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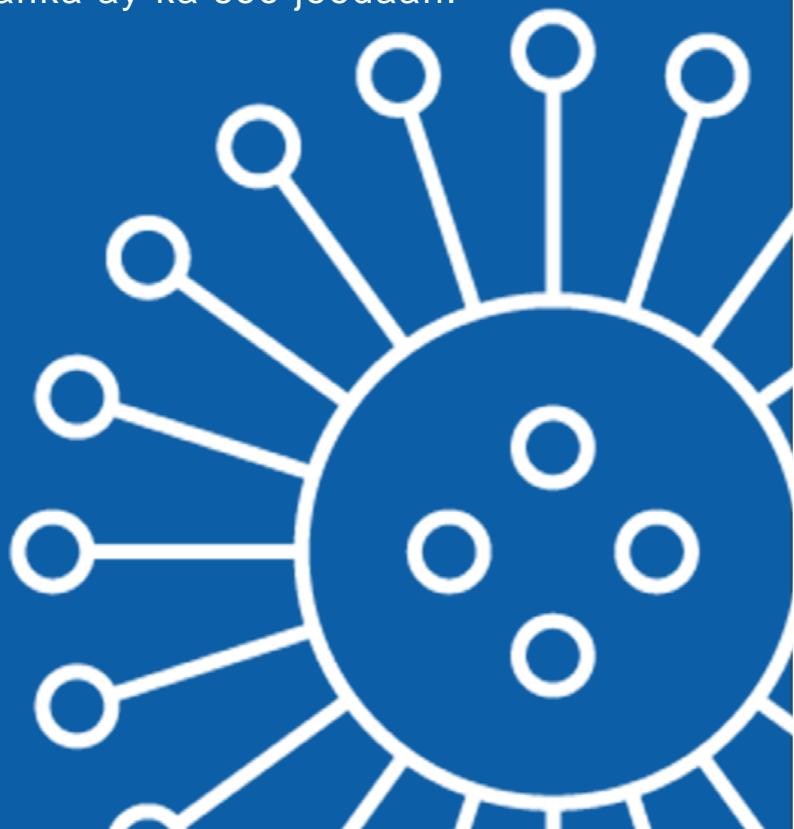


Hagaha koroonafayras (Covid19)

SOMALI

Taladani waxay ku saleysan tahay talobixinta caafimaadka iyo macluumaadka ee NHS waxayna talo u tahay dhammaan dadka ku nool UK, iyadoon loo eegaynin wadanka ay ka soo jeedaan.

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Translated by:



Tusmada

Hagaha koroonafayras (Covid19)

Yaa halis wayn ugu jiro koronafayras

Sida laisku ilaaliyo hadii aad ku jirto halis wayn

Tilmaanta go'doominta ee qoysaska suuragalka ah inay leeyihiin caabuqa koronafayras

Ilaa iyo intee ayaa la raacayaa tilmaanta go'doominta?

Goormaa ayaan la xiriiraa NHS 111?

Sideen ula xiriirayaan NHS 111?

Maxaa dhacaya haddii aan ka walaacsanahay xaaladeyda socdaalka?

Maxaan sameyn karaa oon kaga caawiyaa si loo joojiyo faafinta coronavirus?

Hagaha koroonafayras (Covid19)

Caabuqa COVID-19 waa jiro cusub oo waxyeelayn karta sambabahaaga iyo hawo mareenadaada. waxaa sababa fayras la yiraahdo coronavirus

Qof walba waa inuu guriga joogo inta uu awoodo si gacan looga geysto joojinta faafida koronafayras.

Tani waxaa qayb ka ah dadka da' kasta leh – xitaa haddii aadan lahayn wax astaamo ah ama xaalado caafimaad oo kale.

Waxaad gurigaada uga bixi kartaa:

- Inaad aado dukaamada loo fasaxay inay furnaadaan – si aad u hesho waxyaabaha sida cuntada iyo daawada, iyo si aad u soo qaadato alaabaha onleenka ama taleefoonka lagu dalbaday.
- inaad jimicsi sameyso (ama, hadii aad England joogto, si aad waqtii banaanka ugu qaadato)- adiga oo xaqijinaya inaad 2 mitir u jirsato qof walba oo banaanka gurigaaga jooga
- Baahi caafimaad oo kasta, si aad dhiig u shubto, iskaga ilaalso dhaawac ama xanuun, uga cararto halis waxyeelo, ama si aad daryeel u bixiso ama aad u caawiso qof liita
- Inaad aado oo aad ka soo laabato shaqada – balse kaliya hadii aadan guriga ku shaqeyn karin

Haddii aad leedahay:

- heerkul sare – waxaad dareemeysaa kuleyl markaad taabato laabtaada ama dhabarkaaga
- qufac cusub, oo joogto ah – tan macnaheedu waa inaad billaawday qufac aan kala joogsi lahayn
- dareenkaaga caadiga ah ee dhadhanka ama wax urinta oo kaa dhumay, ama isbedel ku yimid (anosmia) - hadii aadan waxba urin karin ama kuu dhadhameynin, ama waxyaabaha kuugu uraan ama kuugu dhadhamaan si ka duwan sida caadiga ah

waa in aad joogtaa guriga oo aad raacdo [tilmaamaha go'doominta ee qoyska leh caabuqa koronafayraska suuragalka ah.](#)

Isku imaanshaha daweynaha waa la xadiday:

- Hadii aad ku nooshahay **England** iyo **Northern Ireland**, waxaa laidiin oggalaan doonaa inaad ku kulantaan kooxo ilaa iyo 6 qofood dhan oo ka kala yimid qoysas kala duwan.
- Hadii aad ku nooshahay **Wales**, xubnayaasha ka kala socdo laba qoys ayaa si maxali ah u kulmi kara (5 mayl gudaheeda)
- Hadii aad ku nooshahay **Scotland**, xubnayaasha ka kala socdo laba qoys ayaa kulmi kara hadii aysan kooxdiina ka badneyn 8 qofood.
- Isku imaatankan waa inuu ka dhacaa kaliya banaanka ama jardiimada gaarka ah, iyada oo wali la ilaaallinayo kala fogaanshaha bulshada oo lasiku jirsanayo 2 mitir.

Waa muhiim inaad raacdo tilmaamtan, waa lagu ganaaxi karaa hadii aadan raacin.

Booliska, saraakiisha laanta socdaalka, iyo ciidanka xooga dalkaba waxay door ka qaadan karaan dhaqangelinta tillaabooyinka fayo dhowrka caafimaadka, iyo sidoo kale hubinta in cuntada iyo waxyaabaha kale ee daruuriga ah la gaarsiiyo dadka nugul.

Iyada oo ay ugu wacan tahay koronafayraska, iskaa soo xaadirinta xafiiska ee ah shuruuda damiin ku jooga magaalada ee socdaalka ayaa si ku mealgaar ah loo joojiyey. Waxaa farriin qoraal ah laguugu soo diri doonaa faahfaahinta taariikhdaada xigta ee aad isa soo xaadirineyso. Wixii macluumaa dheeri ah ee ku saabsan isbedelada nidaamka magangalyadoonka, ka eeg

halkan:<https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/>

Yaa halis wayn ugu jiro koronafayras

Koronafayraska waxaa aad ula xanuunsan kara qof walba, balse waxaa jira dad halis wayn ugu jira.

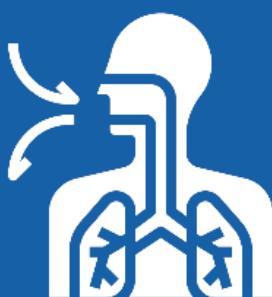
Tusaale ahaan, waxaad halis ugu jiri kartaa koronafayras hadii:



laguugu sameeyay xubin baddelid

aad qaadato noocya gaar ah oo ah
daawada kansarka

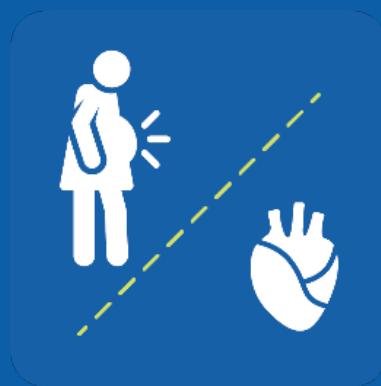
aad leedahay kansarka dhiiga ama
dhuuxa, sida kansarka dhiigga



aad leedahay xaalad sanbab oo
daran, sida cudurka lakala dhaxlo
ee sanbabada iyo dheefshiidka
saameeya ama neefta daran

aad leedahay xaalad suuragal
kaaga dhigeysa inuu caabuq kugu
dhaco

aad qaadato daawo diciifisa
nidaamka awooda jirk aada



aad uur leedahay oo aad qabto
xaalad wadne xanuun oo daran

Haddii aad u maleynaysid inaad kamid tahay qaybahan dadka ee halista wayn kujira oo aadan ka helin warqad kooxda daryeelka caafimaadkaaga Axadda 29ka Maarsa 2020 ama uusan kula soo xiriirin GP (dhakhtarkaaga), waa inaad kala hadashaa walaacaga GP (dhaqtarkaaga) ama dakhtarka isbitaalka.

Hadii aadan lahayn GP, la xiriir DOTW UK si laguu caawiyio: **0808 1647 686** (kani waa lambar bilaash lagu waco) ama iimay ugu dir clinic@doctorsoftheworld.org.uk

Sida laisku ilaaliyo hadii aad ku jirto halis wayn

Hadii aad yeelatay astaamaha cudurka Covid-19 sida qufac, cusub oo aan joogsi lahayn ama qandho, raadso talo caafimaad adiga oo isticmaalaya adeega onleenka karonafayraska ee NHS 111 ama wac NHS 111. Sidan samee isla markaad yeelato astaamaha.

Hadii aad halis wayn ugu jirto inaad aad ula xannuunsato koronafayras, waxaa jira waxyaaba dheeraad ah oo aad sameen karto si aad iskaga ilaalso inuu kugu dhaco.

- Kuwani waxaa kamid ah: inaadan ka bixin gurigaaga – waa inaadan u bixin inaad soo dukaamaysato ama daawo soo qaadato.
 - Hadii aad ku nooshahay **England** iyo **Northern Ireland**, waxaad xooagaha waqtii ah banaanka kula qaadan kartaa xubnayaasha qoyskaada, ama hadii aad kaligaa nooshahay, waxaad la qaadan kartaa hal qof oo qoys kale ka socda – adiga oo dadka kale u jirsanayaa 2 mitir
 - Hadii aad ku nooshahay **Wales**, waxaad banaanka ugu bixi kartaa inaad jimicsi sameyso – adiga oo dadka kale u jirsanayaa 2 mitir
- ha tagin wax isku imaad ah (oo ay ku jiraan kuwa saaxiibada ama qoyska ee meelaha gaarka ah)
- u jirso ugu yaraan 2 mitir (saddex tillabo) dadka kale ee guriga kula jooga inta aad awoodo
- iska ilaali qof kaste oo aan fiicnayn ama muujinaya astaamaha koronafayras

Ka codso saxiibadaada, qoyskaaga ama deriskaaga inay kuu soo qaadaan adeega iyo dawooyinka. Waa inay kuu dhigaan albaabkaaga.

Hadii aad u baahan tahay in lagaa caawiyo in laguu keeno alaabaha daruuriga ah sida cuntada, waxaad isku diiwaangelin kartaa inaad ka hesho kaalmada koronafayraska halkan.

- Hadii aad ku nooshahay **England**: <https://www.gov.uk/coronavirus-extremely-vulnerable>
- Hadii aad ku nooshahay **Northern Ireland**: <https://www.adviceni.net/eform/submit/covid-support-referral>
- Hadii aad ku nooshahay **Scotland**, wac 0800 111 4000
- Hadii aad ku nooshahay **Wales**, waa inaad ka heshaa faahfahinta xiriirarka warqadaada

Ka akhriso tallada dhameystiran ee ku saabsan badbaadinta naftaada haddii aad halis wayn ugu jirto koronafayras bogga GOV.UK. <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Tilmaanta go'doominta ee qoysaska suuragalka ah inay leeyihiin caabuqa koronafayras



Ha aadin shaqada, dugsiga, qaliinada GP, farmashiyaha ama isbitaalka



Isticmaal qalab gaar ah, ama nadiifi isticmaalka kadib



Ka fogoow xiriir dhow inaad la yeelato dadka kale



Ha laguu keeno cunto iyo daawooyin adiga



Ha yeelan soo booqdayaal



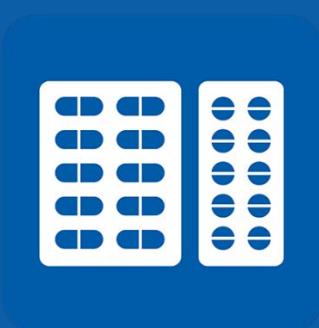
Seexo keligaa, hadday macquul tahay



Si joogto ah u dhaq gacmahaaga



Cab biyo badan



Qaado barastamol si uu kaaga caawiyo astaamahaaga

Dalbo baaritaanka koronafayras isla markaad isku aragto astaamo (waa inaad ku heshaa baaritaanka 5-ta maalin ee ugu horeysa): <https://www.nhs.uk/ask-for-a-coronavirus-test>. Waxaad u baahan doontaa inaad bixiso faahfaahinta xiriirkada oo aad heysato taleefoon shaqeenaya si natijada baaritaanka qoraal ahaan laguugu soo diro.

Wixii macluumaad dheerad ah ka eeg: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Ilaa iyo intee ayaa la raacayaa tilmaanta go'doominta?

- Qof kasta oo leh astaamo waa inuu joogtaa guriga oo uu isgo'doomiyaa ugu yaraan 7 maalmood.
- Haddii aad la nooshahay dad kale, waa inay joogaan guriga oo ay go'odoon galaan ugu yaraan 14 maalmood, si ay uga fogaadaan inay cudurka ku faafiyaa bannaanka.
- Balse, haddii qof jooga gurigaaga uu astaamo yeesho, waa inay joogaan guriga oo ay go'odoon galaan 7 maalmood laga bilaabo maalinta astaamahooda bilaabmeen. Xitaa haddii ay ka dhigan tahay inay guriga joogeen wax ka badan 14 maalmood.
- Haddii aad la nooshahay qof 70 jir ah ama ka weyn, oo uu qabo cudur raaga, uur uu leeyahay ama difaaciisa jirka uu daciifay, isku day inaad u raadiso meel kale oo uu joogo 14 maalmood.
- Haddii ay tahay inaad guriga wada joogtaan, iskuday inaad kala fogaataan inta aad awoodaan.

Goormaa ayaan la xiriiraa NHS 111?

- waxaad dareemeysaa xanuun daran oo aadan sameyn karin wax walba oo aad sameyn jirtay, sida daawashada telefishanka, isticmaal taleefankaaga, aqiska ama sariirta inaad ka kacdo
- waxaad dareemi in aad la qabsan karin astaamahaagu ee guriga
- xaaladaadu weey sii xumaaneysaa
- astaamahaagu ma wanaagsanaanayaan 7 beri kadib

Sideen ula xiriirayaa NHS 111?

Waxaad isticmaali kartaa **NHS 111 qadka intarnetka ee adeega coronavirus**

(<https://111.nhs.uk/covid-19>) si aad u ogaato waxa la sameeyo marka xigta. Haddii aadan isticmaali karin adeegyada qadka waxaad wici kartaa 111 (waa lambar bilaash ah oo la waco). Wuxaan weeydiisan kartaa turjubaanka luuqadaada hooyo.

Maxaa dhacaya haddii aan ka walaacsanahay xaaladeyda socdaalka?

Dadka dibedduha ka yimid ee soo booqday dalka Ingiriiska, oo uu ka mid yahay qof kasta oo oggolaansho la'aan ku nool Boqortooyada Ingiriiska, lagu dallaci maayo kharajka:

- baaritaanka fayraska korono (xitaa haddii baaristu ay muujiso in aadan qabin fayraska korono)
- daaweynta fayraska korono – haddii aad bilowdo daaweynta oo baaris ay muujiso in aadan qabin fayraska korono, waxaa laga yaabaa in lagugu dallaco kharajka daaweyn kasta ee ka-dib marka aad hesho natijada baarista

Looma baahna baaritaanno socdaal haddii kaliya lagaa baarayo ama daaweynayo fayraska korono.

Maxaan sameyn karaa oon kaga caawiyyaa si loo joojiyo faafinta coronavirus?

- Hubi inaad dhaqdo gacmahaaga si joogto ah, adoo isticmaalaya saabuun iyo biyo, ugu yaraan 20 ilbiriqsi
- Raac talada ku saabsan inaad feejignaato oo aad bad-qabto
- Hadii aad awoodo, ku isticmaal maaskarada wajiga meelaha xiran ee ay adag tahay inaad 2 mitir u jirsato dadka aadan la nooleyn, sida gaadiidka dadweynaha ama dukaamada yar yarka ah

Wixii macluumaad dheeri ah:

- Hagitaanka NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Hagitaanka WHO: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>