

HWDSB

Liiska Hubinta Shaybaadhka COVID-19 ee Ardayda HWDSB

Waxay tahay in maalinkasta la buuxiyo ka hor inta aan dugsigu la imanin.

1. Miyaa uu ardayga ama qof kale oo guriga kugula nooli leeyahay calaamadaha soo socda mid ka mid ah:

- Xummad (heerkul ah 37.8 Digree Selshiyas/100.4 Digriis Feeranhayt, taabashada aad ku dareemayso inuu kululyahay)
- Qufac cusub ama sii darnaanaya (joogto ah, ka badan intii caadada ahayd)
- Neef qabatin (neefta oo ku yaraata, awood aanu uyeelan inuu si qoto dheer neef uqaato)
- Midna kuwa sare

2. Miyuu ardaygu leeyahay mid kamid ah calaamadahan soo socda:

- Qufac aad udaran oo aan istaagayn, (samaynta cod sidii foodhi oo kale ah ama cod jilicsan marka la neefsanayo)
- Qadhqadhyo
- Cunaha oo xanuuna ama liqitaanka oo ku adkaada
- Sanka oo duuf ka dareerayo, cabudhsan ama xidhan (aan la xidhiidhin xasaasiyad xilliyeedka ama sababo/xaalado kale oo la aqoonsan karo)
- Dareenka dhadhanka ama urta oo kaa luma
- Madax xanuun aan qofku kuu ubartay ahayn ama mid muddo badan qofka haya
- Arrimo la xidhiidha dheefshiidka sida yalaalugo/hunqaaco, shuban, calool xanuun aan la xidhiidhin sabab ama xaalad la aqoonsan yahay
- Daal aad u badan oo aan caadi ahayn (daal, tamar darro)
- Dhulka ku dhacaya in badan
- Muruq xanuun aan caadi ahayn ama muddo badan haynaya
- Isha oo casaata (conjunctivitis)
- Caruurta yaryar iyo dhallaanka: caajisnimo ama rabitaankii cunada oo aan jirin
- Midna kuwa sare

3. Ardaygu miyuu usaf ray dibada 14kii cisho ee udambeeyey (dibada Canada)?

- Haa

HWDSB

Maya

4. Ardaygu miyaa uu u dhawaaday qof COVID-19 laga helay ama looga shakisan yahay?

Haa

Maya

5. Ardaygu miyuu u dhawaaday qof ka cabanaya calaamado cusub oo neefsashada la xidhiidha ama qof dhawaan u safray dibada Canada 14kii cisho ee udambeeyay?

Haa

Maya

Hadii aad su'aalaha oo dhan kaga jawaabtay **MAYA** ardaygu waxa uu ka gudbay baadhitaanka waxaana uu iman karaa dugsiga maanta. Haddii inta lagu gudo jiro dugsiga ardaygu uu dareemo xanuun, waa in ay ogaysiiyaan macallinka.

Hadii su'aalaha baadhitaanka wax ka mid ah aad kaga jawaabtay HAA, ama haddii aad diido inaad ka jawaabto su'aalaha, markaa ardaygu waa uu ku fashilmay baadhitaanka iman karina iskuulka waana inaad kala xidhiidhaa Caafimaadka Dadweynaha (905) 974-9848 ama dhakhtarka qoyskaaga si loo shaybaadho. Fadlan la xidhiidh dugsiga ardayga si aad u ogaysiiiso maqnaanshiyihiisa. Hadii ardayga laga helay COVID-19, dugsigaagu waa uu qaddarin doonaa hadii la ogaysiiyo natiijada shaybaadhka.

Xasuusino Faa'iido leh inta Dugsiga la Joogo

- gacmahaaga si joogto ah ugu dhaq biyo iyo saabuun ugu yaraan 20 ilbidhiqsi
- isticmaal gacmo nadiifiye alkohol ku jirto hadii saabuun iyo biyo aad waydo
- isku day inaad taabanin indhahaaga, sankaa ama afkaaga
- joogtee in aad ka fogaato dadka kale ugu yaraan 2 mitir (6fuudh)
- ardayda ku jirta fasalada 4 illaa 12 waa inay xidhaan weji gashad ama weji dabool (hadii uu maamuluhu ka cafiyo moojee)
- ardayda ku jirta Xanaanada caruurta ilaa fasalka 3 aad waxa lagu boorrinayaa inay xidhaan weji gashad ama weji dabool
- ku qufac kuna hindhis cududo gashigaaga hana ku samayn sidaa gacmahaaga
- hadii aad bilawdo in aad dareento xanuun, fadlan ogaysii shaqaalaha xubin ka mid ah