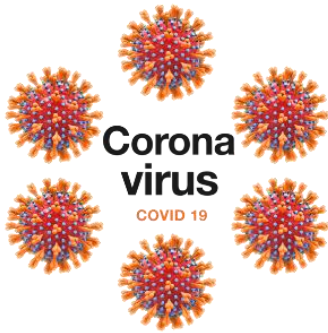


Waxa add sameey kartid hadaa iskaga shakisd inuu ku haayo COVID-19

Cusbooneysiinta 16 Maarso 2020

Dadka la xaanuunsan COVID-19:



- Qofac eey lahaan karaan
- Qandho aa qaba karto – qandho aad u kulul oo heerkulka 38 ama ka badanyahay
- Neefsashada aa dhibi karta





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



Laakiin wili Fayraska weey u gudbin karaan dadka kale.

Waa muhiim inaa taqaanid waxa sameyn laheed:



- Hadii aad **xiriir dhaw la yeelatay** 14-kii maalmood ee lasoo dhaafay qof loo sheegay inuu qabo COVID-19



- Hadii lagaa **baaray** COVID-19 oo aad sugaaysid jawaabtaada.

Waa inaa **laba shay** sameeysaa hadaa iskaga shakisay inaa qabto COVID-19:



1. Gurigaada jog ee **is-go'doomi** (dadka ka fogoow)

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

Waxaa jira waraaqo fudud oo la akhrista oo la yiraahdo: **COVID-19 iyo Is-godoomis**. Boga 5 ka akhriso macluumaadkaas.

MINISTRY OF HEALTH
EASIER TO UNDERSTAND

COVID-19 and self-isolation
16 March 2020 update

Self-isolation means not being in places where you could give the COVID-19 virus to other people.

Some people with COVID-19 may not get sick.
But they can still give the virus to other people.

A virus is something that can make people sick.

It can take up to 14 days from the time a person has been around someone with COVID-19 to when they get sick.

It is important to self-isolate so that the virus is not passed on to other people if you do get sick during this time.

You need to call Healthline if you:

- are not sure if you should self-isolate
- decide to self-isolate.

The phone number Healthline is:
0800 358 5453

It will not cost you any money to call Healthline.

Healthline is open all the time – day and night.

Who needs to self-isolate?

You need to self-isolate if you:

- have been tested and found to have COVID-19
- have been tested for COVID-19 and waiting to find out your results.
- have been in close contact in the last 14 days with someone who has been told they have COVID-19
- if you feeling sick and you:
 - have a cough
 - have a fever – this is when you get really hot
 - are finding it hard to breathe.



2. Waa inaa ka wacdaa **Healthline: 0800 358 5453**



Wax qarash kaagama baxaayo soo wicitaanka Healthline



Healthline wuu furanyahay wakhti kasta – habeen iyo maalin.

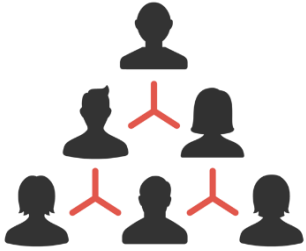
Hadaa shaki kaaga jira inaa is-go'doomisid ka wac **Healthline: 0800 358 5453**





Hadaa isleedahay waxaa kuugu dhacay COVID-19 waa muhiim inaa aadin:

- Taqtarkaada
- Isbitaalka



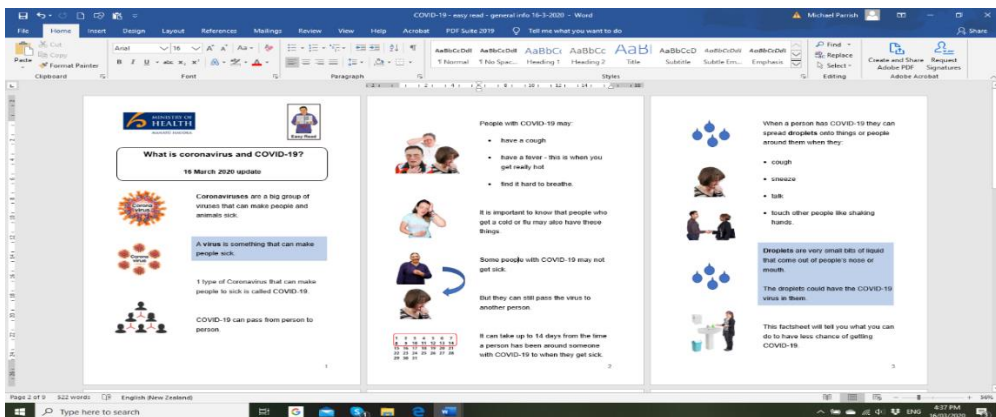
Aaditaanka Taqtarkaada ama Isbitaalka wuxuu ku sii faafi kara COVID-19 dadka kale.

Intaa aadi leheed wac **Healthline** si ey kuugu sheegaan waxaa sameey leheed hadii noqoto in lagaa baaro **COVID-19**

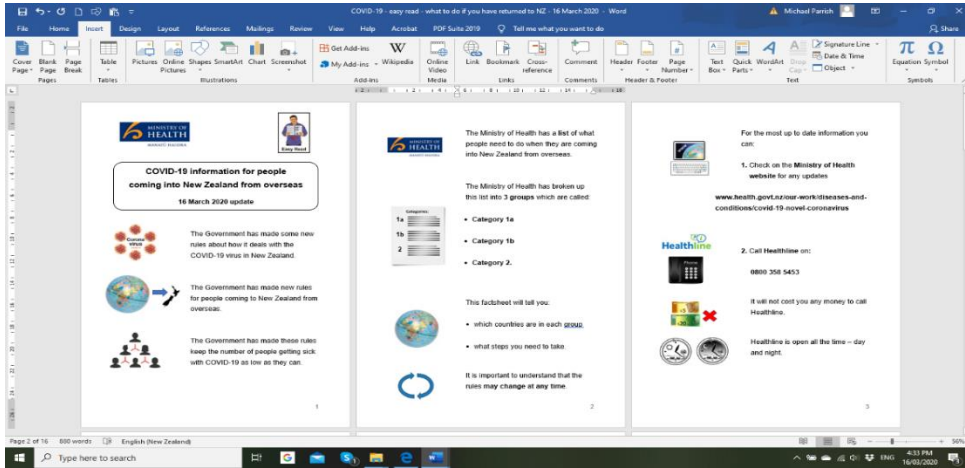


Xagee laga heli karaa Macluumaad fudud oo la akhrista ee ku saabsan COVID-19

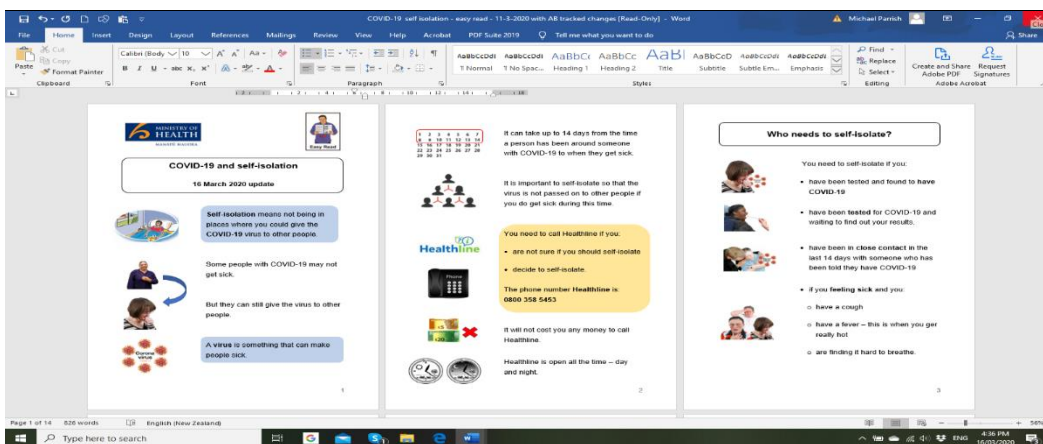
1. Muxuu yahay coronavirus ama COVID-19?



2. Macluumaad kusaabsan COVID-19 ee loogu talagalay dadka New Zealand soo galaayo ee dibada ka yimid



3. COVID-19 iyo Is-go'doomis (kali ahaansho).



Waxaad kaheli kartaa waraaqahaan websaydka **Wasaarada Caafimaadka**:



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

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