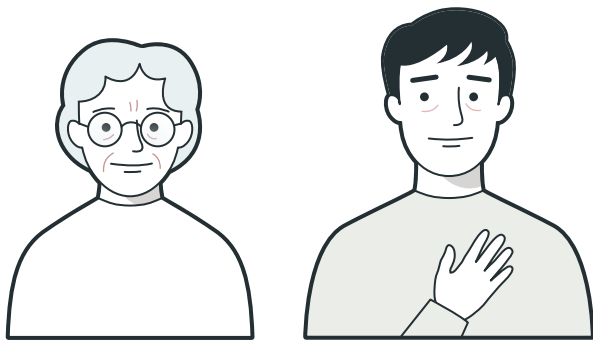


Tallaalka koroonada oo si fudud loo sheegay

Macluumaad kooban oo ka socda Machadka Caafimaadka Dadweynaha oo ku saabsan tallaalka xanuunka koroonada ee Covid-19.

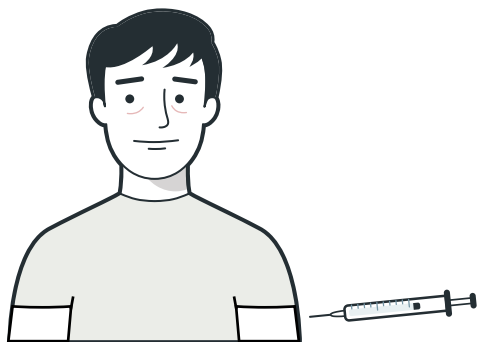


Ku saabsan tallaalka koroonada

Dhammaan dadka lagula talinayo inay qaataan tallaalka waa la siin doonaa tallaalka.

Tallaalku waa bilaash

Tallaalku waxa uu difaac ka yahay covid-19

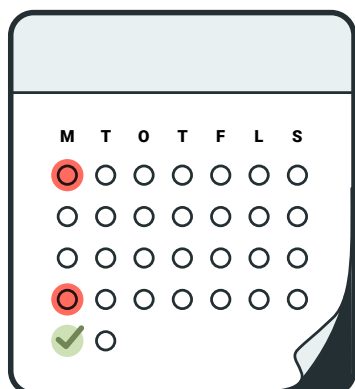


Sidee loo samaynayaa tallaalka?

Tallaalka waxa laga qaadanayaa cududda (gacanta qaybta sare).

Qaar ka mid ah tallaallada waa in la qaato 2 goor oo ay u dhaxayso dhowr usbuuc.

Sheeg haddii aad leedahay uur, qabto xasaasiyad (alerji), isticmaasho dawooyin, aad xanuunsanayso ama covid-19 kugu dhacay.



Intee leeg yahay waxtarka tallaalku?

Tallaalku waxa uu qofka ka difaacayaa xanuunka koroonada ee Covid-19.

Dadka intooda badan waxay difaac helaan 1-2 usbuuc kadib qaadashada labaad ee tallaalka.

Waxa wacan in dadka qaatay tallaalku weli ku dhaqmaan xeerarka caadiga ah ee ka hortagga faafitaanka.

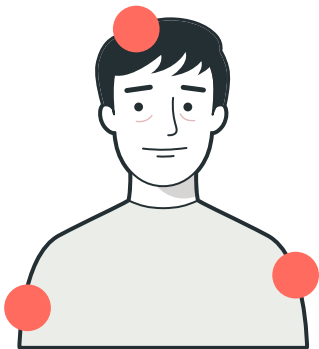


Sidee tallaalku u shaqeeyaa?

Tallaalku waxa uu jidhka barayaa inuu aqoonsado oo ka difaaco fayrasta koroonada.

Waxyaalaha ku jira tallaalku si dhakhso ah ayey uga baxayaan jidhka.

Laakiin jidhku wuxu xasuusanaya qaabku uu isaga difaaci doono fayrasta.

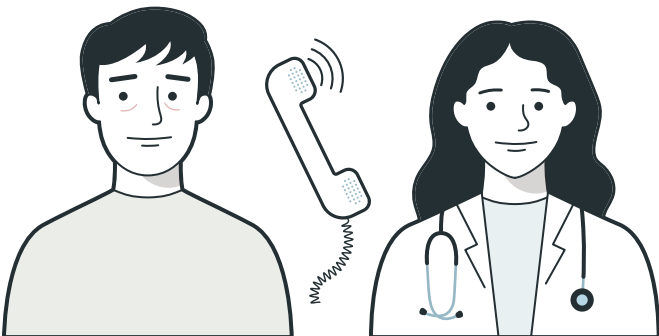


Cilladaha iman kara

Tallaalka waxa lagu tijaabiyey daraasado cilmiyeed oo badan oo ay ka qaybgaleen kumanaan dad. Cilladaha caadiga ah waa:

- meesha la mudo oo xanuunta
- daal
- madax-xanuun
- jidhka oo qofka xanuuna
- dareen qabow ah ama qandho

Cilladahaasi waa kuwo qofku dhabsado, laakiin ka tegayaa maalmo yar kadib.



Cilladaha aann caadiga ahayn

La xiriir dhakhtar ama shaqaale caafimaad haddii ay calaamado caadi ahayn, xoog weyn ama muddo soconayaa kugu yimaadaan tallaalka kadib.