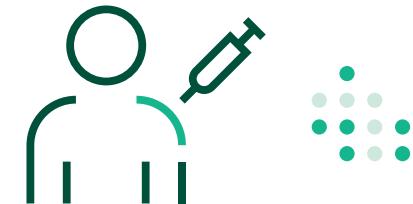


Hagitaanka ka yimid Maamulka Caafimaadka Danish

Waxa la samaynayo marka lagu tallaalay



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Haddii warsidahan, aanad akhriyi karin tallooyinkayaga ku saabsan waxa la samaynayo marka si buuxda laguu tallaalay. Waxaa si buuxda laguu tallaalay 14 maalmood ka dib tallalkaaga labaad, tallaal 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. Wuxaan 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 tallalka la ansixiyay ay caawinayaan ka hortagga faafida cudurka.

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

Tallooyinka qof kast�oo si buuxda loo tallaalay

Ilaalinta dheeraadka ah ee ay bixiyeen tallalka macnaheedu waa:

- Wuxaad wakhti la qaadan kartaa dadka kale ee si buuxda loo tallaalay iyagoon u baahan inay masaafu u jirsadaan ama xidhaan maaskaraha wejiga
- Wuxaad wakhti la qaadan kartaa qoyskaaga ama saaxiibada dhow ee aan tallaahnayn addoon masaafu u jirsan ama xidhan maaskaraha wejiga. Tani kuma habboona haddii aad wakhti la qaadato xubin qoyska ah ama saaxiib khatar sare ugu jira inuu si khatar 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 karantiimaysa haddii aanad qabin wax astaama ah oo COVID-19. Weli waa in laguu baadhaa sida xidhiidhka dhow
- Uma baahnid in si caadi ah laguu baadho



Waa inaad xusuusataa in xataa in kastoo si buuxda laguu 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 tallalka maaha 100% mid waxtar leh. Waxaa jira sidaas awgeed had iyo jeer khatar yar inaad qaado oo la jiranaato COVID-19 xataa haddii si buuxda laguu tallaalay.

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

Xusuuso inaad raacdo tilmaamaha guud si looga hortaggo caabuqa

- Guriga joogoo is baadh haddii aad la kullanto astaamahan.
- Ilaa masaafadaada.
- Fur daaqadaha iyo albaabada oo hawada ugu fur gurigaaga si caadi ah.
- Dhaq gacmahaaga inta badan ama isticmaal nadiifiyaha gacmaha.
- Si buuxduu nadiif oo caadi ah, gaar ahaan ogooyinka ay taabteen dad badan.



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 firaaqada
- 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 laguu wareejin 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