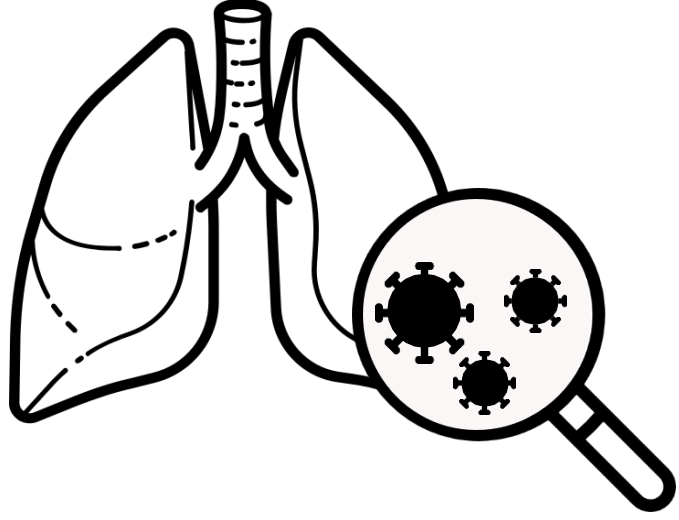


Xanuunka Coronavirus 2019 (COVID-19)

Xaashida xaqiiqada



Caabuqa Koronafayras ee Cusub 2019 (COVID-19) waa xanuun ku dhaca neef-mareenka. Waxaa keena fayraska korona. COVID-19 wuxuu ku faafayaa Maraykanka, oo uu ku jiro gobalka Maine.

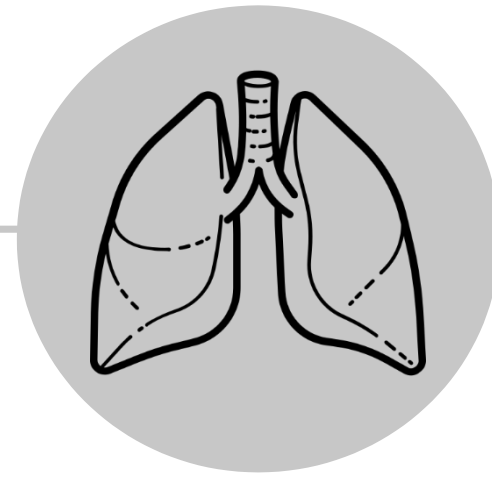
Astaamaha iyo Calaamadaha Guud



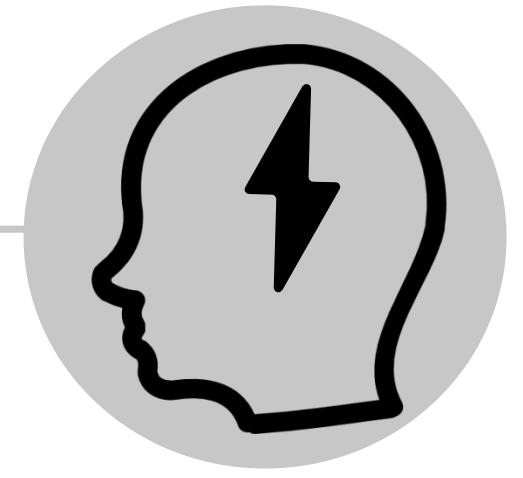
Qandho ama
Qarqaryo



Qufac



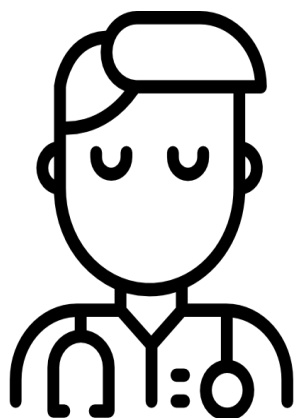
Neefta oo kugu
yaraata ama Dhibaato
dhanka Neefsiga ah



Madax xanuun

Astaamaha kale waxaa ku jira daal, murqo ama jir xanuun, luminta dhadhanka ama urka oo cusub, dhuun xanuun, cabur, ama duuf sankaa kaa socda, lalabo ama matag, iyo shuban. Astaamaha ayaa bilaaban kara 2 ilaa 14 maalmood kadib marka fayrsku kugu dhaco. Xadigga xanuunada lasoo sheegay waxay u dhaxeeyaan mid fudud ilaa mid daran.

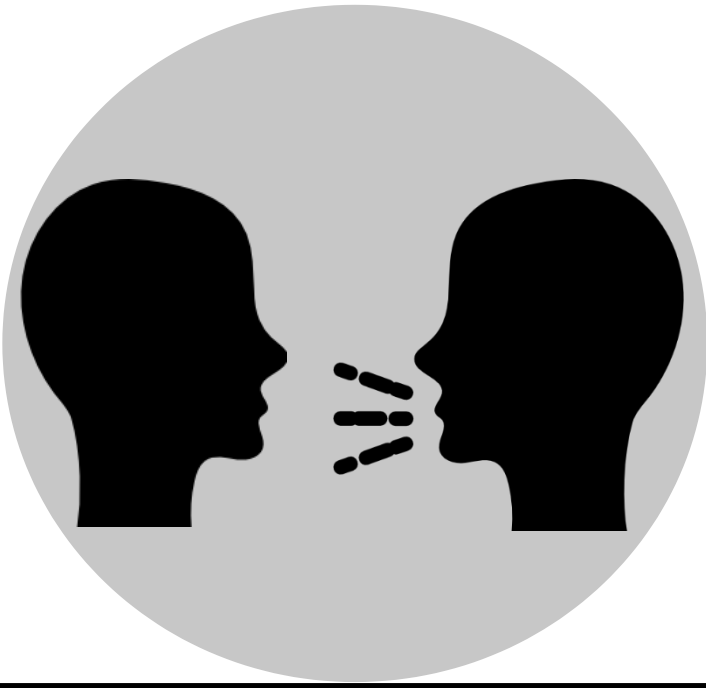
Dadka waayeelka ah iyo dadka qaba xanuunada uur ku jirta ee daran sida xanuunka wadnaha ama sanbabada ama sonkoroowga ayaa u muuqda inay khatar dheeraad ah ugu jiraan inay xanuun xun ka qaadaan caabuqa COVID-19. Xanuunka daran ayaa keeni kara kolba aariyo, fashilka kalyaha, iyo dhimasho.



Wac dhakhtarkaaga haddii aad qabto astaamo kale. U sheeg haddii aad la joogtay qof la ogyahay inuu qabo caabuqa COVID-19. Haddii aad u baahan tahay daryeel caafimaad, fadlan wac xarunta caafimaadka KAHOR intaadan tagin.

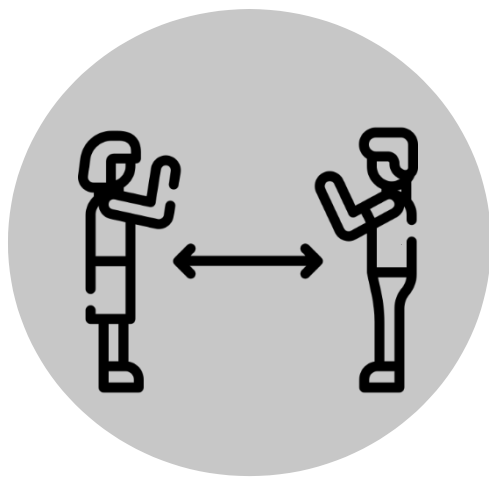
Wixii macluumaad dheeraad ah oo ku aaddan meesha aad iska baarayso, fadlan booqo www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing.

Faafidda COVID-19



- Wuxuu si fudud iskaga gudbi karaa dadka
- Wuxuu badanaa faafaa muddada dadku isku dhaw yihiin (wax kayar 6 fiid isku jiraan)
- Wuxuu mararka qaar ku faafi karaa inay qofka ku dhacaan cantafka yaryar ee fayraska ee hawada kusii jiri kara
- Wuxuu si aan badnayn ugu faafaa taabashada meelaha fayrasku saaran yahay
- Badanaa iskagama dhex faafo dadka iyo xayawaanada

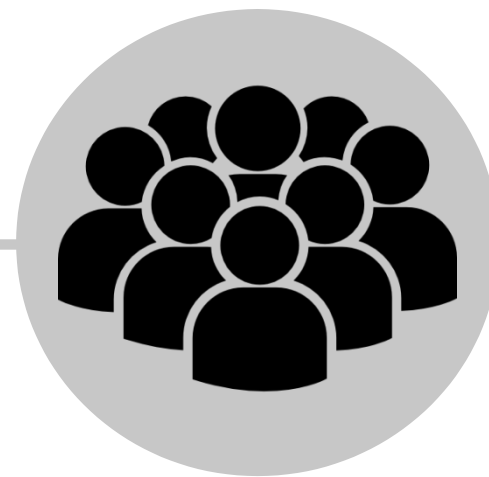
Kahortagga COVID-19



Inaad jir ahaan ka fogaato (ugu yaraan 6 fiid) dadka aan guriga kugula noolayn



Xiro maaskaro maro ah oo daboolaya sankaa iyo afkaaga



Ka dheerow meelaha dadka badan joogaan iyo goobaha dadwaynaha ee la iskugu yimaaddo



Dhaq gacmahaaga adoo ku dhaqaaya saabuun iyo biyo ugu yaraan 20 ilbiriqsi

Isticmaal gacmo nadiifiye alkolo leh oo leh ugu yaraan 60% maadada aalkohoolka haddii saabuun iyo biyo aan la heli karin. Waa inaad sidoo kale qufaca iyo hindhisada ku dabooshaa tiish ama xagasha suxulkaaga.

Malahan daawo gaar ah caabuqa COVID-19. Dadka intooda badan ayagoo guriga iska jooga ayay bogsoodaan.

Wixii macluumaad dheeraad ah, Booqo:



1. www.maine.gov/dhhs/coronavirus
2. www.cdc.gov/coronavirus/2019-ncov/index.html
3. www.who.int/health-topics/coronavirus
4. wwwnc.cdc.gov/travel (Bogga Caafimaadka Musaafitiinta Maraykanka ee CDC)

Waxaad sidoo kale ka wici karaa Maine CDC nambarka 1-800-821-5821.