

Isticmaalka af-daboolka

Af-daboolku waxa uu ka hortagi karaa inaad dadka kale cudur qaadsiiiso isla markaana wuxu yarayn karaa khatarta ah in adiga cudur lagu qaadsiiyo. Haddii aad u isticmaasho qaab khaldan, waxa kordhaya khatarta qaaditaanka fayrasta.

Maqaalkan waxannu ku sharraxaynaa waxa ay ku kala duwanyihiin af-daboolka caafimaadka iyo af-daboolka marada ah, xilliga la rabo inaad isticmaasho af-dabool, iyo qaabka saxda ah ee aad u isticmaalayso.

1) Goorta la rabo inaad isticmaasho af-daboolka

Xukummada ayaa bixisa talooyinka ku saabsan xilliga iyo halka lagu isticmaalayo af-dabool. Shuruudaha ku saabsan isticmaalka af-daboolka ayaa ah kuwo hadba la beddeli doono marka la eego xaaladda faafitaanka ee ka jirta degmooyinka kala duwan. Macluumaadkii u dambeeyey kala soco www.fhi.no iyo www.helsenorge.no.

Soo jeedin ku saabsan isticmaalka af-daboolka oo soconaysa dhammaan wakhtiga lagu jiro safmarka covid-19:

Dawladdu waxay ku talinaysaa in af-dabool la isticmaalo marka ay jiraan xaaladdo noocan ah (ma ku koobna wakhti):

- Marka qof laga helay ama qaba calaamadaha covid-19 ay qasab ku noqoto inuu joojiyo karantiil uu ku jiray si uu u aado ama uga soo noqdo xarun caafimaad ama si looga qaado tijaabo.
- Marka qof diyaarad ku yimaado Noorway isagoo ka yimi waddan "cas/guduudan" waxa wacan in af-daboolka uu ku watay safarka diyaarada uu sito ilaa iyo inta qofkaasi imanayo goobta uu ku gelayo karantiimada.
- Marka ehelku aanay ugu yaraan hal mitir ka fogaan karin qof lagu tuhunsanyahay ama laga helay covid-19 xilliga ay qofkaas siinayaan caawin ama daryeel.

2) Maxay ku kala duwanyihiin af-daboolka caafimaadka iyo af-daboolka marada ah

Waxannu kala saarnay af-daboolka caafimaadka iyo af-daboolka marada ah. Waa kuwan qeexitaannada aannu ka dhigayno gundhig:

- Af-daboolka caafimaadka: Af-daboolka caafimaadka waxa loo sameeyey goobaha adeegyada caafimaadka, waxaanay buuxinayaan shuruudaha tayada ee hadba markaas jira. Marka aad isticmalayso af-dabool waa inaad isticmaasho af-daboolka nooca 1. Nooca 2 waxa loogu talagalay goobaha adeegyada caafimaadka.
- Af-daboolka marada ah: af-daboollada lagu sameeyey guriga ama warshad ee ka samaysan maro ama wax kale oo la dhaqi karo. Ma jiraan shuruudo tayeed ama xeerar kale oo hagaya samaynta af-daboolka ka samaysan marada, isla markaana lama yaqaano awooda uu ku celin karo fayruska (heerka ka ilaalinta).

Daraasadaha cilmiyeed ayaa muujinaya in tayada af-daboolka marada ah ay ka hoosaysa ta af-daboolka caafimaadeed, isla markaana aad ayey u sii kala duwanyihiin iyadoo ay hadba ku xidhantahay alaabta laga sameeyey nooceda iyo habka loo gashanayo.

3) Qofkee ayaa la raba in aanu isticmaalin af-dabool:

- Carruurta ka yar 2 sanno **waa in aanay isticmaalin** af-dabool
- Carruurta aada dugsiyada hoose (fasallada 1-7) iyo kuwa ka yaryar waxa lagula talinayaa in aanay isticmaalin af-dabool
- Dadka waaweyn ee haysta sababo caafimaad ama sababo kale oo keenaya in isticmaalka af-daboolku aanu u wanaagsanayn iyaga. Dhakhtarkaagaa ayaad weydiin kartaa arrintan haddii aad u malaynayso in arrintani ku khuseyso adiga.

4) Talooyin ku socda qofka isticmaala af-dabool

Inkastoo aad isticmaasho af-dabool ama af-dabool ka samaysan maro waa inaad markasta

- Marar badan gacmaha u nadiifisid si wacan
- In aad in badan ka durugtid dadka kale
- Guriga joogtid haddii aad xanuunsaanayso
- U dulqaadatid dadka kale ee aan isticmaali karin af-dabool

Sidan ayaa loo isticmaala af-daboolka caafimaadka

- Nadiifi gacmaha ka hor intaanad gashan af-daboolka.
- Qabo cinjirka ku yaala dhinacyada af-daboolka oo geli dhegta gadaasheeda. Iska ilaali inaad af-daboolka ku taabatid gacmaha marka aad xidhanayso.
- Hubso in af-daboolku si wacan u haysto wejiga isla markaana uu ku wada daboolanyahay sanko iyo gadhka.
- Halkii af-dabool isticmaal hal mar keliya.
- U beddelo af-dabool nadiif ah haddii uu qoyey ama aad iska saartay si aad u cuntayso ama wax la mid ah.
- Af-daboolka aad isticmaashay ku tuur caaga qashinka isla marka aad iska saarto.
- Nadiifi gacmaha marka aad iska saarto ama aad taabato af-daboolka

Sidan ayaa loo isticmaala af-daboolka marada ah

- Nadiifi gacmaha ka hor intaanad gashan af-daboolka marada ah.
- Qabo cinjirka ku yaala dhinacyada af-daboolka marada ah oo geli dhegta gadaasheeda. Iska ilaali inaad af-daboolka ku taabatid gacmaha marka aad xidhanayso.
- Hubso in af-daboolku marada ah si wacan u haysto wejiga isla markaana uu si fiican ugu daboolanyahay sanko iyo gadhka.
- U beddelo af-dabool nadiif ah haddii uu qoyey ama aad iska saartay si aad u cuntayso ama wax la mid ah.
- Nadiifi gacmaha marka aad iska saarto ama aad taabato af-daboolka marada ah
- Af-daboolka marada ah ku rido bac xidhan ilaa iyo marka aad dhaqayso.
- Waa in af-daboolka marada ah lagu dhaqo 60 digirii kadib markasta oo la isticmaalo.

Haddii aad si khaldan u isticmaasho af-daboolka waxa kordhaya suurtagalnimada inaad qaado fayrasta

Waa kuwan xeerar aad xasuusan karto oo ku saabsan qaabka aan loo isticmaalin af-daboolka:

- Af-daboolka ha u jiidin gadhka.
- Af-daboolka ha u jiidin sanko hoostiisa.
- Af-daboolka ha u jiidin fooda dusheeda.
- Cinjirrada ha u xidhan si is-dhaaf ah (isutalaab).
- Gacmo aan nadiif ahayn ha ku taaban af-daboolka.
- Af-daboolka ha u xidhan si aan dhammaystirnayn.
- Af-daboolka ha ku xidhan gacanta.
- Mar dambe ha gashan af-daboolka haddii aad iska saarto.