



Guri ku baarista COVID-19

Xirmooyika baaritaanka COVID-19 ee guriga iyo kuwa farmashiyaha laga iibsado (OTC) waa xirmooyin baaritaan oo aad iibsan karto qoraal dhakhtar la'aan. Waxaad ka iibsan kartaa farmashiyaha, dukaanka tafaariqda, ama khadka, inkastoo laga yaabo inay gabaabsi yihiin.

Goorta la isticmaalo baaritaanka guriga

Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC) waxay ku talinaysaa in baaritaan oggaansho loo sameeyo dadka qaba [calamadaha COVID-19](#), ama xiriir dhow la yeeshay qof qaba COVID-19, iyadoon loo eegin heerka tallaalka.

- Muddada ugu fiican ee baaritaanka ka dib la kulmida suurtagalka ah ee COVID-19 waa 5 – 7 maalmood kadib xiriir dhow oo lala yeesho qof cudurka qaba.
- Qof kasta oo isku arko [calamadaha u eg COVID-19](#) waa inuu raadsadaa baaritaanka COVID-19 iyadoo aan loo eegin heerka tallaalka.

Sida loo isticmaalo baaritaanka guriga

U raac tilmaamaha baaritaanka si sax ah oo samee tillaabooyinka sida ay u qoran yihiin. Qalabka baaritaanku wuxuu kaloo ku siin karaa agabyo kale, sida hagitaan tixraaceed degdeg ah ama muuqaalo tilmaameed, si ay kaaga caawiyaan inaad si sax ah baaritaanka u samayso.

Miyey qaar ka mid ah baaritaanada guriga/OTC ka fiican yihiin kuwa kale?

Haddii si sax ah loo isticmaalo, dhammaan baaritaannada ogaanshaha COVID-19 ee guriga/OTC oo hadda ay oggolaatay Maamulka Cuntada iyo Dawooyinka ee Mareykanka (FDA) waa isku mid.

Miyuu Caymiska caafimaadku dabooli karaa baaritaanada guriga?

Maamulka Caafimaadka Oregon iyo ururada daryeelka isku dubaridan ee Oregon waxay daboolaan alaabta guriga/OTC (ilaa afar baaritaan bishii) iyaddoo aan la soo qorin ama oggolaanshaha hore ee Qorshaha Caafimaadka Oregon iyo xubnaha CWM.

Medicare iyo qorshooyinka kale ee caymiska caafimaadka sida caadiga ah ma daboolaan alaabta guriga/OTC, laakiin waa in ay daboolaan baaritaanda COVID-19 ee uu dalbay daryeel bixiyaha caafimaadka.

Haddii aad leedahay [koonto la isticmaalo oo dabacsan](#) oo loogu talagalay kharashaadka daryeelka caafimaadka, waxa laga yaabaa inaad awood u yeelato inaad u isticmaasho koontada si aad ugu bixiso alaabta COVID-19 guriga/OTC.

Waxa la sameeyo haddii lagaa helo baaritaanka guriga

Kala xiriir bixiyahaaga daryeelka caafimaadka wax ku saabsan natiijada baaristaada togan, oo la xiriir iyaga inta aad xanuunsan tahay. Haddii xanuunkaagu sii xumaado, raadso daryeel caafimaad.

[Is-go'doomi](#) ugu yaraan 5 maalmood kadib baaritaanka togan ama laga bilaabo wakhtiga ay astaamuhu bilaabmeen. Go'doon ku jir ilaa:

- Waxa aad qandha la'aan ahayd mudda ugu yaraan 24 saacadood adiga oo aan isticmaalin dawo qandha-jabiya IYO
- Astaamaha kale way ka soo reeyeen.

Ka dib 5-ta maalmood ee isgo'doominta, waa inaad xirataa maaskaro mudda 5 maalmood oo dheeraad ah marka aad dadka kale ag joogtid.

Natiijooyinka togan ee beenta ah waa nadir. Uma baahnid baaritaan xaqiijin ah ka dib baaritaanka guriga ee togan.

Haddii wax lagaa waayo laakiin aad isku aragto astaamo u eg COVID, la xiriir bixiyaha daryeelka caafimaadkaaga maadaama natiijooyinka taban aysan meesha ka saarayn caabuqa COVID-19. Natiijooyinka taban ee beenta ah waa ay dhacaan.

Wax badan ka baro COVID-19 baaritaanka guriga

[Booqo shabakada CDC](#) wixii macluumaad dheeraad ah oo raadi muuqaalo ku saabsan sida saxda ah ee loo sameeyo baaritaanka guriga.

Booqo websaydka FDA si aad u hesho wakhtiga la oggolaaday guriga/OTC [antigen](#) iyo [Molikularka](#) qalabka baaritaanka iyo ururinta guriga. Waxa sidoo kale oo aad ka heli

kartaa qalabka baaritaanka guriga ee la oggol yahay iyo qalabka ururinta oo diyaar u ah qoraal dhakhtar.

Illaha

<https://www.fda.gov/news-events/press-announcements/coronavirus-covid-19-update-fda-authorizes-additional-otc-home-test-increase-access-rapid-testing>

<https://www.fda.gov/consumers/consumer-updates/coronavirus-disease-2019-testing-basics>

<https://www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>

<https://www.nytimes.com/2021/10/07/well/live/covid-rapid-at-home-test.html?referringSource=articleShare>

Helitaanka dukumiintiga: Shakhsiyaadka naafada ah ama shakhsiyaadka ku hadla luuqad aan ka aheyn Ingiriis, OHA waxay ku bixin kartaa warbixinta qaabab kale oo dadban sida fasiraadaha, daabicida farta waaweyn, ama farta indhoolayaasha. Kala xiriir COVID-19 Communications Unit 1-971-673-2411, 711 TTY ama COVID19.LanguageAccess@dhsosha.state.or.us.