HM Government

NHS

COVID-19 Is baadhida

Hagaha tallaabo-tallaabo ah

Ka hor inta aanad bilaabin

- Akhri tilmaamaha ka hor inta aanad furin agabka baadhitaanka.
- Haddii wax ka badan hal qof uu baabuurkaagu qaadayo baadhitaanka COVID-19, fadlan hubso inaad haysato agabka baadhitaanka ee qof kasta, oo isticmaalagabka baadhida iyosummada lambarka kaas ooadiga laguu qoondeeyay.

U baahantahay caawimo?

Haddii aad qabto wax su’aalo ah ama dhibaatooyin ah oo ku saabsan agabka baadhida, fadlan isticmaal baabuurkaaganalka khatarta ah oo sug qof inuu kuu yimaado oo ku caawiyo.

Ha furin daaqadaada.

Haddii uu jiro gurmad caafimaad, garaac hoonkaaga.

Ka hor inta aanad dhigin muunadaada, miyaad si sax ah u xidhay agabka baadhitaankaaga?

Anagu waxaanu ogaanay in u xidhida muunadaadasi sax ah uu dhab ahaan tahay mida ugu adagee qaybaha baadhotaanka. Halkan waxaa ah guud mar degdeg ah oo ah waxa aad u baahan tahay inaad samayso.

Mahadsanid.

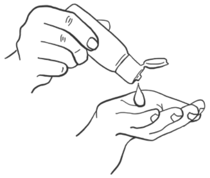
Liiska magacayada

1. Qaad muunada dheecaanka ☐
2. Ku dheji shayga muunada lagu qaaday dhalada yar ee caaga ahoo ☐
3. Ku dheji lambarka alaabta dhalada yar ee caaga ah ☐
4. Ku xidhin dhalada yar ee caaga iyo goosta cad ee nuugaha ahqufulka siibka ah eekiishka ☐
5. Ku rid kiiska siibka qufulka ah kiishka waxyaaabaha khatarta ah **lagu rido (Afka ha ka xidhin kiishka waxyaabaha khatarta ah) lagu rido** ☐
6. Ku dheji lambarka laabtaguudkakiishkawaxyaabaha khatarta ah lagu rido ☐
7. Tag meesha lagu tuuro ☐

Baadhitaanka waxa uu ku habboon yahay dadka soo socda

Dadka waa wayn ee jira 18+	Is baadh (iyaddoo aanad awoodin inaad samayso sidaas mooyaane)
Kurayda jirta da'da 12-17	Iska baadh iyaddoo uu eegayo qof wayni
Carruurta da'deedu tahay 5-11	Qofka wayn ee baadhaya ilmaha
Carruurta ka yar 5	Miyaad isticmaashaa agabkan baadhitaanka

1 Qaad muunada dheecaankadhanka ah hunguriga ka dibna sanka)



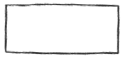
1 Nadiifi gacmahaaga/xidho galoofyo

Xidho galoofyo, ama isticmaal nadiifiyaha gacmaha si aad u nadiifiso gacmahaaga. Taniwa sidaas markaasna ma wasakhaysanysid agabka baadhitaanka.

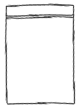
2 Hubi waxa uu agabkaagu ka kooban yahay

Mari usha dheecaanka gudaha galka afka ka xidhan ☐

Dhallada yar ee caaga, ka kooban wax yar oo qadar dareere ah. Dareeraha waa inuu ku jiraa dhalada yar. ☐



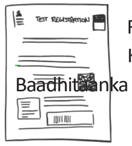
Caddaan gooska nuugida ☐



Siibka qufulka saafiga ah kiishka ☐

Kiishka shayga khatarta ah ee wata shaambada silfarka ah ☐

Xaashida isku midka ah lambarka summadaha. (Kuwan waxa dhici karta hadda ka hor in loo adeegsado agabkaaga) ☐



Risiidhka Baadhitaanka Kaadhka ama Baadhitaanka Kaadhka diiwaangelin ta ☐

Waxaa lagu waydiin doonaa inaad keento mida soo socta:

Tiishka la iskaga siiminayo ☐

Kuwa la tuuriyao ee galoofyo ☐

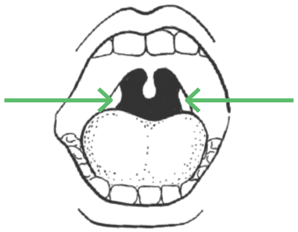
ama

Nadiifiyaha gacmaha: ☐

3

Ka siimi sankaaga

Si degen isaga siimi sankaaga tiishka. U qaado tiishka guriga oo ku tuur tiinka xashiishka. Tani waa sidaas waxaanad isaga dhammayn kartaa duufka.



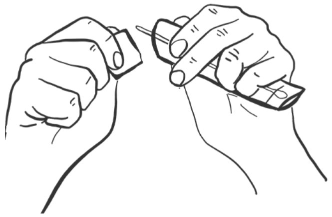
4

Ka hel xoqadaada iyo xaga dambe eehunguriga

Eeg gudaha afkaaga, oo soo hel xoqadaada. Xoqodahaaga iyo xaga dambe ee hungurigawaa halka aad ka qaadi doontomuunadaada.

Isticmaal muraayada yr ee baabuurka si ay kuu caawiso

Haddii xoqadahaagu, lagaa saaray, keliyamari usha muunadaxaga dambe ee hunguriga.



5

Fur shayga muunada gudaha xidhaha afka ka giijisan.

U fur xidhmada oo si degen u soo saar muunada dheecaanka ah. Tan waxaa loo isticmaalaya labadaba hunguriga iyo sanka.

Muhiim ah

Caarada marada shayga muunada lagu qaado waainaanay taaban shayna kasakowhungurigaaga iyo

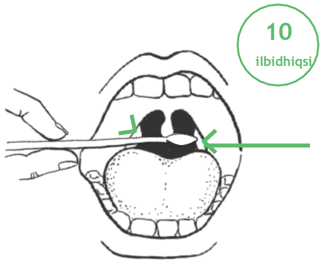
Muhiim ah

Ha taaban carrabkaaga,ilkaha, dhabanada ama ciridka, ama meel kale oo ahoogooyinka caarada marada shayga muunada lagu qaado.

Shayga muunada lagu qaado ansax maaha haddii ay taabato qaybaha, oo waxaad u baahan doontaa inaad hesho shay kale oo cusub oo muunada lagu qaado. Haddii tani ay dhaco daar nalalkaaga khatarta si aad caawimo u hesho.

Isticmaal shayga muunada lagu qaado wixii ah sanka iyo hunguriga.

Tani waxay samayn kartaa xaniban iyo raaxo darro yar, laakiin waainaanay dhaawacmin.

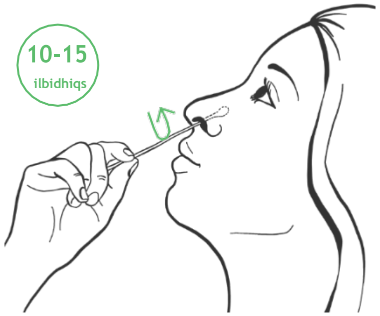


6

Qaad muunada huguriga

Qabashada shayga muunada dheecaanka ah lagu gacaado gacantaada, fur afkaaga si wayn oo ku masax caarada shayga muunada lagu qaado guudka xoqodaada iyo xaga dambe ee hunguriga ilaa **10 ilbidhiqsi.** (isticmaal muraayada si ay kaaga caawiso inaad sidaas samayso).

SI feejign uga saar usha muunada dhankadambe ee hungurigaaga.



7

Qaad muunada sanka

Saar dhammaad isku mid ah shayga muunada si degen gudaha hal xoqodeed ilaa aad dareerto iska caabin yar (oo ku saabsan 2 5cm ilaa sankaaa).

Lux shayga muunada ilaa **10-15 ilbidhiqso.** oo si aayar ah isaga saar.

Waxaad keliya u baahan tahay inaad muunada ka qaado hal dalool sanka ah.
Haddii aad leedahay durida sanka isticmaal daloolka kale ee sanka.

Muhiim ah

Shayga muunadu waxa uu ahaan karaa mid aan raaxo lahayn. Ha gelinshayga muunada in dheer haddii aad dareentoiska caabin xoog ah ama xanuun.

Haddiiuu jirodhig am matag ku yaala shayga muunada, xidhonalkaagakhatarta wixii caawimo ah.

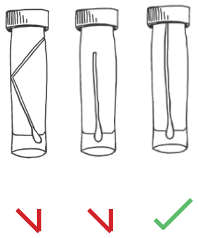
2 Ku xidh agabkaaga muunada

1

Ku rid shayga muunada dhalada caaga ah oo ka xidh caarada.

Hubso in caarada maradu ay hoos u jeedo marka aad saarto dhalada yar. Kaxidh dhammaadka kale ee shayga muunada markaas waxay leekaataa gudaha dhalada yar iyadoon qaloocan.

Si amni ah u xidh daboolka dhalada yar.

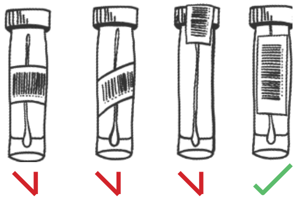


> **Muhiim ah**
>
> Si amni ah u xidh daboolka markaas ma jiro wax dareere ah oo liigaya. Waxaad u baahan kartaa inaad cadaadis saarto daboolka.

2

Nadiifi gacmaha/xidhnow galoofyada

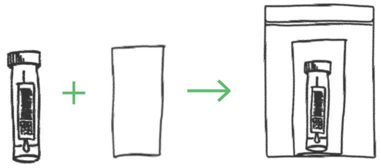
Haddiiaad xidhan tahay galoofyo, toos u tag tallaabada 3. Haddii kale, isticmaal nadiifiyaha si loo nadiifiyogacmahaaga.



3

Ku dheji lambarka dhalada yar ee caaga ah

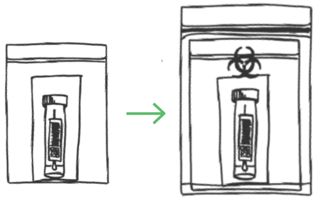
Ka dhilhal ka mid summada lambarka oo ugu dheji si gudban dhalada yar ee caaga ah. Haddii ay jirto hadda ka hor summada ku taala dhalada yar ee caga ah, ku dheji lambarkaaga summada xageeda sare iyadda



4

Ku rid kiishka yar ee cad ee siibka leh

Ku rid dhalada yar ee caaga ah iyo gooska yar mida cad ee kiishka siibka leh. Tani waa sidaas in liigitaan kasta oo dhalada yar la nuugay.

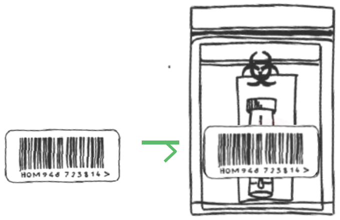


5

Ku rid kiishka khatarta bayoloji ee wyan

Ku rid kiishka siibka xidhan kiishka khatarta bayoloji ee wayn.

> **Ha xidhinl kiishka wayn ee khatarta bayoloji**
>
> Waxaad u baahan tahay in agabkaaga lagu baadho meesha lagu rido ka hor inta aanad xidhin.



6

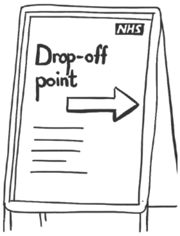
Ku dheji lambarka shandada khatarta bay'olojiyeed

Ka dhil hal ka mid ah summadaha lambarka oo ku dheji xaga dambe ee kiishka khatarta bayoloji

> **Muhiim ah**
>
> Lambarkaaga alaabta waa mid kuu gooni ah adiga iyo agabkaaga baadhida. Ha u adeegsan qof kasta oo kale agabka baadhida.

Waxaad u diyaar tahay inaad soo dhiibto agabkaaga muunada baadhida. Raac tilmaamaha soo socda ee meesha alaabta lagu rido

3 Soo dhiib agabka muunadaada baadhitaankaxagameesha lagu rido



1

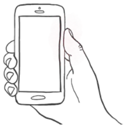
Tag meesha lagu tuuro

Kaaliyaha baadhitaanku waxa uu hubin doonaa agabkaaga in la dhammaystiray oo loo xidhay si sax ah.

4 Ku hel natiijooyinka baadhitaanka fariin qoraal ah iyo iimayl

Waxaad kuheli doontaa natiijooyinkaaga baadhitaanka gudaha 2-3 maalmood fariin qoraal ah iyoiimayl.

Hadafkayagu waa in la helo natiijooyinka lagugu soo celinayo si degdeg ah sida suuragalka ah; si kastaba ha ahaatee, iyaddoo ay sababtay mugga baadhitaanka, waxaa dhici karta, inaay qaadato in ka dheer in dib laguugu soo noqdo.



Xusuusiye

Fadlan hubi inaad guriga u qaadato Kaadhkaaga Helida Baadhitaanka ama Kaadhka Diiwaangelinta wixii ah tixraacaaga. Haddii aad haysatokaadhka diiwaangelinta waxaad u baahan doontaa inaad**iska diiwaangeliso onlaynka**.

Lama helin natiijooyinkaaga ka dib 5 maalmood?

Fadlan wac lambarka miiska caawinta **0300 303 2713**. Laymanku way furan yihoon maalin kasta, 5 subaxnimo ilaa 11 habeenimo. Waa bilaashm oobil kasta ama telefoonka laynka ah.