

# Goorma ayaa la rabaa in carruurta xanuunsanaysaa ay guriga joogto oo aanay aadin xannaanada iyo dugsiga hoose?



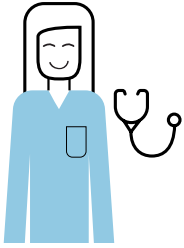
## 1. Ilmahaaga ma ku dhaceen xummad/qandho, qufac, cune-xanuun ama sanko oo cabudhsan 24-kii saacadood ee u dambeeyey?



- Ilmuhu guriga ha joogo.
- Waxa wacan in tijaabada covid-19 laga qaado ilmaha.

Haddii ilmuhu leeyahay keliya san dareerraya/duuf leh, lakiin uu sidiisa kale u wacan yahay waxa ilmuhu aadi karaa xannaanada/dugsiga hoose iyadoo aan laga qaadin tijaabo. Arrintani way khuseysaa xataa carruurta qabta xasaasiyad (aleerji) lagu ogyahay.

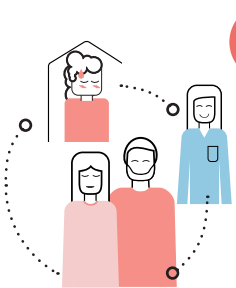
## Wac dhakhtarkiisa ama cisbitaalka degdegga (legevakten) haddii ilmuhu qabo duray/hargab isla markaana:



- Ilmuhu awoodin inuu sameeyo ciyaar iyo firfircooni caadi ah.
- Ilmuhu qabo xummad/qandho, jidhku xanuunayo, rabitaanka cuntadu xun yahay, lalabo qabo, ama wareersan yahay.
- Ilmuhu waxa ku adag neefsashada iyo/ama wuxu u neefsanayaa si ka dhakhs badan sida caadiga ah weliba isaga oo aan firfircooni samaynayn.

Ogow in carruurta yaryar aanay sheegi karin dhibta haysata, laakiin waxa laga dareemi karaa cabashadooda, inay kugu dhegdhegaan ama xanaaqaan! Haddii aad werwer ka qabto ilmahaaga xanuunsanaya, waa in aad markasta la xidhiidho dhakhtarka ilmaha ama cisbitaalka degdegga ah.

## 2. Tijaabadii ilmahaaga laga qaaday ma sheegtay in ilmaha laga helay covid-19?



**HAA**

Waa in ilmuhu joogo guriga. Maamulka degmada ayaa kuu sheegi doona xeerarka la rabo in qoyskiinu ku dhaqmo wakhtiga ilmuhu xanuunsanayo.

**MAYA**



Ilmuhu wuxuu aadi karaa iskuulka ama xannaanada marka aanu lahayn xummad isla markaanaa laga dareemayo inuu caafimaad qabo.

Ilmuhu wuu aadi karaa iskuulka ama xannaanada inkastoo uu leeyahay duuf yar ama xabeeb / qufac yar.