



COVID-19

Ku daryeelida astaamaha cudurka guriga

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Joog guriga si aad u joojisid faafida COVID-19

Fayraska koroono, ama COVID-19, waa jiro astaamaheedu la midyihiin hargabka ama infuluweysada, waxaa ka mid ah qandho, qufac iyo neefsashada oo adkaata. Inta badan dadka waa ay ka buskoodaan iyadoon la baarin ama laga daaweyn.

Xarumaha xakamaynta cudurada waxay soo jeediyeen ilmaha qaba astaamaha COVID-19 inay joogaan guriga – ka fogaadaan meelaha bulshadu isugu timaado – si loo joojiyo faafida jirada. Haddii aad isleedahay gargaar caafimaad baa loo baahanyahay, fadlan marka hore wac xarunta bukaan-socodka, ka hor intaadan aadin gargaarka deg-dega ama xarunta bukaan-socodka.

Maxaan fishaa marka Children's Minnesota ka baaro COVID-19 ilmahaaga?

COVID-19 baaritaanadiisa waxaa lagu sameeyaa sheybaarka Children's Minnesota. Natiijooyinka waxay caadiyan diyaar noqdaan 1-3 maalmood gudahooda, taasoo ku xiran meesha ilmahaaga lagu arkay. Jawaabaha baaritaanka waxaa loo diri doonaa bogga internetka ee bukaanka khaaska u ah. Children's Minnesota wey ku soo wici doonaan haddii Karoono laga helo ilmahaaga si lagaala hadlo daryeelka ilmahaaga.

Ku daryeelida ilmahaaga guriga waa isku mid, haddii laga baaray iyo haddii kaleba.

Sidee u caawini karaa ilmahaaga si uu ugu buskoodo guriga?

- Nasiino badan hel, biyo badana cab.
- Ku dhaq gacmahaaga mar walba saabuun iyo biyo, ugu yaraan 20 ilbiriqsi.
- Ka fogoow dadka kale ee kugula nool guriga, si kasta oo ay suurto gal u tahay.
- Dabool dhamaan qufaca iyo hindhisada. Ku rid warqadaha duufka ee la isticmaalay qashin qubka baceysan.
- Hala wadaagin maacuunka, koobabka, shukumaanada iyo marada sariirta dadka kale ee kula nool.
- Nadiifi, kana dil jeermiska dhamaan meelaha aadloo-taabto maalin walba.
- Xiro maaskaro, haddii ay tahay in aad qol la joogto dad kale.



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Maxaan sameeyaa haddii astaamaha ilmahaygu ka sii daraan?

Haddii ilmahaaga neeftu ku dhagto ama ku adkaato, fadlan wac dhakhtarkaaga iyo bukaan-socodka uu tago. Haddii ilmahaagu uu u baahanyahay daryeel deg-deg ah, wac 911 una sheeg in laga baaray COVID-19.

Goormaan ka saaraa ilmahayga guriga go'doonkiisa?

Ilmaha lagu arkay astaamaha COVID-19 ama kuwa laga helay natiijada baarista COVID-19 waxay guriga ka bixi karaan haddii ay sedexdaan xaaladood soo buuxiyaan:

- 10 maalmood ama kabadan ayaa ka soo wareegatay markii ugu horaysay oo astaamaha lagu arkay
- Astaamaha ayaa soo fiicnaaday
- 24 saacadood ama ka badan ayaa kasoo wareegatay oo aan qandho qaban oo weliba aan la siin qando jabiye.

Maxay yihiin talooyinka la raacayo carruurta halista sare cudurka ugu jira?

Carruurta qaba xanuuno kale waxay halis sare ugu jiraan jirro xun oo ka timaadda COVID-19 si ay uga dheeraadaan cudurka waa inay joogaan guriga kana fogaadaan kulammada dadweynaha iyo safarka.

Su'aalo?

Macluumaadkan gaar uma ahan ilmahaaga laakiin waxuu ku siin macluumaad guud. Haddii aad su'aalo qabtid, ka wac MDH 651-201-5414 ama ka fiiri www.health.state.mn.us.

Si aad u heshid xarunta bukaan-socodkaaga, ka fiiri www.ChildrensMN.org.