

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 5 maalmood iyadoon aan la baarin.

Xanuun qufac oo cusub AMA Neefsashada oo dhib ku ah



Astaamaha ayaa soo hagaagaya kadib muddo 24 saacadood ah IYO hagitaan kasta oo ku aaddan calaamadaha COVID-19 ee aasaasiga ah. Haddii laga helo xiiq-dheer (qufac, jixdheer), ardaygu waa inuu qaataa 5 maalmood oo ah antibiyootig ee loo qoray intaanu dugsiga kusoo 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



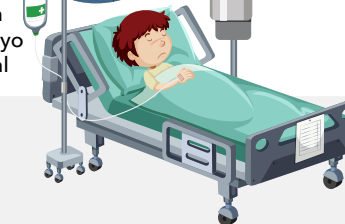
Ka dib marka dugsigu helo amar dhakhtarka ee u socda kalkaalisada dugsiga.

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.