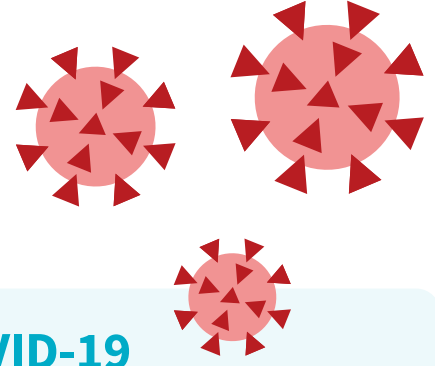


# COVID-19ku muxuu yahay?

COVID-19ku waa cudur ku dhaca xubnaha neefsashada. Taasi micnaheedu waa cudurkani wuxuu assiibaa xubnaha innoo ogolaada neef qaadashada sida sambabada, sanko iyo afka. Dadka qaar ee uu ku dhaco COVID-19 waxa laga yaabaa inay yeeshaan astaamo fudud ama aanay lahaynba.



## Calaamadaha caadiga ah ee COVID-19

Qufac (cusub ama ka sii daraaya / qufac raaga oo ka sii dara), qandho (qarqaryo, dhidid), neefta oo ku qabata ama neefsashada oo kugu adkaata, luminta ama isbeddelka dareenka urta ama dhadhanka, cunaha oo ku xanuuna, sanko oo duuf kaa socdo/sanko oo ku xidhma, hindhiso badan, madax xanuun, daal badan/caajis, ama lalabo/shuban/ matag.



**Haddii aad leedahay calaamadaha COVID-19, Caafimaadka Dadweynuhu wuxuu kugu dhiirigelinayaa inaad isla markiiba iska baarto sababtoo ah waxaa laga yaabaa inaad u qalanto daawada COVID-19.**

## Guriga joog ilaa aad ka roonaato.

### COVID-19ka waxaa la isku qaadsiiin karaa :

- Qufaca, hindhisada, neefsashada ama heesidda.
- Qof cudurka qaba oo aad u dhawaatid, sida is taabashada ama isa salaamidda.
- Taabashada waxyaabo watta fayruska, ka dibna aad indhahaaga taabato, sankoaga ama afkaaga adigoo gacmahaaga dhaqin.



### Si aad u ilaaliso naftaada iyo tan dadka kale:

- Gurigaaga joog haddii aad xanuun iska dareento.
- Qaado tallaalka COVID-19ka.
- Goor walba gacmahaaga nadiifi.
- Xiro maaskaro gudaha meelaha dadku ku badan yahay ee gudaha ah halkaas oo aan lagu ilaalin karin fageynta bulshada.



Haddii adiga ama qof qoyskaaga ka mid ahi uu dareemayo xanuunno kale oo ku welwel geliya, wacl 811 si aad ula hadasho kalkaalisada caafimaadka. **Waxaa diyaar kuu ah qof luuqaddaada kuugu tarjunta 125 luuqadood ka badan tarjumiddooda ayaa laga helaa.**

Macluumaad dheeraad ah halkan ka baro [nshealth.ca/coronavirus](https://nshealth.ca/coronavirus)