

Maxaan u baahanahay in aan ogaado?

Hey'adda Caafimaadka Dadweynuhu waxay sii wadaan inay lahaadaan talooyin ku saabsan sida reer Nova Scotia ay u xaddidi karaan faafitaanka feyruska oo loo hubiyo in dadka cudurka u halista ah iyo meelaha khatarta sare leh la ilaaliyo.



Waxaan qabaa calaamadaha cudurka

- ✓ Guriga joog haddii aad xanuunsantahay.
- ✓ Iska ilaali dadka cudurka halista u ah iyo meelaha ay dadku isugu yimaadaan illaa inta aad ka roonaato.
- ✓ Haddii aadan awoodin in aad guriga joogto, xiro maaskare kula-eg marka aad meelaha ay dadku ku kulmaan xattaa hadduu xanuun yar ku hayo.
- ✓ Is tijaabintu waa u diyaar dadweynaha Nova Scotians ee xanuunka iska dareemaya. Balanso is baaritaanka COVID-19 halkan nshealth.ca/visit-covid-19-testing-site.
- ✓ Waa lagu boorinayaa in ay is tijaabiyaan dadka qatarta ugu jira cudurada halista ah iyo dadka la shaqeeya dadk uu cudurku halista u yahay.



Waxaan noqday boositif

- ✓ Haddii aad xannun iska dareentid guriga joog illaa iyo inta aad ka soo roonaaneeyso qandhana ku heyn.
- ✓ **7 maalmood** kadib markii uu xanuunku kugu bilawday, ama maalintaad noqotay boositif (haddii aadan xanuunsaneyn):
 - Iska ilaali dadka cudurka halista u ah iyo meelaha ay dadku isugu ku kulmaan.
 - Haddii aadan awoodin in aad guring joogto, xiro maaskare kula-eg marka aad meelaha ay dadku ku kulmaan, basaska dadka qaada iyo meelaha dadku isugu yimaado.

- ✓ Buuxi foomka Baarista Warbixinta iyo Taageerada c19hc.nshealth.ca/self-report. Waxey caawineysaa helitaanka qof halis weyn ugu jira cudurada qatarta ah waxaana laga yaabaa in uu qofkaasii heli karo daawada COVID-19.



Waxaa lagula taliyay oo Kaliyah in ay is tijaabiyaan dadka xanuunka COVID-19ka iska dareemaya.

Dadkan hoos ku qoran, gaar ahaan haddii ay tallaalan yihiin ama ay tallaalneyn laakiin aan boostarka is tallaalin, waxey **halis ugu jiraan cudurada daran**:

- | | | |
|--|--|--|
| <ul style="list-style-type: none">• Dadka waayeelka ah (ka weyn 60 sano)• Haweeneeyda uurka leh• Qofku da' kasta oo uu yahay haddii uu qabo:<ul style="list-style-type: none">- Cudurka sambabka- Cudurka wadnaha- Dhiig macaan /sokor | <ul style="list-style-type: none">- Cudurka kelyaha- Cudurka beerka- Cudurka hilmaamka- Cudurka kansarka- Qofka qaba xaaladaha korriinka neerfaha (sida Down Syndrome)- Cudurka dhuuxa gala sickle cell | <ul style="list-style-type: none">- Xaaladaha maskaxda (i.e. qalalka, stroke)- Is difaaca jirka oo ay ku jiraan kuwa qaata daawooyinka hoos u dhigaya habka difaaca jirka, sida kiimoterabiga- cayilka (BMI oo la eg am ka badan 30) |
|--|--|--|

Meelaha loo maleeyo in ay dhibaatooyinkoodu sareyso waxaa ka mid ah:

- | | | |
|---|--|--|
| <ul style="list-style-type: none">• Meelaha dadka lagu xannanneyso• Dadka waayeelka ahi meelaha ay ku noolyihiin (i.e. guryaha howl gabka) | <ul style="list-style-type: none">• Barnaamijyada cuuryaanka lagu taageero, oo ay ka mid yihiin deegaanada daryeelka | <ul style="list-style-type: none">• Goobaha daryeelka degdegga ah (Cisbitaalka)• Xabsiyada• Hooyga lagu sugo guryaha |
|---|--|--|

Goorma ayaa la ii tixgalinayaa inaan bogsaday?

Guud ahaan, waxaa lagu tixgalinayaa inaad "ka soo kabsatay" COVID-19 **7 maalmood** ka dib marka astaamuhu kugu bilaabmaan, ama laga bilaabo maalinta aad boositif noqotay (haddii aanad calaamado lahayn).

90-ka maalmood ee ugu horreeya (**3 bilood**) ka dib markaad ka soo kabsato COVID-19, waxa laga yaabaa inaad yeelato difaac muddo-gaaban ah kadib caabuqa. Si kastaba ha ahaatee, difaacaagu wuu yaraadaa marka uu wakhtigu sii socdo si aad u doorato inaad mar kale iska baarto haddii aad isku aragto calaamado dhamaadka saddexda bilood.

Baaritaanka PCR laguugulama talinayo 90 maalmood (3 bilood) ee soo kabashada maxaa yeelay waxay sii wadi kartaa in la ogaado feyruska hore - taa beddelkeeda, baaritaan degdeg ah ayaa laguugula talinayaa. Haddii aad noqoto boositif, waa inaad isu tixgalisaa inuu xanuunku dib kuugu dhacay oo raac tilmaamaha nshealth.ca/i-have-tested-positive.



Haddii aad qabto su'aalo, fadlan wac 811 ama booqo nshealth.ca/coronavirus