

Koronafayraska Cusub ee 2019

Koronafayraska Cusub ee 2019 (COVID-19) waa cudur neef-mareen oo ku dhaca dadka oo uu sababo fayras cusub. Wuxuuna ku faafi karaa qof ka qof. Fayraskan ayaa markii ugu horraysay laga helay magaalada Wuhan, ee dalka Shiinaha, wuxuuna hadda ku faafay waddamo badan oo u ka mid yahay Maraykanka.

Maadaama u kani yahay fayras cusub, wali waxa jira waxyaabo aynaan aqoon, laakiin maalin kasta waxaa soo ifbaxa waxyaabo cusub oo ku saabsan cudurka COVID-19.

Kooxaha ama faydhorka caafimaadka guud ee Minnesota ayaa arrintan u qaata si culus oo u qorsheysanaya suurtagalnimada inay jiri doonaan dad u ku dhaco.

Iska ilaali qaadashada fikradda ku saabsan qofka aad u maleyneyso inuu jirran yahay, sababtoo ah fayraskan ma xulanayo cidda uu ku dhacayo.

Calaamadaha

Dadka la xaqiijiyay inay qabaan cudurka COVID-19 ayaa leh jirro neefsasho dhexdhexaad illaa mid daran ah oo leh calamaado ay ka mid yihiin:

- Qandho
- Qufac
- Neefsashada oo gaabis ah

Dadka yarha dareemaya cudurka COVID-19 waxay joogi karaan guryahaooda inta uu xanuunku hayo. In aad daryeel caafimaad u baxayso mooyeeni gurigaada ku ekoow. Waxaad la xirirtaa dhakhtarkaaga haddii aad u baahantahay daryeel caafimaad.

Ka Hortag u samee naftaada iyo bulshadaadaba

Siyaabaha ugu wanaagsan ee aad iskaga ilaalin karto cudurka COVID-19 waa inaad samayso isla waxyaabaha aad samayso inaad iskaga ilaaliso durayga iyo hargabka:

- Gacmahaaga marwalaba ku dhaq saabuun iyo biyo.
- Guriga joog markaad xanuunsantahay.
- Dabool afkaaga iyo sankaaaga markaad qufacaso.
- Nadiifi oo jeermiska ka dil meelaha iyo dusha ah ee aad taabato had iyo jeer.

Ogow wax intaa dheer

Ka hel macluumaadka ugu dambeeyay ee ku saabsan cudurka COVID-19 barahan internetka:

- Waaxda Caafimaadka Minnesota Koronafayraska Cusub ee 2019 (COVID-19) (www.health.state.mn.us/diseases/coronavirus/index.html).
- Xarumaha Xakameynta iyo Ka Hortagga Cudurka ee Koronafayraska Cusub ee 2019 (www.cdc.gov/coronavirus/2019-ncov/index.html).