

KAHORTAG FAAFIDA CUDURKA CORONAVIRUS

Adigu waad ka qayb qaadan kartaa kahortaga cudurka COVID-19 ee kufaafaya gobolka Alberta. Kahortagu wuxuu ka bilaabmaa wacyi galinta.

- Ka fogoow dadka kale
- Is go'doomi haddii aad xanuusato
- Udhaq gacmaha si joogto ah
- Qufaca iyo hindhisada dabool
- Iska ilaali inaad wajjigaaga taabato
- Haka dhoofin meelka baxsan Canada

KU DHAQAN XEERARKA KALA FOGAANSHAHA

Dhamaan dadwaynaha kusugan Alberta waxaa saaran masu'uliyadda kahortaga cudurka COVID-19.

Qaad talaabooyin aad ku badbaadiso naftaada iyo bulshada:

- Xadid ka bixida gurigaaga.
- 2 meter udhaxaysii adiga iyo qofwalba markaaad ubaxdo adeeg, socdaal caafimaad iyo wixii mihiim ah
- Iskuday in adeega aad ubaahato lagu keeni karo
- Haddii aad guriga kabaxdo 2 meter isudhaxaysii adiga iyo dadka kale
- Iska ilaali meelaha xidhan sida wiishka marka ay dad badan kujiraan
- Gacmaha dhaq mar walba oo aad taabato albaabada ama gacan-qabsiga jaranjarada.
- Dib udhig booqashada ehelka iyo qaraabada ,khaasatan haddii ay yihiin wayeel ama haddii ay halis uyihiin xaalad caafimaad oo kale
- Hala kulmin dad kale haddii aad isku aragto xumad/qandho ama qufac, sikasta oo ay ufudud uyihiin
- Adeec shuruucda Kafogaanshaha iyo is booqashada mamnuucaysa ee udajisan Alberta

Sharciga caafimaadka dadwaynaha waxaa loogu talagalay in la xadido wakhtiga ay bulshada Alberta isla qaadato. Sidaa daraadeed qofkii jabiya sharcigaas waxaa lagu ganaaxayaa lacag

ILAALI CALAAMADAHAAGA CAAFIMAADKA

COVID-19 calaamadihiisu waxay u egyihiin calaamadaha hargabka ama cudurada kudhaca sambabada iyo neefta

- Qufac
- Xumad/qandho
- Neeftuur
- Diif
- Cuna xanuun

Haddii aad calaamadahaas isku aragto guriga joog oo is go'doomi; ha aadin dhakhtarka ama rugaha caafimaadka. **Wac lambarka caafimaadka ee 8-1-1**, lambarkan ood ka helo karto daryeelayaal ku hadli kara ilaa iyo 240 luqadood si aad u hesho caawin sax ah

GO'DOOMI NAFTAADA

Sharigu wuxuu kufarayaa in aad is go'doomiso haddii aad:

- 14 maalmood haddii aad kaso noqotay safar dibada ah, ama aad la kulantay qof qaba cudurka COVID-19
- 10 maalmood hadaad qabtay qofac, xumad, neeftuur iyo cuna xanuun aadan hore u lahaan jirin

Haddii aad kujirto is go'doomin:

- Guriga joog-- Ha shaqo tagin, meelaha bulshadu isugu timaado ha tagin.
- Iska ilaali in aad udhawaatid dadka kale, ay kujiraan dadka guriga kugula nool khaasatan dadka waawayn iyo dadka halista u ah xaaladaha kale ee caafimad
- Ha isticmaalin Gaadiidka bulshadu isticmaasho, qofna ha la korin gaadhi
- Ha ubixin lugabaxsi ama socod. Sidoo kale arrintani xitaa waxay khuseysaa caruurta/dhalinyarada kujira xaalada isgo'doominta waajibka ah
- Haddii aad baxayso waa in ay ahaato meel adiga kuu gaar ah oo dadka kale aanay so gali karin
- Haddii aad kunooshahay guryaha daaraha dhaadheer ah, waa inaadan ka bixin guriga, sidoo kale ha isticmaalin wiishka ama jaranjarada. Haddii daaradaadu/balakoon-kaagu gaar kuu yahay oo ujiro ugu yaraan 2 meter balakoonada kale, waad u isticmaali kartaa balakoonkaaga hawo qaadasho

DIGNIIN KUSAABSAN COVID-19 OO KU SOCOTA DADWEYNAHA REER ALBERTA

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