

WAXA AAD U BAAHAN TAHAY
INAAD OGAATGO

BAARITAANKA CUDURKA COVID-19

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SIDEE BAARITAANKA LOO SAMEEYAA?

Dadka doonaaya in la baaro waa inay marka hore wacaan dhakhtarkooda. Waqti xaadirkaan, dadka qaba calaamadaha COVID-19, sida qandho, qufac, ama neef yarida ayaa muhiimada la siinaaya.

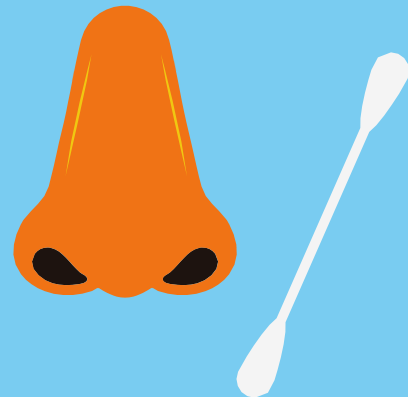


BOOQASHADA DHAKHTARKA

Dadka waxaa xaaladooda qiimaynaaya dhakhtarkooda si toos ah ama dhanka taleefanka si looga fiirsho astaamaha COVID-19 sida (qandho, qufac, neef yaraan). Ayadoo la raacaayo tasmada baaritaanka ee Washington State Department of Health (Waaxda Caafimaadka ee Gobalka Washington), Adeeg bixiyaha daryeelka caafimaadka ayaa go'aaminaaya haddii baaritaanku qasab yahay.

DHEECAANKA SANKA AYAA LA BAARAA

Haddi dhakhtarku go'aansho in baaritaanka COVID-19 loo baahan yahay, dhakhtarka ayaa qaadaaya dheecaanka sanka ama u tilmaamaaya bukaanka sida uu naftiisa u baaraayo.



DHEECAANKA SANKA AYAA LOO DIRAYAA SHAYBAADHADA

Kiishada baarista oo uu la socdo dheecaanka sanka laga qaaday ayaa kadib loo dirayaa shaybaadhka si loo baaro.



JAWAABTA SHAYBAADHKA AYAA LAGUSOO CELINAYAA BUKAANKA

Haddii natiijada baaritaanku muujiyo in qofku qabo fayriska, natiijooyinka baaritaanka ayaa loo dirayaa waaxda Public Health (Caafimaadka Dadweynaha)-Seattle iyo King County.



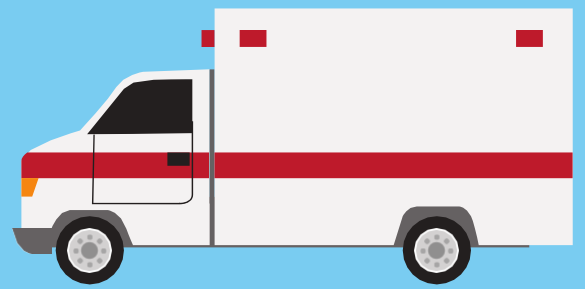
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SIDEE AYAAN KU HELAYAA BAARITAANKA?

Marka koobaad, baaritaanka waxaa kaliya diirada lagu saarayaa dadka leh astaamaha fayriska. Haddii aad leedahay astaamaha cudurka COVID-19, sida aad ku helayso baaritaanka ayaa ku xiran qofka aad tahay. Dadka muhiimada koobaad leh, sida shaqalaha gurmada degdega ah, shaqaalaha caafimaadka, iyo dadka ku nool meelaha jamaacaadku dagan yihiin sida hooyada iyo xrumaha dadka daryeelka mudada dheer la siiyo dagan yihiin, ayaa leh meelo gaar ah oo lagu siiyo baaritaanka si ka badan bulsho waynta kale sabab la xariirta khatarta dheeraadka ah ee ay ugu jiraan cudurka.

SHAQAALAH GURMADKA DEGDEGA AH

Shaqaalaha gurmada degdega ah, sida saraakiisha booliiska iyo shaqaalaha adeega gurmada degdega ah ee caafimaadka, waa inay la hadlaan sarkaalkooda caafimaadka haddii ay isku arkaan astaamaha COVID-19. Qorshayaal gaar ah ayaa loo samaynayaa baaritaanka degdega ah si shaqaalaha gurmada degdega ah ay shaqada ugu laabtaan si dhakhso ah.



SHAQAALAH DARYEELKA CAFIMAADKA

Shaqaalaha daryeelka caafimaadka waa inay la hadlaan adeegyadooda shaqaalaha caafimaadka ama dhakhtarkooda haddii ay dareemaan astaamaha cudurka COVID-19, kaasoo u diyaarinaaya baaritaanka.

DADKA KU NOOL AMA KA SHAQEEYA MEELAH DADKA BADAN JOOGAAN

Dadka ku nool ama ka shaqeeya xarumaha dadku ku badan yahay ee khatar badan ku jira, sida xarumaha daryeelka mudada dheer ama adeegyada dadka hooy la'aanta ah, ayaa leh adeegyada caafimaadka oo gaar ah oo ka caawin kara dadka qaba astaamaha COVID-19 inay helaan baaritaan iyo taageero amaan ah.



DADKA XANUUNSAN

Haddii aadan kamid ah ahayn kooxahaan aadna isku aragto astaamaha cudurka COVID-19, fadlan wac dhakhtarkaaga. Xataa haddii dhakhtarkaagu uusan samaynayn baaritaanka, waxay kaala hadli karaan astaamahaaga waxayna kaa caawin karaan helitaanka baarista iyo daryeelka aad u baahan tahay.

Xogtaan sawirada ah waxaa la abuuray Abriil 7, 2020. Xogta ayaa isbadeli karta. Wixii xog dheeraad ah, booqo webseetkeena COVID: www.kingcounty.gov/covid. Haddii aad qabto su'aalo la xariira COVID-19, turjumaano ayaa u diyaarsan Xarunta Wicitaanka la xariira Coronavirus ee King County. Si aad u codsato turjumaan, wac 206-477-3977.