



Folkhälsomyndigheten

Covid-19 iyo kooxaha khatarta ku jira

Kooxaha khatarta ugu jira cudur khatar ah

Dadka qaar aadbey ugu xanuunsan karaan cudurka haddii la qaadsiiyo covid-19. Waxaa tusaale ahaan ku dhici kara caabuqa sababaha iyo dhibaato xagga neefsashada ah. Mar kasta oo uu qofku sii gaboobaba, waxaa sii badanaya khatarta uu ugu jiryo cudur khatar ah iyo dhimasho. Haddii ay qofka intaas u dheertahay in uu qabyo cudurro kale waa ay sii kordheysaa khatartu. Ragga khatartoodu ku aaddan in ay aad ugu xanuunsadaan iyo in ay u dhintaa qiyaas ahaan waa ay ku labalaabantaa dumarka.

Adigaaga 70 jirka ah ama ka weyn

Mar kasta oo aad sii gabowdaba waa ay sii badaneysaa khatarta ah in aad si aad ah ugu xanuunsatid covid-19. Cudurrada soo socda waxay sii kordhin karaan khatarta.

- In xubin qofka lagu tallaalay.
- Cudurrada kansarka dhiigga, mid iminka qofka haya ama mid horay ugu dhacay.
- Cudurrada neerfayaasha (tusaale ahaan MS, Parkinson, Myastenia gravis).
- Buurnaanta (khatarta waa ay sii kordhineysaa buurnaanta sare).
- Kaadi macaan (khatartu waa ay yartahay haddii si fiican loo daweeyo).
- Kansar daweyn iminka socota.
- Cudur xagga sambabaha ah oo joogto ah (neeftu wey ku jirtaa, laakin aadbey khatartu u yartahay haddii si fiican loo daweeyo).
- Faallig/kharaf.
- Cudur ama hab daweyn difaaca jirka xannibeysa.
- Cudur baarka ah.
- Kelyaha ay shaqadoodu liidato.
- Cudur xagga wadnaha- iyo xididdada ah.

Adigaaga ka yar 70 sano

Adigaaga ka yar 70 sano waa ay sarreyn kartaa khatartaada ku aaddan in aad si aad ah u xanuunsatid haddii aad qabtid:

- mid ama dhawr ka mid ah cudurrada kor lagu xusay

- cudur kale oo kordhinaya khatarta ku aaddan in aad si aad ah u xanuunsatid haddii infekshin uu kaaga dhacyo neefmareenka.

Kooxahaas laguma tiriyo kooxaha khatarta ku jira

Carruur

Carruurta aadbey u yartahay khatartooda ku aaddan in ay aad u xanuunsadaan, xitaa haddii ay qabaan wax ka mid ah xaaladaha ama cudurrada khatarta ku kordhiya dadka waawyn iyo kuwa da'da ah.

Dadka sigaarka caba

Sigaar cabiddu korbey u qaadi kartaa khatarta ku aaddan in si aad ah loogu xanuunsado covid-19. Waxaan horay u ogeyn in sigaar cabiddu ay kor u qaadeyso khatarta ku aaddan in ay qofka ku dhacaan cudurro neefmareen oo khatar ah. [Wax dheeraad ah akhriso su'aalo iyo jawaabo hoostooda](#)

Sidan ayaad u ahaanaysaa qof caafimaad qaba

Haddii aad ka tirsantahid koox khatar ku jirta dhakhtarkaaga ayaad weydiin kartaa talooyinka la xiriira daweynta iyo waxa aad sameyn kartid si aad u yareysid khatarta ku aaddan in aad ku xanuunsatid covid-19.

Waxaan adigaaga ka tirsan koox khatar ku jirta kugula talineynaa:

- In aad jir ahaan masaafu u jirsatid dadka kale ee aadan la degganeyn.
- In aad dhismooyinka dibaddooda waqti dadka kula qaadatid. Khatarta in cudur lays qaadsiiyo wey ka yartahay marka kale marka waqti leeskula qaadanayo dhismooyinka dibaddooda, laakin ha illoobin in aad masaafu dadka kale u jirsatid.
- Ka fogaw goobaha ay dadka badan ku kulmaan, tusaale ahaan dukaamanka ama biibitooyinka.
- Ka fogaw raacitaanka gaadiidka dadweynaha, tusaale ahaan basaska, tareennada magaalooyinka ka dhex shaqeeya, ama tareenka dhulka hoostiisa mara. Raac gaari aad adigu leedihid ama gaadiid aad boos ka qabsan kartid.
- Caawimaad weydiiso si cunto laguugu soo iibiyo, laguuguna soo qaado dawooyin iyo waxyaabo kale oo ka dhignaan kara in aad dad kale isu dhawaataan.
- Gacmaha badanaaba ku dhaq saabuun iyo biyo ugu yaraan 20 daqiiqo.