

## COVID-19 iyo Is-go'doomin

Cusbooneysiinta 16 Maarso 2020

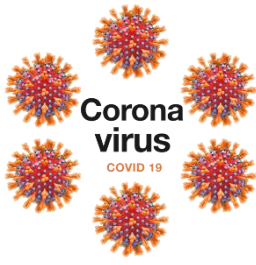


**Is-go'doomin** micneheeda waa in aadan tagin 14 maalmood meel aad dadkale qaadsii kartid COVID-19 ee aad joogtid gurigaada.

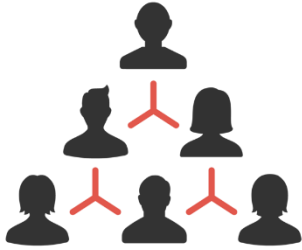


Dadka qaarkiis oo qaba COVID-19 waxaa laga yaabaa ineeysan xanuunsanin.

Laakiin wili Fayraska weey u gudbin karaan dadka kale.



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



**Fayraska** waa wax dadka jiro u keeni kara

Waxay qaadan kartaa ilaa 14 maalmood laga bilaabo wakhtiga qofku uu ag joogay qof qaba COVID-19 ilaa markay xanuunsadaan.

Waa muhiim in leys go'doomiyo si aan fayraska dadka kale loogu gudbin hadii aad xanuunsato inta lagu jiro waqtigaan.

Waa inaa wacdid Healthline hadii:

- aadan hubin in aad is go'doomeysid
- aad go'aansato inaa is go'doomisid

Lambarka Telefanka **Healthline** waa:  
**0800 358 5453**



Wax qarash kaagama baxaayo soo wicitaanka Healthline.



Healthline wuu furanyahay wakhti kasta – habeen iyo maalin.

## Yaa u baahan inuu is go'doomiyo (iskiis isku aruursho)?



Waa inaa is go'doomisaa:

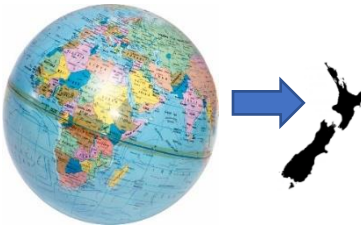
- Hadii lagaa baaray oona laguugu **arkay COVID-19**
- Hadii lagaa **baaray** COVID-19 oo aad sugeeysid jawaabtaada.
- Hadii aad **xiriir dhaw la yeelatay** 14-kii maalmood ee lasoo dhaafay qof loo sheegay inuu qabo COVID-19



- **Hadii aad xanuunsantahay oo aad:**



- Qufaceysid
- Qandho ku heyso – aad u kulushahay
- Neefsashada kuugu adagtahay.



Qof kasta oo ka soo laabtay safarka dibadda labadii toddobaad ee lasoo dhaafay waa inuu is go'doomiyaa (waa inuu keli ahaadaa).



**Macluumaadka COVID-19 ee loogu talagalay dadka New Zealand soo galaayo/imaanaayo.**

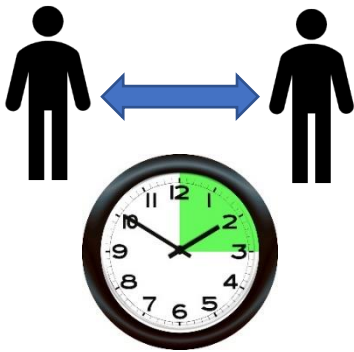
Waxaad ka heli kartaa warbixintaas websaytka Wasaarada Caafimaadka:

**[www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus](http://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus)**

## Waa maxay Is go'doomin/ kali ahaansho?

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

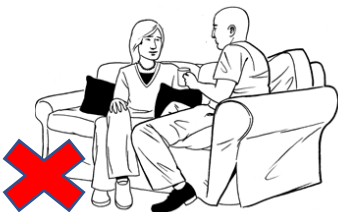
Is go'doomin/keli ahaanshaha macneheedu waa inaad isku daydaa inaad u dhawaanin dadka kale 14 maalmood.



Waxeey ka dhigantahay inaa mudadaas 14ka maalmood isku daydo inaad usoo dhaafin dadka **2 mitir** in kabadan **15 daqiiqo**.



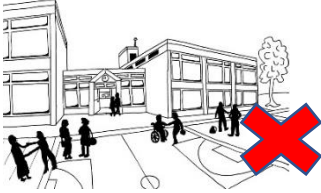
Kali ahaanshada weey kuu fududaaneysaa hadii:



- **Gurigaaga Joogtid** oo dadka kale ka fogaatid
- Dadkale eey ku soo **booqanin**.



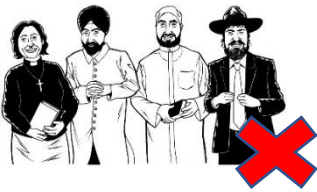
Markaad ku jirto is go'doomis (keli ahaansho) **ha aadin:**



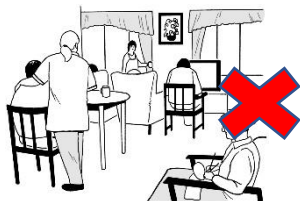
- Shaqadaada



- Iskuul/Jaamacad



- Xanaanada caruurta



- Kaniisad/ Xarumaha lagu cibaadeysto



- Golaha waayeeladda lagu daryeelo

- Maqaayadaha

- Meelaha dadka badan joogaan



haddii aad u baahatid raashiin ama daawo weeydiiso qof qoyskaada ka mid ah ama saaxiib inuu:

- Kuu keeno raashiin ama daawo



- **Kuu dhigo** albaabkaada hortiisa.

Haddii dadkale la nooshahay hala isticmaalin:



- Koobabka iyo galaasyada cabitaanka



- Maacuunta wax lagu cuno sida saxanka ama fargeetada



- Shukumaanada
- Barkinta ama go'a.





## Waxa aad samey kartid sidaa u joojisid faafitaanka COVID-19



Si aad u joojisid faafitaanka COVID-19:

- Ku dabool afkaada iyo sankaaada xaanshi markaa qufaceysid ama hindhisaysid.
- Iska tuur xaanshida aad isticmaashay.



Hadii aadan heysanin xaanshi ku qufac ama ku hindhis xusulkaada.

Waa inaa sidoo kale:

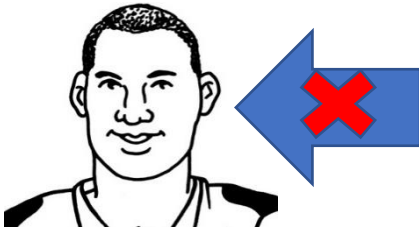
- Ku dhaqdaa gacmahaada saabuun iyo biyo markii uugu yaraato **20 ilbiriqsi.**





- Hubso inaa qalajisid gacmahaada.  
Haddii biyo ama saabuun lahayn  
waxaa isticmaali kartaa gacmo-nadiifye  
**(hand sanitiser).**

Isku day inaad taabanin:



- Indhahaada
- Sankaada
- Afkaada.

## Isdaryeelkaada



Inta lagu guda jiro 14-ta maalmood ee is go'doomiska/kali ahaanshada waxaa laga yaabaa inaa dareento:

- Walaac
- Cidlo
- Walwal



Wax yaalo aad sameynkartid si aad isku daryeeshid waxaa kamid ah:



- Taleefan kulahadal reerkaada ama saaxibadaada
- Cun raashinkaada waqtiyadii aad cunijirtay



- Guriga ku jimicso
- Sariitaada aad isla waqtigii habeen kasta.



Hadii aad dareemaysid walwal ama cidlo qof ayaa kala hadli kartaa **1737**:

**Need to talk:**



**Taleefan: 1737**

**Qoral (Text): 1737**



1737: Need to talk waa adeeg bilaash ah oo lacag kaaga bexeynin.



The 1737: Need to talk adeegaan wakhti kasto waa furanyahay



Habeen iyo maalinba waa furanyahay.



Waxaad ka heli kartaa warbixintaas websaytka Wasaarada Caafimaadka

**website:**

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>