

BARNAAMIJKA SAHMINTA ARDAYGA EE GURIGA

Waalidka iyo Musuuliyiinta: Wadashaqayntaadu aad bey muhiim ugu tahay caawinta in ardaydeena, shaqaalaheena iyo bulshada dugsiyadeena caafimaadkooda amaan laga dhigo. Dugsiga ardaygaagu wuxuu leeyahay maamulo adag iyo xannibaadyo jira si looga caawiyo kahortagga hordhaca iyo gudbinta cudurka. Fadlan ka hubi ilmahaaga maalin kasta calaamadaha soo socda:

Astaamaha Aasaasiga ah

- Qandho gaareyso 100.4 ° F ama ka badan
- Qarqaryo
- Qufac
- Neefta oo ku qabata ama neefsashada oo ku adkaata
- Dhadhanka iyo urta oo ka tagto

Astaamaha Aan Aasaasiga aheyn

- Madax xanuun
- Lalabbo ama mattag
- Shuban
- Caajis (daal)
- Dhuun xanuun
- Muruq / jir xanuun
- Cabur ama sanko oo dareera

Haddii ilmahaagu qabo mid ka mid ah Calaamadaha Aasaasiga ah ee kor ku xusan:

- Ilahaaga guriga ku haay oo yaanu aadin dugsiga.
- Tixgeli in ilmahaagu u baahan yahay inuu arko daryeel bixiye caafimaad iyo inuu helo suurtagalnimada baaritaanka COVID-19. [Coronavirus Self Checker](#) waa aaladda internetka ee CDC oo kaa caawin karta inaad go'aan gaarto goorta aad raadineyso baaritaanka iyo daryeelka caafimaadka.
- La xiriir dugsiga ilmahaaga. Fadlan la wadaag astaamaha cunuggaagu ku dhacayo. Dugsigu wuxuu weydiin karaa xoogaa su'aalo dheeri ah si looga caawiyo go'aaminta goorta ay nabdoon tahay ilmahaagu inuu ku laabto dugsiga.

Haddii ilmahaagu qabo mid ka mid ah Astamaha Aan Aasaasiga Ahayn ee kor ku xusan, fadlan raac tilmaamaha "Fadlan Ka Fogee Ardayda Xanuunsan Dugsiga" (fiiri lifaaqa).

Haddii cunugaaga laga helay COVID-19 ama uu xiriir dhow la leeyahay qof laga helay COVID-19:

- Cunugaaga ku hay guriga
- U sheeg dugsiga ilmahaaga

* Xiriirka dhow waxey ku qeexday CDC qof kuu jira 6 cagood oo qaba cudurka kula joogay 15 daqiiqo ama ka badan muddo 24-saac ah laga bilaabo 2 maalmood ka hor intaan cudurku bilaabmin (ama, bukaanka astaamo la'aan, 2 maalmood kahor baaritaanka) ilaa waqtiga bukaanku la go'doominaayo.

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.



CALAAMADAHA CUDURKA



ARDAYGA WUXUU SOO NOQON KARAA KADIB...

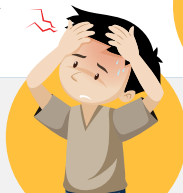
(Liiska hoose wuxuu muujinayaa waqtiga ugu yar ee guriga la joogi karo. Ardaygu wuxuu u baahanaan karaa inuu guriga usii joogo muddo dheer xanuunnada qaar.)

Qandho: heer kul 100.4 ° F ama ka badan



Qandho ku qaban 24 saacadood adigoo 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



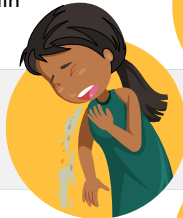
Calaamado la'aan 24 saacadood IYO oo COVID-19 laga waayo AMA 10 maalmood haddii aan la baarin. Haddii lagaa helo xiiq-dheer (xiiq-dheer), ardaygu waa inuu qaataa 5 maalmood oo ah antibiyootig ee loo qoray intaanu soo noqon.

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



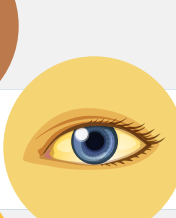
Calaamado la'aan 48 saac AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.

Matag: mar ama in ka badan oo la sharraxi karin



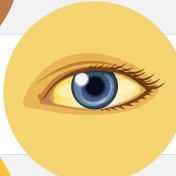
Calaamado la'aan 48 saac AMA amarrada dhakhtarka ee u socda kalkaalisada dugsiga.

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 dugsiga si ammaan ah u bixin karaan

Kadib markii talaabooyin loo diyaariyay amaanka ardayga.