger J Schünemann, iyagoo matalaya qorayaasha daraasadda Kooxda Dib-u-eegista Nidaamaysan ee Degdegga ah ee COVID-19 \(SURGE\) *Kala fogaanshaha jireed, maaskarooyinka wajiga, iyo ilaalinada indhaha si looga hortago in dadku isqaadsiiyaan SARS-CoV-2 iyo COVID-19: dib-u-eegida nidaamaysan iyo falanqaynta xogta](#)
4. [Jessica J. Bartoszko, Mohammed Abdul Malik Farooqi, Waleed Alhazzani, Mark Loeb. Maaskarooyinka caafimaad marka la barbardhigo qalabka neefsiga ee N95 ee loogu talagalay in shaqaalaha daryeelka caafimaad looga ilaaliyo COVID-19: Dib-u-eegida nidaamaysan iyo falanqaynta xogta ee tijaabooyinka aan kala-sooca lahayn](#)
5. [Staymates, Matthew E. National Institute of Standards and Technology \(NIST\)](#)

Waxaad ku heli kartaa dokumintigaan oo bilaash ah luuqado kale, daabacaad balaaran, qoraalka camoolka ama qaabka aad doorbidid. Kala xiriir Mavel Morales lambarka 1-844-882-7889, 711 TTY ama OHA.ADAModifications@dhsoha.state.or.us.