

Waxaad ubaahantahay in aad ogaatid: Buuga Coronavirus (COVID-19) Maarso 11, 2020

Caafimaadka Denver ayaa halkan kuu joogto si ey kuugu wargaliso xog laisku halayn karo kuuna taageerto adiga iyo bulshada Denver

Suaalo guud ahaaneed: 1-877-462-2911 **ama** 303-389-1687

Haddii aad xanuunsantahay: Denver Health Nurse Line 303-739-1211

Ka xasuusin ahaan, fadlan kaliya booqo qolka xaalada degdega ah wax la xariira xaalad cakiran.

Maxey yihiin calaamadaha?

Inta badan bukaanada COVID-19 waxay qabaan calaamado yar yar oo lamid ah hargabka caadiga ah. Calaamaduhu waxay soo muuqan karaan 2-14 maalmood kadib cudurku waxaana kamid ah:

- Qandho
- Qufac
- Neefsasho yari

Haddaa xanuunsantahay

- Soo wac ka hor inta aadan arkin diktoor ama aadan booqan guriga xaalada degdega ah
- Usheeg calaamadahaada oo aadna aaminsantahay in aad la kulantay qof qaba COVID-19 ama goordhaw safartay
- Is daji. Dadka inta badan ku dhaca COVID-19 waxay maraan calaamado yar yar mana ubaahana daryeel caafimaad.
- Shakhsiyaadka inta badan waxay ku bogsadaan iyaga oo nasta, cabida dareere fara badan iyo qaadasashada daawooyinka xanuun iyo qandho jabiyasha ah.

Maaskalooyinka Wajiga: Tallooyinka CDC

- Haddaadan xanuunsanayn, ha xiran maaskalada wajiga
- Maaskalooyinka wajiga waxaa kaliya isticmaala **dadka tusa calaamadaha** COVID-19

Ficilada aad samayn kartid si aad uga hortagtid COVID-19

- Ku dhaq gacamahaaga dhawr jeer saabuun iyo biyo ugu yaraan 20 ilbiriqsi. Haddii aan saabuun iyo biyo oolin, isticmaal gacan nadiifiye oo leh ugu yaraan 60% oo aalkolo ah.
- Ka fogaan taabashada indhaha, sankaa, iyo afka.
- Ku dabool hindhiska iyo qufaca warqad, kurid warqada meelaha wasaqda lagu tuuro. Icticmaal suxulkaada gudaha haddii warqad eysan oolin.
- Joog guriga haddii aad xanuunsantahay kuna reeb caruurtaada guriga haddey xanuunsanyihiin
- Nadiifi sagxadooyinka gurigaada, iyo alaabta shakhsiyaadka sida taleefoonada, alaabta guriga ee la isticmaalo ee caadiga ah.

Baabi'inta

- Waa macquul in COVID-19 lagu haleelo taabashada sagxad ama shey dushiisa saaranayahay fayraska kadibna taabashada afkaada, sankaa, ama indhahaada.
- Nadiifi dhamaan sagxadooyinka "taabashada u nugul" sida gaanjada cirida, maalin kasta fayras baabi'iye kaas oo ah "mid xaqiijisay calaamdeeyahay EPA"

Haddii aad xanuun dareentid, wac lambarka kalkaalisada Caafimaadka ee Denver 303-739-1211.

Ka fogaanshada Bulshada: 6 fiit meel ujirta qofka calaamadaha leh

- Si aad uxanuunsatid, waa in aad ubandhigantaa fayraska. CDC waxay ku qeexaysaa ubandhignaanshadu in ey tahay mid udhexle 6 fiit (2 mitir) ee qof qaba COVID-19 muddo daba dheeraatay.
- Ubandhignaanshadu waxay dhici ka dhici kartaa dhibcaha neefta – marka uu qof xanuunsan qufaco ama hindhisto, si lamid ah hargabka iyo cudurada neefta ookale siday ufaafaan.

Miyaan baajiyaa Jadwalka Balantayda?

- Inta badan, waad ilaalinaysaa balamaha.
- Haddii aad qabtid calaamado sida qufaca, qandho ama neef yaraata, fadlan wac ka hor inta aadan imaan Denver Health.
- Patients with symptoms may be asked to move 6 feet away from others or move out of public spaces. Bukaana qaba calaamadaha waxaa laga codsanayaa in ay ku durqaan 6 fiit meel ujirta dadka kale ama ey ka dheeraadaan goobaha bulshada

Bulshooyinka Khatarta Sare

Bulshooyinka khatarta sare waa in ay ka fogaadaan kooxyaha waaweyn ee dadka oona ka fogaadaan udhawaanshaha kuwa kale.

- Dadka ka wayn da'ada 60 sanno
- Dadka qaba difaac dhiig oo dhaciif ah ama cuduro kale uqarsoon oo kamid ah xaaladaha neefsashada, wadno xanuun, cudurada sanbabka iyo sonkorta.
- Dadka uurka leh
- Dadka joogey goobaha uu sida aadka ah ugu faafay
- Dadka xiriir dhawaansho toos ah la yeeshay qof qaba COVID-19

Xusuusnow

- Waa caadi in aad naxdid ama walac kuugu dhaco markaad maqasho cudur dilaacay, hataa markaad khatar yar ugu jirtid heleelida curuka. Taxadir yeelo in aad ku xanaaqdid dadka cudurka uu ku dhacay. Waydii naftaada:
 - “Ma waxaan ka fakari lahaa ama samayn lahaa isla sidii haddii uu cudur kale ahaan lahaa, sida hargab?”
 - “Waxaan sameynaayo ma wax dadka badbaadiyaa mise waxay abuuraa cabsi hor leh?”
- Khatarta COVID-19 kuma xirna jinsiyad, qolo, ama dhalasho. Eedaynta kuwa kale kuma caawinayso la dagaalanka cudurka. Raadinta iyo faafinta xog dhab ah ayaa caawinaysa.

Ahow qof Xog haysta

- Jawaabooyinka luuqadooyin fara badan oo ku jirta English, Isbaanish (Español) ama Mandarin (普通话), wac 303-389-1687 or 1-877-462-2911.
- Caafimaadka Bulshada ee Denver: denverpublichealth.org/Coronavirus
- Caafimaadka Bulshada ee Colorado: colorado.gov/cdphe/2019-novel-coronavirus
- Goobaha Xakamaynta Cudurka: cdc.gov/coronavirus/index.html ama [CDC COVID-19 FAQ](https://www.cdc.gov/coronavirus/2019-nCoV/FAQ)
- Waaxda Caafimaadka Bulshada iyo Deegaanka Denver: denvergov.org/content/denvergov/en/environmental-health/news/coronavirus-info.html

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