



Adigaaga jira 70 sano ama ka weyn – xad u yeel xiriirradaada dhadhaw

Adigaaga jira 70 sano ama ka weyn khatar dadka kale ka badan ayaad ugu jirtaa in aad si aad ah u xanuunsatid haddii uu kugu dhacyo covid-19. Sidaas darteed waa muhiim in aad xaddiddid xiriirradaada dhadhaw, aadna masaafu u jirsatid dadka aadan la degganeyn. Taasi si gaar ah ayey muhiim u tahay dhismooyinka gudohooda.

Cudurka faayraska covid-19 wuxuu isu beddelay aafu ku dhex faafeysa Iswiidhan laga soo billaabo bishii Maarso. Adigaaga ah 70 sano ama ka weyn waxaad ka tirsantahay kooxda khatarta ugu jirta. Mar kasta oo aad sii gabowdaba wey sii badaneysaa khatarta ku aaddan in aad si aad ah u xanuunsatid.

Dadka ay da'doodu weyntahay iyo kuwa tusaale ahaan qaba cudurrada wadnaha-xididdada, cudurrada wadnaha ama kaadi macaanka ayaa ugu badan kuwa aadka ugu xanuunsada.

Sidan ayaad u ahaanaysaa qof caafimaad qaba

- Masaafu ugu yaraan gacan dhererkeed ah u jirso dadka kale ee aadna la degganeyn. Taasi muhiimad dheeri ah ayey sii leedahay mar kasta oo uu qofku sii weynaado, gaar ahaanna dhismooyinka gudohooda.
- In dhismooyinka gudohooda la joogo waa muhiim si loo wacnaado, loona yareeyo khatarta is qaadsiiinta cudurka.
- Ka fogaw goobaha ay dadka badani isugu ururaan.
- Ka fogaw raacitaanka gaadiidka dadweynaha, tusaale ahaan basaska, tareennada magaalooyinka ka dhex shaqeeya, ama tareenka dhulka hoostiisa mara.
- Qoyska ama derisku ha kaa kaalmeeyaano soo adeegashada ama qabashada hawlaha.
- Badanaaba dhaq gacmaha, si sugan u dhaq, isticmaalna aalkolada gacmaha haddii saabuun iyo biyo aysan meesha ka dhaweyn.

Guriga joog haddii aad xanuunsantihid

Haddii aad xanuunsanayso waa inaad guriga joogto si aad isu daryeesho iyo si aad uga hortagto inaad dad kale cudur qaadsiiiso xitaa haddii aad leedahay calaamado khafiif ah. Iska ilaali u dhawaanshaha dad kale. Si aad u heshid la talin ku aaddan daryeelka caafimaadka, booqo www.1177.se ama wac taleefan nambarka 1177, khadku wuu furanyahay maalin iyo habeenba.

Calaamadaha cudurka covid-19 Adkayso – arintan way iska dhamaanaysaa

Waa wax caadi ah in la dareemo welwel, ammaan darro iyo kelinimo marka ay khasab tahay in dadka kale masaafu loo jirsado.

In la yeesho xiriirro bulshanimo oo la yareeyo kelinimadu waa muhiim si loo lahaado caafimaad iyo tayo nololeed oo wanaagsan. Isku day in aad siyaabo kala duduwan qaraabada iyo saaxibbada xiriir ula lahaatid, adigoo adeegsanaya taleefanka- iyo khadka video-ga, ama adigoo kula kulmaya dhismooyinka dibaddooda.

Isku day in aad sameysid waxyaabo aad u aragtid in ay xiiso leeyihiin, kuna himmad gelinaya, maskaxdana ku hay in ay tani soconeyso waqti go'an gudihiiisa.

Covid-19 wuxuu keenaa dareen xanuun oo guud oo leh hal ama dhowr ah calaamadaha soo socda:

Talooyin ku aaddan sida loo kulmi karo waqtiyada corona

Kulanka horay usii qorshey, kana fikir waxa aad sameyn kartid si aad u yareysid faafidda cudurka.

- In la kulmo marka dhammaan la wada caafimaad qabo. Ka fogaada in aad kulantaan haddii ay jirto cid leh calaamado cudur.

- Waxaa sii fiican in aad ku kulantaan dhismooyinka dibaddooda halki aad ku kulmi lahaydeen dhismooyinka gudohooda, dadka kalana u jirso masafo gacan dhererkeed ah.
- In aad ku kulantaan koox ahaan waa ay fiicantahay, laakin ka fogaw goobaha ay joogaan dadka faraha badan.
- Miisaska iyo kuraasta u dhigdhiga si aad masafo isugu jirsan kartaan, xitaa dhismooyinka dibaddooda.
- Gacmaha si fiican ugu dhaq saabuun iyo biyo inta aadan qaxweynina ama aadan wadajir wax u cunina iyo haddii aad dibadda jirtay oo aad guriga u soo laabatid.
- Isticmaal aalkolada gacmaha haddii saabuun iyo biyo aysan meelaha ka dhaweyn.

Telafoonada muhiimka ah

Wixi ah su'aalo guud kuna saabsan covid-19, wac 113 13

Si aad u heshid la talin ku aaddan daryeelka caafimaadka, booqo www.1177.se ama wac taleefan nambarka 1177, khadku wuu furanyahay maalin iyo habeenba.

Haddii aad dareemayso wel-wel, wac khadka telafoonka loogu talo-galay dadka waayeelka ah, 020-22 22 33. Furan maalmaha shaqada 8-19, fasaxyada 10-16.

Haddii ay jirto xaalad nolosha khatar ku ah wac 112.