

# FADLAN KA HA KEENIN ARDAYDA XANUUNSAN DUGSIGA

Liiska hoos ku qoran wuxuu bixinayaa tilmaamaha dugsiga ee ma aha talo caafimaad. Fadlan kala xiriir daryeel bixiyahaaga caafimaadkaaga walaac caafimaad. Qof kasta oo ka shakiyo COVID-19 waa inuu guriga joogaa 14 maalmood.



## CALAAMADAHA CUDURKA



## ARDAYGA WUXUU SOO NOQON KARAA KADIB...

(Liiska hoose wuxuu muujinayaa waqtiga ugu yar ee guriga la joogi karo. Ardaygu wuxuu u baahanaan karaa inuu guriga usii joogo muddo dheer xanuunnada qaar.)

Qandho: heer kul 100.4 ° F ama ka badan



Qandho ku qaban 24 saacadood adigoon qaadanin daawada qandhada yareysa IYO kadib marka lagaa helo COVID-19 AMA 10 maalmood iyadoon aan la baarin.

Xanuun qufac oo cusub AMA Neefsashada oo dhib ku ah



Calaamado la'aan 24 saacadood IYO oo COVID-19 laga waayo AMA 10 maalmood haddii aan la baarin. Haddii lagaa helo xiiq-dheer (xiiq-dheer), ardaygu waa inuu qaataa 5 maalmood oo ah antibiyootig ee loo qoray intaanu soo noqon.

Madax xanuun leh qoor adkaato ama leh qandho



Calaamado la'aan AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga. Raac tilmaamaha qandhada haddii qandho jirto.

Shuban: 3 saxaro oo jilcan ama biyo ah maalintii ama aan awoodin xakameeyn karin dhaqdhaqaaqa caloosha



Calaamado la'aan 48 saac AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.

Matag: mar ama in ka badan oo la sharraxi karin



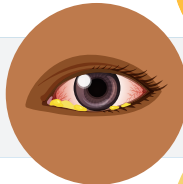
Calaamado la'aan 48 saac AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.

Finan maqaarka ah ama nabarro furan



Calaamado la'aan, finankii yaryaraa tirmeen AMA nabarro qallalan ama gebi ahaanba lagu dabooli karo faashad AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.

Indho casaan ah oo leh dheecaan: jaalle ama bunni ah oo indhaha ka soo baxa



Calaamado la'aan, taas oo macnaheedu yahay casaan iyo dheecaan la'aan AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.

Cagaarshow: midab jaalle ah oo cusub indhaha ama maqaarka



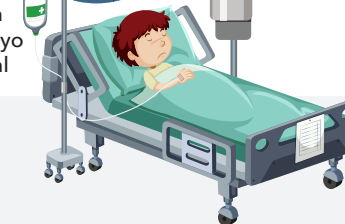
Ka dib marka dugsigu helo amar dhakhtarka ee u socda kalkaalisada dugsiga.

U dhaqma si ka duwan sabab la'aan: hurdo aan caadi ahayn, murugo ama wareersan



Calaamado la'aan, oo dabecada caadi noqoto AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.

Dhacdo caafimaad oo weyn, sida jirro joogto ah 2 ama toddobaadyo ka badan AMA joogitaan cisbitaal



Ka dib marka dugsigu helo amar dhakhtarka ee u socda kalkaalisada dugsiga.

Xaaladda caafimaad ee ardayga ayaa u baahan daryeel ka badan daryeel ta shaqaalaha dugsigu si ammaan ah u bixin karaan

Kadib markii talaabooyin loo diyaariyay amaanka ardayga.