



canugaaga ma leeyahay calaamadaha COVID-19?

Carruurta badanaa ma laha wax calaamado ah ama waxay leeyihiin keliya calaamado yar ee COVID-19.

Calaamadahee ayaan fiiri gaar ah uga yeeshaa COVID-19 x?

Caadi ahaan, carruurta waxay noqonayaan kuwo daciif ah oo daallan mana ciyaarayaan ama kama qaybgalayaan hawlaha sidii caadada u ahaan jirtay. Calaamadaha kale waxaa kamid noqon kara:

- Qufac qalalan
- Qandho
- Dareemitaanka xanuunka

Waxaa sidoo kale jiri kara calaamadaha neef-mareenka sida dhuun xanuun, hargab, iwm, ama calaamado kale sida shubanka. Dhamaan calaamadahan ayaan daruuri ahayn inay isla waqti wada joogaan.

Maxaan sameeyaa haddii canugayga uu qabo calaamadaha COVID-19?

Haddii canugaaga qabo calaamadaha COVID-19, isaga ama iyadu waa inay guriga joogaan. Xubnaha kale ee qoyska waa inay ka fogaadaan canuga markasta oo ay suurtagal tahay. Fadlan xusuuso in carruurta ay weli u baahan yihiin daryeel jacayl iyo taabashada jirka sida xabad gelinta iyo kolkoolinta, oo ay tani aad uga muhiim santahay ka fogaanshahaaga.

Wac dhakhtarkaaga si aad u hesho qiimeyn iyo u gudbinta baaritaanka haddii aad ka walaacsan tahay xaaladda canugaaga ama haddii uu canugaaga ka yar yahay 2 sano jir. Haddii aadan u baahnayn inaad wacdo dhakhtarkaaga, waxaad ka ballansan kartaa baaritaanka canugaaga coronaproever.dk.

Goorma ayuu canugaaga ku noqon karaa xaruntiisa daryeelka ama dugsiga?

Haddii canugaaga laga helo fayraska cusub ee korona, canuga waa inuu guriga joogo illaa canuga ay calaamadaha ka dhamaanayaan 48 saacadood.

Haddii canugaaga laga waayay fayraska cusub ee korona-, canugaaga wuxuu ku laaban karaa xaruntiisa xannaanada carruurta amadugsiga markuu canuga bogsado oo uu uga qaybqaadan karo hawlaha sidii caadiga ahayd.

In muddo ah kadib infekshinka neef-mareenka, waa iska caadi in carruurta ay yeeshaan qufac yar. Haddii canuga u muuqdo mid caafimaad qaba oo wanaagsan, isaga ama iyadu waxay ku laaban karaan xarunta daryeelka canuga ama dugsiga xitaa haddii isagu ama iyadu ay weli qabaan qufac yar oo ah calaamada kaliya ee harsan.



Miyay tahay in canugayga laga baaro COVID-19?

Way adkaan kartaa in la kala ogaado in canugaaga uu qabo hargab, COVID-19 ama infekshan kale oo ku dhaca neef-mareenka. Baaritaanka wuxuu muujinayaa inuu yahay COVID-19 iyo in kale.

Haddii aadan ka shakisanayn inuu canugaaga qabo COVID-19, waxaad dooran kartaa inaad canugaaga baarin. Xaaladaas oo kale, waxa ugu muhiimsan ayaa ah in canuga guriga joogo illaa inta uu ka bogsanayo.

Haddii dhowr xubnood oo qoyska ka mid ah ay xanuunsan yihiin ama ay bukoodaan, dadka waaweyn ayaa taa beddelkeeda la baari karaa, maadaama xubnaha isku qoyska ah ay inta badan yeeshaan cudur isku mid ah.

Haddii aad ka shakisan tahay in calaamadaha canugaaga ay noqon karaan COVID-19 ama haddii isaga ama iyadu ay tahay in la baaro, waxaad wici kartaa dhakhtarkaaga.