

Warbixinta COVID-19 ka soo baxday RHCP

Warbixinta Xaalada (ee April 27, 2020)

Olmsted County: 251 kiisas

Minnesota: 4,181 kiisas

United States: 957,875 kiisas (April 26, 2020)

(Tixraac: Waaxda Caafimaadka MN, CDC)

Jooji Fiditaanka

Istacmaal marada daboolka wejiga markaad dhaxjoogtid goobaha dadweynaha.

Dabool qufacaada ama hindhisyadaada.

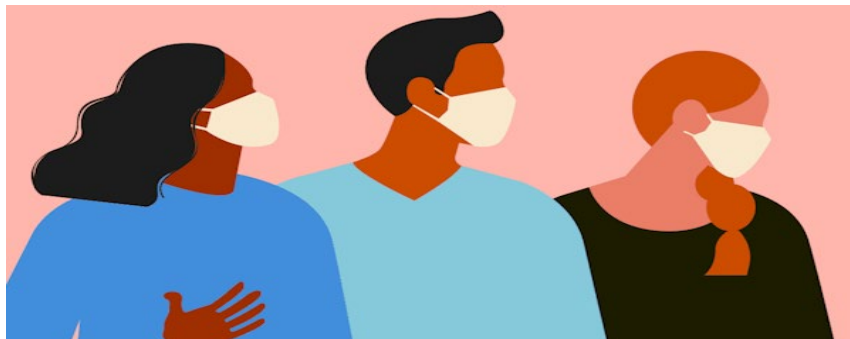
Ku dhaq gacmahaaga biyo iyo saabuun ama isticmaal gacmo nadiifiye badanaa.

Ilaali kala fogaanshahaada bulshada – Ka fogow 6 cagood..

Su'aalahaada oo Laga Jawaabay

1. kumaa ay tahay inuu xirto maaskaro / marada daboolka wejiga?

- Qof kasta waa inuu xirtaa marada daboolka wejiga marka ay u baxayaan meel fagaare ah ama markasta oo dadku ay ku sugan yihiin goob bulshada dhexdeeda, gaar ahaan xaaladaha aad ag joogtid dadka ayna adag tahay cabbiraada kala fogaanshaha bulshada, tusaale ahaan dukaamada cuntada?



Xiro maro daboosho wejiga markaad bannaanka u baxeyso.

Si kastaba ha noqotee, dharka daboolashada wejiga waa inaan loo xirin kooxaha soo socda ee dadka:

- carruurta ka yar 2-jir
- qof kasta oo neefsashada dhib ku qaba
- qof kasta oo miyir la ', itaal daran ama haddii kale aan awood u lahayn inuu maskarada iska saaro caawinaad la'aan

2. Waa maxay sababta loogu taliyey xirashada maaskaro ama maro wejiga daboosha?

- Fayraska sababa COVID-19 wuxuu badanaa ku faafa qof-illaa qof ayadoo dhibcaha neefsashada ee ka soo baxa marka qof cudurka qaba uu qufaco, hindhiso ama hadlo. Wuxuu ku faafaa dadka marka ay isu dhow yihiin.

- Daraasadaha ugu dambeeyay waxay muujiyeen in COVID-19 eey faafin karaan dadka aan muujin astaamaha.
- Xirashada marada wejiga daboosha waxaa loola jeedaa in lagu badbaadiyo dadka kugu hareersan haddii aad cudurka qabtid laakiin aadan lahayn astaamo.
- Marada wejiga daboosha ma beddeleyso kala fogeynta bulshada ee ah 6-cagood iyo gacmo-dhaqashada si looga hortago fiditaanka COVID-19.

Kala fogeynta bulshada ee 6-cagood ayaa wali si weyn muhiim ugu ah yareynta faafitaanka fayraska.

3. Waa maxay farqiga u dhexeeya maaskarada qalliinka, N-95 neefsashada iyo maskaro qaabab kale / marada daboosha wejiga?

- Maaskarada qalliinka iyo tan N-95 neefsashada waxaa xakameeya hay'adaha federaalka; isticmaalkooda waa in loo qoondeeyo shaqaalaha daryeelka caafimaadka ama jawaabayaasha safka hore ee caafimaadka.
- Maaskaro qaabab kale / marada-daboosha wejiga, oo lagu samayn karo guriga iyadoo la isticmaalayo agab caadi ah (sida funaanad ama go 'maro ah) ayaa yaraynaya suurtagalnimada inuu fayrasku gudbo. Waxay ka difaacayaan dadka kugu xareersan hadaad cudurka qabtid laakiin aadan muujin astaamo jirro.

4. Waa maxay sida ugu habboon ee loo xirto maaskarada / marada daboosha wejiga?

- Marada daboosha wejiga waa inay si qunyar ugu xirnaataa dhinaca wajiga, waana in la hubiyaa ku xirnaanshaha dhegaha. Waa inay daboolaan afka iyo sanko, eyna suurta geliyaan neefsashada si aan dhib lahayn.
- Shakhsiyaadka waa iney ku dhaqaan gacmhooda saabuun iyo biyo ama isticmaalaan gacmo nadiifiye intaadan gashan iyo isla markiiba ka dib iskabixinta daboolka wejiga.
- Shakhsiyaadka waa inay ka taxadaraan inaysan taaban indhahooda, sankooda, iyo afkooda marka ay xiran yihiin ama ay ka saarayaan daboolka wejiga.
- Marooyinka daboolka wejiga waa in si joogto ah loo mayraa.
- Tilmaamaha waxaa laga heli karaa website-ka WHO.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

5. Sideen u samaysan karaa maaskaro ii gaar ah?

- Way fududahay in aad sameeyso maskarada wejiga. Tilmaamaha waxaad ka heli kartaa website-ka CDC <https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf>.

Adiga, dadka bulshada ka tirsan, waxaad safka hore ugu jirtaan joojinta COVID-19.. Adeegso nadaafadda gacanta, nadiifinta iyo fayadhowrka. Kala fogeynta bulshada. guri jooga. Kulligeenna arrintan waan ku wada jirnaa. Annagoo mid ah ayaan bogsan doona

