

BHealthy

Liis hubin sahlan oo ay ku jiraan qalab camali ah iyo fikrado kaa caawiya caawiya in aad wanaajisato caafimaadka iyo wanaagqabka oo aad iska yarayso halista aad ugu jirto in aad si xun ugu bukooto cudurka Covid-19



Waxaa ka mid ah:



Liis hubin aad ku kordhiso caafimaad



Qorshe Is Diyaarin Toddobaad walba



Ka nabad qabidda cudurka COVID



Liis hubin aad ku kordhiso caafimaad!

Haddaba xalli	Sax marka la buuxiyo	Firfircooni Samee	Sax marka la buuxiyo
Miyay adiga, iyo qoyskaaga, idiin dhan yihiin tallaalladu?		Ma samaysaa firfircooni jir dhexe ugu yaraan 150 daqiiqo toddobaadkii? - waa in firfircoonidu ku diiriso aanad yara neef tuurto.	
Haddii aad qabto cudur dabadheer sida sonkorow, ma lagaa qaaday baaritaanno caafimaad xaalad waqti dheer, matalan dib u eegis sonkorow sanad walba ee xafiiska Takhtarka Guud?		Ma samaysaa jimicsi muruq xoojin ugu yaraan mar toddobaadkii? – tan ayaa noqon karta yoga, biro qaad ama jimicsi culays jir sida kor isku riix	
Haddii aad u dhexeyso 40-75 jir ma lagaa qaaday baaritaan caafimaad NHS 3dii sano ee tagay?		Cunidda cunto Caafimaad leh	
Haddii aad sigaar cabto, ma isku dayday in aad iskaga jarto taageerada adeegyo sigaar joojin bilaash ah ee xaafadda?		Ma cuntaa shan qayb miro iyo khudaar maalintii?	
		Ma iska ilaalisaa cabbitaanno sonkor buuxda, gaar ahaan cabbitaannada xooraa?	
		Cuwaaf iyo macmacaan ma kuu yihiin oo keliya abaalmarin?	
Ka nabad qabidda cudurka COVID-19	Sax marka la buuxiyo	Iska Diyaarinta Maanka	Sax marka la buuxiyo
Si joogto ah gacmaha ma u dhaqdaa marka aad guriga timaaddo?		Xiriir joogto ah ma kula jirtaa saaxiibbada iyo qaraabada?	
Ma xirataa waji shareer marka aad gasho bannaan daboolan sida bas ama dukaan?		Mutaddawac ma ka tahay ama ma ka qayb qaadataa waxqabad ama maaweelo koox?	
Ma og tahay sida aad u helayso baaritaanka cudurka Covid-19 haddii aad calaamado yeelato?		Ma seexataa ugu yaraan 7 saacadood habeennada intooda ugu badan?	
Ma og tahay waxa adiga iyo qoyskaagu aad samayn doontaan haddii lagaa helo Covid-19?			

Qorshe Is Diyaarin Toddobaad walba

Waxqabad	Isniin	Talaaddo	Arbaco	Khamiis	Jimce	Sabti	Axad
Imisa qayb ee miro ayaad maanta cuntay?							
Imisa qayb ee khudaar ayaad maanta cuntay?							
Imisa cuwaaf 'abaalmarin' ah ayaad maanta cuntay?							
Imisa daqiiqo ee firfircooni jir ayaad maanta samaysay?							
Yaad maanta la 'xiriirtay'?							
Imisa saacadood ayaad habeenkii hore seexatay?							
Imisa jeer ayaad gacmahaaga dhaqday maanta?							

Ka nabad qabidda cudurka COVID



Dhaqidda ama mayridda gacmahaaga

Gacmahaaga dhaq gebi ahaan ugu yaraan 20 ilbiriqsi mar kastoo aad guriga ku noqoto. Xasuuso in aad gacmahaaga dhaqdo ama isticmaasho jeermis tire marka aad dhisme gasho, taabato badhannada wiishka ama dhegaha albaabbada. Ha taaban wajjigaaga ilaa aad gacmahaaga dhaqdo.



Kala fogaynta dadka

Si loo horjoogsado fidista koronafayrus (COVID-19), waa in aadan aad ugu dhawaan qof aadan la degganayn. Tani waa kala fogaynta dadka. Isku day in aad u jirto ugu yaraan 2 mitir (3 tallaabo) qofka aadan la degganayn (ama qofka aanan ku jirin dadka ku taageera).



Xirashada waji shareer

Xiro wax shareera ama daboolka sankaa iyo afkaaga - marka aad saaran tahay gaadiidka dadweynaha, xataa tagaasida, marka aad gasho bannaan daboolan sida dukaan ama isbitaal. Waji shareerrada ma habboona in ay xirtaan carruurta 3 jir ka yar iyo dadka ay xirashadoodu ku adag tahay (sida dadka ay neefsashadu ku adag tahay). Waa muhiim in aad gacmahaaga dhaqdo ka hor inta aadan xiran waji shareerka iyo ka dib marka aad iska saarto..



Is xayiraadda

Is xayiraadda ama karantiil is gelintu waa marka aad guriga joogto maadaama aad qabto ama laga yaabo in aad qabto koronafayrus (COVID-19). Waxay tani horjoogsan kartaa in fayrusku u fido dadka kale. Haddii aad calaamado cudur leedahay waa in aad is xayiraad la gasho dadka aad la deggan tahay oo aad iska soo qaaddo baaritaanka cudurka Covid adigoo wacaya lambarka 119 ama u maraya barta internetka adeegga NHS. Haddii wax lagaa helo markaa adeegga baaridda iyo raad raacidda NHS ayaa ku soo wici doona ama iimayl kuu soo diri doona si uu kaala taliyo waxa xiga ee aad samaynayso, waxay weliba ku weydiin doonaan halka aad tagtay si la iskugu dayo in la soo helo dadka laga yaabo in ay halis ku jiraan ee talo u baahan.



Iska qaadda Baaritaanka cudurka Covid

Baaritaan bilaash ah ayaa adiga laftigaaga lagaa qaadi karaa, haddii aad calaamadaha cudurka koronafayrus iminka leedahay (xummad ama heerkul sare, qufac cusub, oo is daba jooga, ama urta ama dhadhanka oo kaa luma ama is beddela) ama haddii aad qof la deggan tahay, haddii qofkaasi leeyahay calaamadaha cudurka koronafayrus ama haddii ay kugu amreen adeegga NHS, hay'adda Caafimaadka Dadweynaha ee England (Public Health England). Waxaad baaritaan diyaarsan kartaa marka aad wacdo lambarka 119 ama marto barta internetka adeegga NHS, waxaa kan lagu soo diri karaa boostada ama waxaad tagi kartaa goob baabuurta lagu maro oo xaafadaha qaarkood ayaa leh goobo weliba lug lagu galo. Waxaad u baahan tahay ballan si aad baaritaan ugu tagto goobahan..

nhs.uk/conditions/coronavirus-covid-19/

gov.uk/coronavirus

birmingham.gov.uk/coronavirus_advice