



Hargabka, COVID-19 iyo RSV: Waxa aad u baahantahay inaad ogaatid

Dadka da'da ah iyo dadka habdhiska difaaca jidhkoodu liito waxay halis ugu jiraan inay si xun uga bukoonaadaan hargabka, COVID-19 iyo fayraska syncytial breath (RSV). Carruurta yaryar waxa kale oo ay si xun ugu bukoon karaan RSV.

Is ilaali naftaada iyo kuwa kale inta aan waqti badan ku qaadaneyno gudaha:

- Iso soo talaal. Waxaa jira tallaallo loogu talagalay COVID-19 iyo hargabka labadaba. Ma jiro talaal loogu talagalay RSV.
- Guriga joog markaad jirran tahay.
- Haddii ay suurtagal tahay, iska ilaali inaad la xiriirto dadka jirran.
- Haddii aad daryeesho qof buka, xidho maaskaro oo gacmahaaga si joogto ah u dhaq.
- Gacmahaaga ka foguee wejigaaga ama wajiga ilmahaaga.
- Si joogto ah u dhaq gacmahaaga ugu yaraan 20 ilbiriqsi.
- Nadiifi oogada sare ee inta badan la taabto, sida gacan-qabsiga albaabka iyo qalabka elegtarooniga ah.
- Xiro maaskaro haddii aad awooddo gudaha goobaha dadku ku badan yahay iyo agagaarka dadka habdhiska difaaca ee daciifka ah
- Haddii aadan maaskaro xiran karin, iska ilaali meelaha dadku ku badan yahay, gudaha iyo dibaddaba.

Hargabka, COVID-19 iyo RSV dhamaantood waxaa sababa fayras

Fayrasyadani waxay faafi karaan marka:

- Qofka cudurka qaba ku hadlaa, ku qufacaa ama ku hindhisiyaa agagaarka dadka kale.
- Qof uu taabto oogada ama shay uu ku dul yaal mid ka mid ah fayrasyadan ka dibna taabta afkooda, sankooda ama indhahooda.

Hargabka, COVID-19 iyo RSV waxay keeni karaan calaamado la mid ah, oo ay ku jiraan:

- Qandho
- Qufac
- Dhuun-xanuun
- Diif/sanka oo dareera
- Muruq ama jir xanuun
- Daal
- Madax-xanuun
- Matag ama shuban (hargab, inta badan carruurta)
- Luminta dhadhanka ama urta (COVID-19)

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