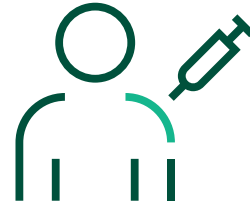


Hagitaanka ka yimid Maamulka Caafimaadka Danish

Waxa la samaynayo marka lagu tallaalay



23 Abriil 2021

Haddii warsidahan, aanad akhriyi karin tallooyinkayaga ku saabsan waxa la samaynayo marka si buuxda lagu tallaalay. Waxaa si buuxda lagu tallaalay 14 maalmood ka dib tallaalkaaga labaad, tallaalka kasta oo aad heshay.

Iyaddoo dad aad u badan si buuxda loo tallaalay, si aayar ah waxaan u bilaabi kartaa inaan ku noqono nolosha maalinlaha caadiga ah oo badan. Waxaan ognahay in dadka si buuxda loo tallaalay si wanaagsan looga ilaaliyay COVID-19, ay ku jiraan kuwa khatarta sare ugu jira inay si halis ah u jiranaadaan haddii ay qaadaan COVID-19. Hadda sidoo kale waxay u eeg tahay sidoo haddii tallaalka la ansixiyay ay caawinayaan ka hortagga faafida cudurka. Sidaas awgeed, si aayar ah waxaan u bilaabi karnaa inaan debcino qayb tallaabooyinka diyaarka ah si looga hortaggo faafida caabuqa dadka si buuxda loo tallaalay.

Si kastaba ha ahaatee, weli ma garanayno ilaa inta difaacu gaadho. Waxaanu la soconaynaa horumarka iyo cilmi baadhida si dhow, oo waxaanu qaadanaynaa tallooyinkeena marka aanu barano wax badan oo ku saabsan tallaalka xaruntooda.

Tallooyinka qof kasta oo si buuxd aloo tallaalay

Ilaalinta dheeraadka ah ee ay bixiyeen tallaalka macnaheedu waa:

- Waxaad wakhti la qaadan kartaa dadka kale ee si buuxda loo tallaalay iyagoon u baahan inay masaafu u jirsadaan ama xidhaan maaskaraha wejiga
- Waxaad wakhti la qaadan kartaa qoyskaaga ama saaxiibada dhow ee aan tallaalnayn addoon masaafu u jirsan ama xidhan maaskaraha wejiga. Tani kuma habboona haddii aad wakhti la qaadato xubin qoyska ah ama saaxiib khatarta sare ugu jira inuu si khatarta ah ugu jirado haddii uu qaado COVID-19, iyo qofka si buuxda weli uma tallaalna
- Sidii 'xidhiidhka dhow ama qof qaba, uma baahnid inaad is karantiimayso haddii aanad qabin wax astaama ah oo COVID-19. Weli waa in lagu baadhaa sida xidhiidhka dhow
- Uma baahnid in si caadi ah lagu baadho



Waa inaad xusuusataa in xataa in kastoo si buuxda lagu tallaalay, waa inaad had iyo jeer raacdaa tallooyinka oo aad is karantiimaysaa oo lagu baadhaa haddii aad la kullanto astaamaha COVID-19. Tani waa sababtoo ah tallaalka maaha 100% mid waxtar leh. Waxaa jira sidaas awgeed had iyo jeer khatarta yar inaad qaado oo la jiranaato COVID-19 xataa haddii si buuxda lagu tallaalay.

Ilaa dad badan la tallaalo oo aan ogaano wax badan, weli waxaan ku talinaynaa inaad raacdo hagitaanada **aagag dad waynaha** – xataa haddii si buuxda lagu tallaalo.

Xusuuso inaad raacdo lixda hagitaan ee guud ee loogaga hortagagayo caabuqa

1. U jirso masaafad 2 mitir ah marka ay suuragal tahay, iyo had iyo jeer ugu yaraan 1 mitir. Iska ilaalinta is gacan qaadka, xabad isa saarida iyo dhunkashada
2. Guriga joog oo is baadh haddii aad la kullanto astaamahan
3. Gurigaaga si wanaagsan u hawee oo hawada u fur, oo iska ilaali dad badan oo isugu imanaya gudaha
4. Ku qufac oo ku hindhis gacmaha shaatigaaga
5. Xusuuso inaad dhaqdo gacmahaaga badanaa ama isticmaal nadiifiyaha gacanta
6. Nadiifi gurigaaga inta badan, gaar ahaan oogooyinka ay dad badan taabtaan



Tallooyinka dadka khatarta sare ugu jira ee sida buuxda loo tallaalay

Tallaalku waxa uu bixiyaa ilaalin dheeraad ah oo waxa uu yareeyaa khatarta in si khatar ah loogu jiranaado COVID-19. Sidaas awgeed, sidii qof khatar sare ugu jira, uma baahnid inaad qaado feejignaan dheeraad ah.

Ilaalinta dheeraadka ah ee ay bixiyeen tallaalka macnaheedu waa:

- Waxaad u dhaqmi kartaa sida dadka kale ee la tallaalay oo uma baahnid inaad qaado wax feejignaan gaar ah, tusaale ahaan xidhashada maaskaraha wejiga xaga goobta gaarka ah ee la isugu yimaado
- Waxaad kala qayb geli kartaa hawlaha si wada jir ah dadka kale, tusaale ahaan hawlaha firaqada
- Waxaad isticmaali kartaa gaadiidka dad waynaha oo waxaad wax ka soo iibsan kartaa wakhti kasta oo maalinta ah, waxa loola jeedaa, maaha muddada saacadaha aan mashquulka ahayn
- Aasaas ahaan waxaad u shaqo tegi kartaa si caadi ah, iyo addoon lagu wareejiin shaqooyin kale. Si kastaba ha ahaatee, weli ma qaban doontid wax hawlo ah oo ku lug leh kalkaaliska, daryeelka daawaynta dadka miduun looga shakisan yahay inay qabaan COVID-19 ama kuwa lagu aqoonsaday COVID-19, tusaale ahaan qaybta A&E ama qaybta COVID-19
- Qaraabada dadka khatarta sare ugu jira uma baahna in loo wareejiyo shaqooyinka kale marka qofku khatarta sare ugu jira -- ama qaraabada -- si buuxda loo tallaalay