

## Cudurka Fayraska Korona 2019 (COVID-19)

**Sida Gooni-la-isu-Sooco**

Waa in aad naftaada ka soocdaa dadka kale haddii aad leedahay astaamaha cudurka COVID-19 ama laga yaaba in aad wajahday cudurka COVID-19. Haddii aad dareento in xaaladaadu ay ka sii dartey, la xirii bixiyaha adeegga daryeelkaaga caafimaad ama Telehealth (1-866-797-0000).

**Guriga joog**

- Ha adeegsan gaadiidka dadweynaha, taksiyada ama gawaarida la isla-raaco.
- Ha aadin shaqo, iskuul ama meelaha kale ee dadweynaha.

**Ka fogow xiriirka dadka kale**

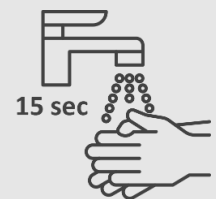
- Lama oggolo in ay dad ku soo booqdaan haddii ay lagama maarmaan tahay mooyaane (tusaale, bixiyayaasha daryeelka)
- Ka fogow waayeellada iyo dadka qaba xaaladaha caafimaad ee raagga (tusaale, cudurka sonkorta, dhibaatooyinka sambabka, yaraanshaha difaaca jirka).
- Ilaa iyo inta suuragal ah, joog qol gaar ah oo ka fog dadka kale ee gurigaaga oo adeegso musqul gaar ah haddii aad mid leedahay.
- Hubso in qolalka la wadaago ay leeyihiin hawo wanaagsan (tusaale, daaqado furan).
- Tallaabooyinkan haddii aysan suuragal ahayn, ilaa masaafo ugu yaraan laba mitir ah u jirso dadka kale waqti kasta.

**Ilaali masaafadaada**

- Haddii qol aad dad kale kula jirto, ilaali masaafo ugu yaraan laba mitir ah oo xiro af-xir ama weji-xir daboolaya sankaa iyo afkaaga.
- Haddii aadan af-xir xiran karin, dadku waa in ay af-xir xirtaan marka ay ku jiraan qolka aad adigu ku jirto.

**Gacmahaaga dhaq**

- Mar walba gacmahaaga ku dhaq biyo iyo saabuun.
- Gacmahaaga ku qalaji faratire warqad ah ama tuwaal maro ah oo aadan qof kale la wadaagin.
- Isticmaal gacmo nadiifiye aalkolo ku jirta haddii biyo iyo saabuun aanan la heli karin.



## Dabool qufacaaga iyo hindhisadaada

- Afkaaga iyo sankaagaba ku dabool af-tire marka aad qufacdo ama hindhisto.
- Ku qufac ama ku hindhis qaybta kore ee gacantaada ama suxulkaaga, ee haku qufacin ama hindhisin kafta gacantaada.
- Af-tirka la isticmaalay ku tuur weelka qashinka oo gudahiisa bac lagu dahaaray, ka-dibna gacmahaaga dhaq.
- Weelka qashinka in gudahiisa bac lagu dahaaro ayaa asturidda qashinka ka dhigaysa mid ammaan ah.
- Gacmahaaga nadiifi ka-dib marka aad faarujiso weelka qashinka lagu rido.



## Af-xir ku xiro afkaaga iyo sankaaga

- Xiro af-xir haddii ay tahay in aad gurigaaga ka baxdo si aad u soo aragto bixiyaha daryeel caafimaad ama si lagaaga soo baaro cudurka COVID-19.
- Xiro af-xir marka aad laba mitir gudahooda u jirto dadka kale, ama joog qol kale oo gaar ah.
- Haddii aadan af-xir haysan, ilaali masafo laba mitir ah oo aad dadka u jirsato oo dabool qufacaaga iyo hindhisadaada. Eeg [kala-fogaanshaha jireed](#).



## Maxaan sameeyaa haddii aan isku arko calaamadaha cudurka lagu garto?

- Buuxi [Is-qiimeynta Cudurka COVID-19](#).
- La Xiriir Telehealth (1-866-797-0000) ama bixiyahaaga daryeelka caafimaad.
- Qof kasta oo aad la yeelatay xiriir jireed oo dhow (tusaale, reerkaaga gudahiisa) labadii maalmood ee ka horreeyay inta aysan bilaaban calaamadahaaga ama ka-dib marka ay calaamadaagu bilowdeen waa in ay sidoo kale gooni-isu-soocaan. Haddii aad qabtid su'aalo arrintan ku saabsan, wac [qaybta caafimaadka dadweynaha ee degaankaaga](#).
- Gooni-isu-sooc 14 maalmood laga bilaabo marka ay calaamadahaagu bilowdeen.
- 14 maalmood ka-dib, waxaad joojin kartaa in aad gooni-isu-soocdo haddii aadan qandho lahayn oo calaamadahaagana ay sii wanaagsanaadeen, balse waa in aad sii wado [tallaabooyinka kala-fogaanshaha jireed](#).
- Haddii aadan weli caafimaadqabin maalinta 14aad, la xiriir Telehealth ama bixiyaha adeegga daryeelkaaga caafimaad.

## Wax ka baro fayraska

COVID-19 waa fayras cusub. Wuxuu ku faafaa dhibcaha ka yimaada neef-mareenka qof xannuunsan oo gaara dadka kale ee ay la yeeshan xiriirka dhow sida dadka kula nool guriga ama kuwa daryeelka siiya.

Waxaad sidoo kale macluumaadkii ugu dambeeyay ee ku saabsan cudurka COVID-19 ka heli kartaa mareegtada Wasaaradda Caafimaadka ee Dowlad-Goboleedka Ontario: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

Haddii aad rabto macluumaad dheeraad ah fadlan la xiriir: \_\_\_\_\_

Macmuulaadka dokumentigan ku qoran waa midkii 31-ka Luulyo, 2020