

Gurmadka Caafimaadka Degdega ah (EMS) ee Maine Tilmaamaha Daryeelka Guriga ee Cudurka Safmareenka ah



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Waxa la sameeyo hadduu kugu dhaco cudurka korona fayras 2019 (COVID-19)

Haddii aad ogtahay inaad qabto caabuqa cudurka COVID-19, aad sugeyso nadiiyooyin baaritaan, ama aad ka shakisan tahay inaad cudurka qabtid, fadlan raac talaabooyinka hoose si aad uga hortagto inuu cudurka ku faafo dadka kale ee jooga gurigaaga iyo bulshadaada:

Guriga joog marka laga reebo inaad raadsanayso daryeel caafimaad

Ha aadin shaqada, dugsiga, ama goobaha dadweynaha Iska ilaali isticmaalka gaadiidka dadweynaha, wadaaga gaadiid-raaca, ama taksiyada.

Horay u sii wac kahor booqashada dhakhtarkaaga

U sheeg xafiiska inaad qabto ama laga yaabo inaad qabtid cudurka COVID-19. Tani waxay ka caawinaysaa iyaga inay qaadaan tillaabooyin dadka kale lagu badbaadinaayo.

Iska sooc dadka kale ee guriga

Ku nagow qol gooni ka ah qololka dadka kale iyo rabaayadaha. Haddii ay suurtagal tahay, isticmaal muqul gaar ah. Iska ilaali taabashada indhahaaga, sankaa, iyo afkaaga.

Xiro maaskarada wejiga haddii aad jirran tahay

Haddii aad jiraan tahay: Waa inaad xirataa maaskarada wejiga marka aad ag joogto dadka kale (tus., wadaagida qol ama gaari) ama rabaayado iyo kahor intaan gelin xafiiska daryeel-bixiyaha caafimaadka.

Haddii aad daryeelayso dad kale: Hadduu qofka jirran uusan awoodin inuu xirto maaskarada wejiga (tusaale ahaan, iyadoo ugu wacan tahay inay keenayso dhibaato neefsasho), markaa dadka la nool qofka buka ma aha inay la joogaan isla qolka, ama waa inay xirtaan maaskarada wejiga. haddii ay qol la galaan qofka jirran.

Dhaq gacmahaaga inta badan

Dhaq gacmaha: Ku dhaq gacmahaaga inta badan saabuun iyo biyo ugu yaraan 20 il-biriqsi, gaar ahaan markaad siinsato, qufacdo, ama hindhisto; markaad aadayso musqusha; iyo kahor cunista ama diyaarinta cuntada. **Gacmo-nadiifiye:** Haddii saabuun iyo biyo aan si fudud loo heli karin, isticmaal gacmo-nadiifiye aalkolo leh oo ugu yaraan ka kooban 60% aalkolo, adoo gaarsiinaya dhammaan dusha gacmahaaga oo ismari ilaa ay ka qallalaan.

Saabuun iyo biyo: Saabuun iyo biyo ayaa ah ikhtiyaarka ugu fiican haddii gacmuhu ay ka muuqato wasakh.

Iska ilaali taabashada: Iska ilaali ku taabashada indhahaaga, sankaa, iyo afkaaga gacmo aan dhaqneyn.

Dabool qufacaaga iyo hindhisadaada

Ku dabool afkaaga iyo sankaaaga tiish markaad qufacdo ama hindhisto. Ku tuur tiishashka la isticmaalay weelka qashinka oo bac leh; isla markaaba gacmahaaga ku dhaq saabuun iyo biyo ama gacmahaaga ku nadiifi gacmo-nadiifiye aalkolo leh oo ka kooban ugu yaraan 60% aalkolo.

Iska ilaali wadaagida alaabta guri ee shaqsiyeed

Ha la wadaagin suxuunta, koobabka cabitaanka, bakeeriyada, maacuunta cuntada, shukumaannada, ama gogosha dadka kale ama rabaayadaha jooga gurigaaga. Ku dhaq alaabta saabuun iyo biyo.

U nadiifi dhammaan sagxadaha "kore la taabto"

si joogto ah Istickmaal nadiifiyaha buufiska ama tirtiraha ah, sida ku qoran tilmaamaha summada. Summadaha waxay ka kooban yihiin tilmaamo loogu talagalay Istickmaalka aamaanka ah oo wax-ku-oolka ah ee baddeecada nadiifinta oo ay ku jiraan taxaddarro ay tahay inaad qaaddo markaad adeegsanaysid baddeecada, sida xirashada gacmogashi iyo hubinta inaad hawo fiican helayso inta aad baddeecada isticmaaleyso.

La soco astaamahaaga

Raadso daryeel caafimaad haddii jirradaadu ay ka sii dareyso (tus., neef-qabasho). **Kahor** intaad raadsan daryeel, wac daryeel-bixiyahaaga caafimaad oo u sheeg inaad qabto, ama laga baarayo cudurka, COVID-19.

Dadka la geliyo korjoogteyn socota ama is-kormeer la fududeeyay waa inay raacaan tilmaamaha ay bixiyaan waaxda caafimaadka ee deegaankooda ama xirfadleyaasha caafimaadka shaqada. Haddii aad qabtid xaalad caafimaad oo degdeg ah oo aad u baahan tahay inaad wacdo 911, ogeysii hawlwadeenada dirista inaad qabto ama lagaa baarayo cudurka COVID-19. Haddii ay suurtagal tahay, xiro maaskarada wejiga kahor inta aysan gurmadka caafimaadka degdega ah imaan.

Joojinta go'doominta guriga

Bukaannada qabaan cudurka COVID-19 waa inay dhawraan taxaddarada go'doominta guriga ilaa halista qaadsiinta dadka kale loo qaato inay yar tahay. Go'aanka lagu joojinayo dhawrista taxaddarada go'doominta guriga waxaa loo sameeyaa kiis-ka-kiis, iyadoo lala tashanayo daryeel-bixiyeyaasha caafimaadka iyo waaxaha caafimaadka gobolka iyo deegaanka.

Laga helay: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-si ck/steps-when-si ck.html>

Gurmadka Caafimaadka Degdega ah (EMS) ee Maine Tilmaamaha Ka Jawaabida Ku Noqoshada Daryeelka ee Cudurka Safmareenka ah



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Waxa la sameeyo haddii ay astaamaha cudurka korona fayras 2019 (COVID-19) ka sii daraan

Haddii aad yeelato **calaamadaha digniinta degdega ah** ee cudurka COVID-19, raadso **daryeel caafimaad isla markiiba**.

Haddii aad wado 911, ha ogaado geeyaha haddii aad qabto cudurka COVID-19, aad sugayso natiijooyin baaritaan ama aad ka shakisan tahay inaad cudurka qabto.

Calaamadaha digniinta degdega ah waxaa kamid ah:*

- 1. Neef-qabasho ama neefsasho la'aan**
- 2. Xannuun joogto ah ama cabbur**
- 3. Jahwareer cusub ama toosid la'aan**
- 4. Bishimo ama weji qallal**
- 5. Wareer ama tabbar-darro**

*** Liiskan ma aha mid dhammeystiran. Fadlan kala tasho daryeelahaaga aasaasiga wixii astaamaha kale daran ama walaaca leh**

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html

Gurmadka Caafimaadka Degdega ah (EMS) ee Maine Tilmaamaha Xakameynta Caabuqa Cudurka Safmareenka ah



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Xeeladaha lagu xakameeyo caabuqa si la looga hortago cudurka korona fayras 2019 (COVID-19)

Haddii adiga ama qof aad jeceshahay ogtahay inaad qabtaan caabuqa cudurka COVID-19, aad sugaysaan natiiyooyin baaritaan, ama u malaysid inaad qaaday cudurka, fadlan tixgeli talaabooyinka si loo yareeyo faafida cudurka COVID-19:

Dhaq gacmahaaga inta badan

- **Ku dhaq gacmahaaga** aalaaba saabuun iyo biyo ugu yaraan 20 il-biriqsi gaar ahaan kadib markaad tagtay goob dadweyne, ama kadib siinsashada, qufacida, ama hindhisida.
- Haddii saabuun iyo biyo si fudud loo heli karin, **isticmaal gacmo-nadiifiye ka kooban ugu yaraan 60% aalkolo**. Gaarsii dhammaan dusha gacmahaaga oo ismari ilaa ay ka qallalaan.
- **Iska ilaali ku taabashada indhahaaga, sankaaaga, ama afkaaga** gacmo aan dhaqneyn.

Iska ilaali taabashada dhow

- **Iska ilaali taabashada dhow** ee dadka jirran
- Ha idiin dhaxeyso **masafo adiga iyo dadka kale** hadduu cudurka COVID-19 ku faafayo bulshadaada.

Ku nagow guriga haddii aad jirran tahay

- **Guriga joog** haddii aad jirran tahay, marka laga reebo inaad raadsanayso daryeel caafimaad

Dabool qufacaaga iyo hindhisadaada

- **Ku dabool afkaaga iyo sankaaaga** tiish markaad qufacdo ama hindhisto ama isticmaal laabka suxulkaaga.
- **Ku rid tiishashka la isticmaalay** gudaha weelka qashinka.
- Isla markiiba **ku dhaq gacmahaaga** saabuun iyo biyo ugu yaraan 20 il-biriqsi. Haddii saabuun iyo biyo aan si fudud loo heli karin, ku nadiifi gacmahaaga gacmo-nadiifiye ka kooban ugu yaraan 60% aalkolo.

Xiro maaskarada wejiga haddii aad jirran tahay

- **Haddii aad jiraan tahay:** Waa inaad xirataa maaskarada wejiga marka aad ag joogto dad kale (tus., wadaagida qol ama gaari) iyo kahor intaadan gelin xafiiska daryeel-bixiyaha caafimaadka. Haddii aadan awoodin inaad xirato maaskarada wejiga (tusaale ahaan, iyadoo ugu wacan tahay neef-qabasho), markaa waa inaad ku dadaashaa inaad daboosho qufacaaga iyo hindhisadaada, dadka ku daryeelayana waa inay xirtaan maaskarada wejiga haddii ay qolkaaga soo galaan .
- **Haddii AADAN jirraneyn:** Uma **baahnid** inaad ku xirato maaskarada wejiga gudaha guriga inaad daryeelayso qof jirran mooyee (oo aan awoodin inuu xirto maaskarada wejiga). Maaskarooyinka wejiga ayaa laga yaabaa inay yaraadaan waana in loo daayo daryeelayaasha.

Nadiifi oo wasakhtir

- **U nadiifi OO u wasakhtir si joogto ah sagxadaha la taabtay maalin kasta.** Kuwani waxaa ka mid ah miisaska, qataarada, daare-demiyaha nalka, miiska jikada, sidoooyinka, kuri-miiseedyada, telefoonada, batoonada, kumbuyuutarada, khasabadaha, iyo waaskooyinka.
- Haddii **sagxaduhu wasakhaysan yihin, nadiifi:** Icticmaal wasakh-tire ama saabuun iyo biyo kahor intaad jeermis-dilin.