

Iftiiminta COVID-19 ee RHCP

Daabacaada 3aad

Warbixinta Xaalada (ilaa April 12, 2020)

Olmsted County: 143 qofood ayaa laga helay

Minnesota: 1,621 qofood ayaa laga helay

United States: 525,704 qofood ayaa laga helay

(Tixraac: Wasaarada Caafimaadka ee MN, CDC)

Jooji Faafitaanka

U istacmaal marada daboolka wejiga markaad dhaxjoogtiid meelaha 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.

Su'aalahaada waa Laga Jawaabay

1. Waxaa igu dhacay cudurka COVID-19. Mar kale ma igu dhici karaa?

- Iyadoo lagu saleynayo waxaa hadda la ogyahay - waa maya
- Laakiin, garan mayno muddada ilaalintani ama xasaanad qaadistu ay soconayso.

2. **Ma jirtaa baaris lagu ogaanayo haddii uu kugu dhacay COVID-19?**

- Shaybaarada Mayo Clinic waxay soo saareen baaritaan lagu ogaanayo jiritaanka unugyada difaaca jirka ee u gaarka ah SARS-CoV-2, fayraska keena COVID-19.
- Laakiin, lama oga haddii jiritaanka COVID-19 unugyada difaaca jirka, macnaheedu yahay in qofka uusan weligiis markale ku dhici doonin.

3. **Maxaan sameeyaa haddii xubin reerka ka mid ahi xanuunsado? Ma inaan shaqo imaadaa?**

- Ilaa iyo inta aadan adigu dareemin astaamaha cudurka, ma jiraan wax xayiraad ah oo ku saabsan waxqabadyada, oo ay ku jiraan shaqada, inta aad sugeyso natiijada tijaabada xubinta qoyskaaga.
- Haddii xubin reerka ka mid ahi laga helo cudurka COVID-19, ha aadin shaqada oo la xiriir xafiiska shaqaalaha ee meesha aad ka shaqayso ama adeega caafimaadka shaqada.
- Haddii aad dareento qandho, qufac, neefta oo yaraata, hunguri xanuun, shuban, neefsashada oo ku dhibto, qarqaryo, muruq xanuun, ama urka ama dhadhanka oo aad lumiso, iska baar COVID-19 oo guriga joog.

4. **Maxaan sameyn karaa si aan u dhawro naftayda iyo qoyskayga?**

- Gacmahaaga si joogto ah ugu nadiifi saabuun iyo biyo ama gacmo nadiifiye
- Nadiifi waxyaabaha sida badan adiga ama dadka kale taabanayaan, oo ay ku jiraan taleefanka gacanta iyo kiisaska taleefanka gacanta, gacanta albaabka laga furo iyo furayaasha. Sidoo kale nadiifi sagxadaha sida miisaska jikada iyo waxyaabaha kale.
- Waa macquul inaad iska beddesho dharka shaqada ka hor ama markaad guriga gasho. Si joogto ah dharka ugu dhaq saabuunta caadiga ah. Looma baahna dhaqitaan ama dhar dhaqid gaar ah.
- Haddii aad jiran tahay, guriga joog oo iskuday inaad xaddido xiriirka aad la leedahay dadka kale.
- Hel hurdo kugu filan oo cun cunto caafimaad leh.

- Waxa ugu wanaagsan ee lagu badbaadiyo dadka kale waa adigoo aan booqan weji fool ka fool ah. Laakiin, waxaa muhiim ah inaad la xiriirto ehelkaaga, deriskaaga iyo asxaabtaada adigoo adeegsanaya qaabab dijitalka ah iyo warbaahinta..

5. Miyaan cuntada ka qaadi karaa COVID-19?

- Ma jiraan caddayn hadda jirta oo ah in COVID-19 laga qaadi karo cunta cunnida.
- Taxaddarada aad sameyso marka aad soo iibsaneyso cuntada waxay ka hortegi kartaa faafitaanka:
 - Nadiifi gaariyada iyo dambiihada iibsiga.
 - Ka fogoow 6 cagood dadka kale ee wax ibsanaayo.
 - Ka dib marka aad wax iibsato, ku tuur bacaha meesha qashinka, ku dhaq gacmaha saabuun iyo biyo, oo nadiifi sagxadaha kale.

6. Ma lagu kala qaadi karaa COVID-19 walxaha?

- Daraasadihii ugu dambeeyay waxay muujiyeen in SARS-CoV-2 laga yaabo inay ku faafto sagxadaha ama walxaha ilaa 72 saacadood, laakiin fayruska ugu badan ee dusha sare ee agabka caadiga ah ayaa noqda kuwa aan firfircooneyn (24) saacadood ee ugu horreeya ka dib.
- Waxaa jira caddayn xadidan oo ah walxaha in fayruska ee alaabadaasi gudbiyaan cudurka.

7. Xageen uga heli karaa qoyskeyga cunto lacag la'aan ah?

- Bangiga Cuntada ee “Channel One” ayaa wali ah mid furan. Ka baar <https://www.helpingfeedpeople.org/> si aad u ogaato macluumaadka qaybinta sanduuqa cuntada iyo soo qaadashada.
- Waxaad ka heli kartaa goobaha khaanadaha cuntada laga helo Olmsted County Food Resources adigoo eegaya: <https://coronavirus-response-olmsted-county-mn-gis-olmsted.hub.arcgis.com/app/4e3083d139444f6db35ba93ca055320f>
- Dugsiyada Dadweynaha Rochester waxay leeyihiin cunnooyin loo yaqaan 'Grab and Go' oo carruurta loogu talagalay. https://drive.google.com/file/d/12WlyvwHCoPAU3yE_6xvHXXVR-HsOhcJq/viewLocator site

8. Waxaa jira xubin reerka ka mid ah oo gurigiisa ku nool oo aan awood u lahayn dukaansi. xagee caawimaad uga heli karaa?

- Cunnooyinka loo yaqaan “Meals on Wheels” ayaa sii soconaya. Ka codso Adeegga Qoyska ee Rochester (FSR) <http://familyservicerochester.org/> ama wac (507) 287-2010.
- Caawimaada dukaamaysiga iyo qaadista, codsi u gudbi FSR. Waxaa jira lacag dhan \$ 10 oo khidmo ah

9. Ma inaan wejiga dabooshaa meelaha fagaaraha ah?

- Haa, qof walbaa waa inuu xidhaa maro lagu daboolo wejiga meelaha fagaaraha ama goobaha bulshada, tusaale ahaan dukaamada raashinka.
- Daboolka wajiga waa in la mayraa maalin kasta.
- Muhiim: Isticmaalka daboolida wajiga ma badaleyso kala-fogaanshaha bulshada iyo gacmo dhaqida joogta ah.

10. Yaan laga rabbin inuu xirto marada daboolista wejiga?

- Caruurta ka yar 2 sano; iyo qofkasta oo neefsashada dhib ku qaba, ama miyir la ', tabar daran ama haddii kale aan awoodin inuu daboolka iska qaado caawimaad la'aan.

Adiga, dadka bulshada ka tirsan, waxaad safka hore ugu jirtaan joojinta COVID-19. Adeegso nadaafadda gacanta, nadiifinta iyo fayadhowrka. Kala fageynta bulshada. Adoo guriga jooga.

Kulligeenna arrintan waan ku wada jirnaa. Annagoo mid ah ayaan bogsan doona

