

# Warbixinta COVID-19 ee RHCP

Daabacaada 4aad, April 2020

## Warbixinta Xaalada (ilaa April 20, 2020)

Olmsted County: 197 qofood ayaa laga helay

Minnesota: 2,470 qofood ayaa laga helay

United States: 746,625 qofood ayaa laga helay

(Tixraac: Wasaarada Caafimaadka ee MN, CDC)

## Jooji Faafitaanka

Istacmaal marada daboolka wejiga markaad dhaxjoogtid goobaha dadweynaha.

Dabool afkaaga marka aad qufaceysid ama aad hindhiseysid.

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

Ka fogow dadka kale – ilaa 6 cagood.

Guriga joog isna go'doomi, haddii aad ladnaan darro dareento.

Iska baar COVID-19, haddii aadan ladnayn.

## Su'aalahaada waa Laga Jawaabay

1. Waa maxay baaritaannada loo heli karo COVID-19? Waa maxay farqiga u dhexeeya baaritaannada?

Waxaa jira baaritaano 2 nooc ah ee COVID-19.

### Baaritaanka caabuqa firfircoon: Helitaanka SARS CoV-2, fayraska keena COVID-19

- Baaritaankani, oo badanaa loola jeedo baaritaanka PCR, ayaa loogu talagalay in lagu ogaado jiritaanka fayraska sababa COVID-19.
- Ujeedada baaritaankan ayaa ah in lagu ogaado bukaanka qaba COVID-19.
- Baaritaanka waxaa lagu samayn karaa muunadaha kala duwan, sida xaakada, cunaha ama hunguriga iyo sanka iyadoo la adeegsanayo dhecaan-qaade. (dheecaan-qaade gala sanka ilaa dhuunta).
- Natijada togan (positive) ee laga helo baaritaankan waxay tahay in qofku qabo COVID-19.
- Natijada diidmada (negative) waxay tahay in fayraska sababa COVID-19 aan laga helin muunada qofka, iyo in COVID-19 uusan ahayn sababta qofka la jirran yahay. Si kastaba ha noqotee, marxaladaha hore ee cudurka COVID-19, waa macquul in fayraska aan la ogaan.
- Qof walba uma baahna in baaritaankan lagu sameeyo. Kaliya dadka leh astaamaha COVID-19 waa in la baaro ..
  - Haddii aad leedahay astaamaha COVID-19, tag Xarunta Mayo Clinic Northwest Clinic COVID-19 goobta aruurinta ee 4111 US-52 North, Rochester, MN si aad isu baarto.

**Natijada PCR-ga ee togan (positive)** ee loo yaqaan 'SARS CoV-2' waxaa loola jeedaa qofku inuu qabo COVID-19.

### Baaritaanka si loo ogaado caabuqa dhow ama kii hore: Helitaanka unugyada difaaca jirka (antibodies) ee SARS

- Baaritaankani sidoo kale waxaa loo yaqaan 'serologic test', wuxuu hubiyaa muunada dhiigga qofka si uu u fiiriyo unugyada difaaca jirka ee SARS CoV-2, fayraska keena COVID-19.

- Unugyada difaaca jirka (antibodies) waxay ku dhashaan haddii qofka cudurku qabay, sidaa darteed natiijada togan (positive) oo ka soo baxday baaritaankan ayaa tilmaamaysa in qofka uu horay ugu dhacay COVID-19.
- Si kastaba ha noqotee, haddii qofka degdeg loo baaray kadib astaamaha cudurka, baaritaanku wuxuu noqon karaa mid aan saxsanayn maxaa yeelay jirku ma helin waqti ku filan oo ku horumariyo kobcinta unugyada difaaca jirka (antibodies).
- Xogta ayaa tilmaameysa inay dadka badankood ku qaadaneysa inta u dhexeysa 8 iyo 11 maalmood horumarinta kobcinta unugyada difaaca jirka ee SARS CoV-2.
- Ilaa iyo hadda lama oga haddii unugyada difaaca jirka ka ilaalin karaan qofka inuu la noolaado fayraska ama ilaa intee jeer unugyada difaaca jirka ee fayruska ilaalin doona qofka.

**Baarista “serologic test”-ga togan (positive) ee SARS CoV-2 macnaheedu waa qofku inuu qabay COVID-19.**

2. Maxaan u sameyn karnaa waayeelka iyo dadka nugul ee ka tirsan beesheena si aan u caawino inta ay jirto faafida cudurka?

- Waxaa jira adeegyo bulsho oo lagu caawini karo dadka da'da ah.. Haddii aad ka welwelsan tahay caafimaadka waayeelka ama kuwa go'doonsan ee bulshasheena, waxay aqbalayaan labadan urur “Intercultural Mutual Assistance Association (IMAA)” iyo “Family Service Rochester (FSR)” gudbinta habsiimo "wicitaannada xaqiijinta".
- IMAA  
Telefoonka: (507) 289-5960  
Saacadaha shaqada: 8:30am-5:00pm, Isniinta ilaa Jimacaha
- FSR  
Telefoonka: (507) 287-2010  
Saacadaha shaqada: 8:00am – 5:00pm, Isniinta ilaa Jimcaha

3. Maxaan sameeyaa haddii aan dareemo ladnaan darro, u baahdo daawo buuxinta, ama la socodka xaalada caafimaad ee joogtada ah?

Si kasta oo ay tahay daryeelkaagu wuxuu u baahan yahay — taageero dareensanaan leh inta lagu jiro faafitaanka cudurkaan, maaraynta dhibaatooyinka caafimaad ee raaga, helitaanka daawo buuxinta, ama walaac caafimaad oo cusub — fadlan wac xafiiska daryeelkaada caafimaadka. Kooxda daryeelkaaga caafimaad ayaa halkan adiga kuu jooga, si ay kuu siiyaan daryeelka aad u baahan tahay.

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

