

HEL XAQIIQOYIN.

BARO WAX
KUSAABSAN
OMICRON

NOOCYADA KALA DUWAN EE CAABUQA COVID-19: WAXAAD U BAAHAN TAHAY INAAD OGAATO

Fayrasyadu had iyo jeer way is beddelaan. Marka isbeddel weyn dhaco, saynisyahannadu waxay ugu yeeraan isbeddel cusub. Noocyada qaarkood waxyeello yar bay leeyihiin, halka kuwo kalena ay khatar yihiin.



Saynisyahanadu waxay ka welwelsan yihiin noocyada ay sahlan tahay in la qaado si fududna loogu faafiyo dadka kale, ama kuwa sababa xanuun daran.



Dad badan oo da' walba leh ayaa la xanuunsanaya noocyada kala duwan ee caabuqa COVID-19, oo ay ku jiraan dadka waaweyn, da' yarta iyo carruurta.

TALLAALADU WAXAY KA DIFAACAAN NOOCYADA KALA DUWAN EE CAABUQA COVID-19.

Habka ugu fiican ee naftaada, qoyskaaga, iyo bulshadaada ooga ilaalin karto noocyada kala duwan ee cudurka waa in aad dhammaystirato talaaladaada COVID-19. Tallaaladu waa:

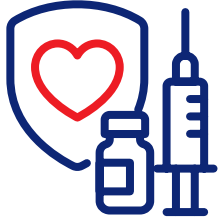
- ✓ **BADBAADO:** Tallaalka waxaa lagu xaqiijiyay inuu badbaadiyay malaayiin qof, oo ay ku jiraan kuwa jinsiyado, qowmiyado iyo da' kala duwan ah. Waxay aad ugu dhowdahay inaad si daran ula xanuunsato caabuqa COVID-19 marka loo eego marka aad tallaalan tahay.
- ✓ **WAX KU OOL AH:** Tallaalku wuxuu kaa difaacayaa inaad qaaddo noocyada COVID-19. Tallaalku wuxuu kaloo kaa hor-istaagayaa inaad si xun u xanuunsato oo aad dhimato haddii aad xanuunsato.
- ✓ **BILAASH:** Tallaaladu waa u bilaash qof kasta, iyadoon loo eegin xaaladdaada socdaalka ama haddii aad leedahay aqoonsi ama caymis caafimaad.



Haddii uusan tallaalkaagu kuu dhammaystirnayn, waxaad aad ugu dhowdahay in uu COVID-19 kugu dhaco, si daran aad ula xanuunsato ama aad u dhimato, aadna ku faafiso dadka kale.

WAXAD KU JOOJIN KARTAA KHATARAHA ISBEDDELKA ADIGOO TALLAALAYA

Khubaro badan oo caafimaad ayaa weli ku talinaysa in dadka la tallaalay ay sidoo kale sameeyaan



In dhammaan bulshadeenna la tallaalo ayaa ah qaab looga hortagi karo noocyada khattarta ah ee cudurku in ay ku dhashaan marka horeba.

Habka ugu fiican ee naftaada, qoyskaaga, iyo bulshadaada ooga ilaalin karto noocyada kala duwan ee cudurka waa in aad dhammaystirato talaaladaada COVID-19.



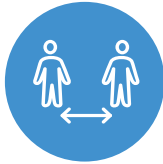
Waxay kugu qaadanaysaa laba todobaad kaddib tallaalka ugu danbeeya in aad hesho dhammaan difaaca talaalku ku siinayo.

KA ILAALI NAFTAADA IYO BULSHADAADA NOOCYADA KALA DUWAN EE CAABUQA COVID-19

Qaar kamid ah noocyada COVID-19 ayaa aad u sahlan in la qaado oo lagu faafiyo dadka kale. Naftaada iyo bulshadaada ooga ilaali qaadashada tallaalka iyo:



Xirashada maaskaro.



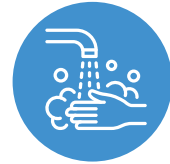
Ku dhaqan kala fogaynta bulshada.



Ka fogow la kulanka dad badan.



Jeermiska ka dil meelaha taabashada badan.



Si joogto ah u dhaq gacmahaaga.



WAXAD KU JOOJIN KARTAA KHATARAHA ISBEDDELKA ADIGOO TALLAALAYA

CAAWINTA JOOJINTA COVID-19.