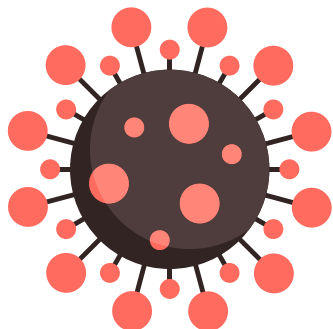


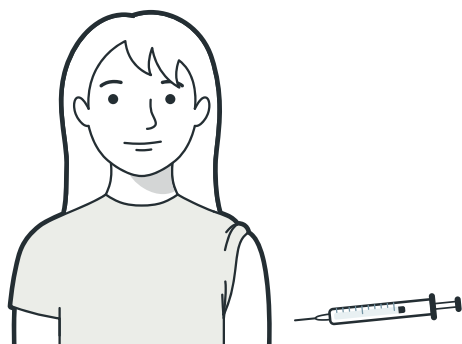
# Tallaalka koroonaha ee dhallinyarada 12-15 jirka ah

Warbixin koobaan oo ka socota Machadka Caafimaadka Dadweynaha oo ku saabsan cudurka koroonaha ee covid-19



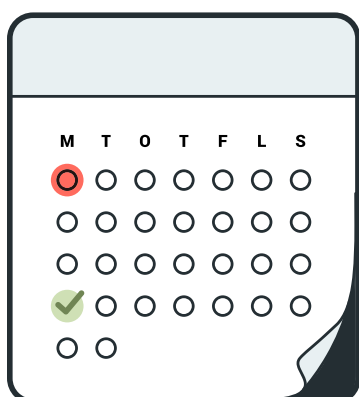
## Cudurka koroonaha

- Aad ayay u yar tahay halista ah in dhallinyaradu ay aad ugu bukoodaan cudurka koroonaha.
- Tallaalku wuxu sii yaraynaa halista oo markeeda horeba yar.
- In koroonuhu uu qofka ku dhaco ayaa iyana si wacan uga difaacaysa in cudurku markale ku dhaco.



## Ku saabsan tallaalka

- Haddii adiga iyo waalidkaagu rabtaan, waxaad qaadan kartaa 1 ama 2 irbadood oo ah tallaalka koroonaha.
- In la is tallaalo waa ikhtiyaari.
- Tallaalku waa irbad lagu mudayo cududda gacanta.
- Sheeg haddii aad ka cabsato irbadaha si qofka ku tallaalayaa u tixgeliyo arrintaas.
- Haddii aad doorataan 2 irbadood, waxa wacan in 8-12 toddobaad u kala dhexeeyaan irbadaha tallaalka.



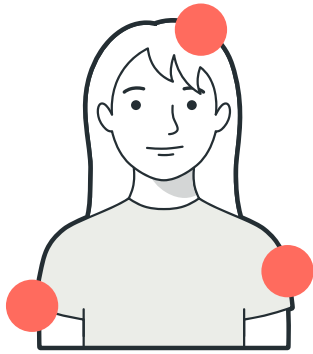
## Intee le'eg yahay waxtarka tallaalku?

- Dhallinyaradu si wacan ayay uga difaacan yihiin cudurka daran ee koroonaha 3 toddobaad ka dib qaadashada irbadda 1-aad.
- Cudurka waa lagu qaadsiin karaa oo adna waad qaadsiin kartaa dadka kale inkastoo lagu tallaalay.
- Ku dhaqan talooyinka ka hortagga cudurka inkastoo lagu tallaalay.



## Siddee tallaalku u shaqeeyaa?

- Tallaalku wuxuu jidhkaaga barayaa in uu garto fayruska koroonaha oo kaa difaaco cudurkeeda.
- Jidhku wuxuu xasuusanayaa qaabka uu kaaga difaaci karo fayruska.



## Waxyeellooyinka caadiga ah ee tallaalku qofka ku keeno

- Meesha la muday oo xanuunta
- Daal
- Madax-xanuun
- Jidhka oo xanuuna
- Qabow dareemid iyo xummad/qandho

Dhibaatooyinkani waa kuwo qofku dhibsanayo, laakiin maalmo yar ka dib ayay qofka ka tagaan.



## Waxyeellooyinka aan caadiga ahayn ee tallaalku inta badan aanu keenin

- Waa dhif iyo naadir inay waxyeelooyin waaweyni yimaadaan.
- Waxyeellooyinka dhif iyo naadirka ah sida falcelinno xasaasiyad ah ama caabuq wadnaha ku dhaca waa waxyaalo la dawayn karo haddii ay yimaadaan.
- Si wacan ayaannu ula socon doonaa in ay soo kordhaan waxyeelooyin cusub.
- La xidhiidh dhakhtar, kaalkaaliye caafimaad ama shaqaale caafimaad oo kale haddii aad dareentid dhibaatooyin aan caadi ahayn, xoog weyn ama muddo dheer soconaya ka dib marka lagu tallaalo.



Soo degso  
foomka  
oggolaanshaha

Waxa shardi ah in waalidku ay oggolaadaan in la tallaalo ilmaha ka yar 16 sano jir. Tallaalistu waa bilaash. Bogga internetka ee degmadaada ka eeg sida aad u heli kartid balan. Faahfaahin ka akhriso [fhi.no/kvp](http://fhi.no/kvp)