

Maadaama aad tahay qofka taageerada ee la cayimay, waxaad muhiim u tahay caafimaadka jireed iyo maskaxeed ee qofkaaga. Waxaad sidoo kale door muhiim ah ka qaadataa badbaadada qof kasta oo goobta jooga.

Waxa aad ku sameyso bannaanka xarunta daryeelka caafimaadka waxay kordhin kartaa halista ku faafinta COVID-19 halkaan iyo bulshada.

Haddii aad khatar sare ugu jirto u baylihidda COVID-19, waxaa muhiim ah in la fahmo halista qaadiinta qofkaaga, bukaannada kale, deggenyaasha, iyo shaqaalaha, iyo sidoo kale kuwa qoyskaaga ka tirsan iyo kooxahaaga.

Buug-yarahaan wuxuu sharraxayaa howlaha iyo dabecadaha aad ku qiimeyneysid gaarista halistaada gaarka ah iyo faafinta COVID-19.

**Sidoo kale fiiri buug-yaraha Ogow Doorakaaga Inta lagu jiro COVID-19 oo dadka taageerada loo cayimay.**

Si loo yareeyo faafitaanka COVID-19, Alberta Health Services (AHS) waxay xaddiday tirada dadka soo galaya goobaheena.

AHS ayaa laga yaabaa inay badelaan gelitaanka taageerada lagu cayimay ogeysiin gaaban gudaheed. Booqo [ahs.ca/visitation](https://ahs.ca/visitation) si aad u hesho wargelinta ugu dambaysa.

Shaqsiyaadka tallaalan ayaa weli looga baahanyahay inay raacaan dhammaan tallaabooyinka caafimaadka dadweynaha, oo ay ku jiraan kala fogaanshaha jireed, maaskaraha, sharuudaha gooniyeynta iyo karantiilka, iyo sidoo kale baaritaanka COVID-19 ee dhameystiran gelitaanka kahor.

Isticmaal kaamirada qalabka mobeelka si aad ugu xirantid si toos ah warbixinta ku saabsan:

[COVID-19 Self-Assessment for Albertans \(Is-Qiimeynta COVID-19 ee loogu talloagalay aalada dadka reer Alberta\)](#). Ku dhameystir onleenka kahor intaadan imaanin goobta daryeelka caafimaadka.



[Tip Sheet for Designated Family/Supports during COVID-19 Pandemic \(Xaanshida Tallada ee loogu talloagalay Qoyska/Taageerooyinka Loo cayimay inta lagu jiro Cudurka safmarka COVID-19\)](#). Hab dhaqamada badqabka ee lagu illaalinayo caafimaadka qof walba.



[Staying Connected: Virtual Support and Visitation \(Ku xirnaanshaha: Booqashada iyo Taageerada Onleenka ah\)](#). Tallooyinka lagu go'aansanayo haddii lagu booqanayo bukaan qof ahaan ama onleen ahaan.



[Current guidelines, restrictions and resources \(Hagista hadeer, xadevnada iyo illaha\)](#) ee loogu talloagalay booqashada goobaha daryeelka caafimaadka.



# Ogow Halistaada Inta Lagu jiro COVID-19

(Know Your Risk During COVID-19)

Dadka Taageerada La Cayimay



## Ogow halistaada u baylahnaantaada aan la garanayn

**(Know your risk of unknown exposure)**

Kahor intaadan galin xarun caafimaad, tixgeli halistaada u baylahnaanta COVID-19 inta lagu jiro 14 kii maalmood ee la soo dhaafay, si loo go'aamiyo haddii laga yaabo inaad rabtid inaad daahisid booqashadaada.

## Si halista u yaraato, waa inaad buuxisaa dhammaan shuruudaha soo socda:

**(To be low risk, you must meet all of the following criteria:)**

- Waxaad ka shaqo gashaa guriga, ama ma shaqeysid ama waxaad ku nooshahay aaga gaarista sare ee COVID-19 (ama la nooshahay qof u baylahan).
- Adiga, dadka aad la nooshahay iyo kooxdaada joogteeyay ka fogaanshaha jireed oo u xirtaan maaskarooyin sida looga baahanyahay xadeynada goboleedka hadeer.
- Maadan yeelan dad ka baxsan kooxdaada ee gurigaaga.
- Si joogto ah ayaad gacmahaaga u dhaqdaa ama u jeermis-dhishaa.
- Waxaad u baxdaa wixi lagama maarmaanka ah keliya.
- Ma taageereysid ama kuma booqanaysid dadka kale goobo kala duwan isla maalin.
- Uma aadan safrin ama kama aadan soo safrin gobollo ama wadamada kale.



## Waxaad halis sareyso ugu jirtaa COVID-19 haddii howlahaaga ee waqtiga 14 kii maalmood ee la soo dhaafay ay ku jiraan:

**(You are at a higher risk of COVID-19 if your activities in the past 14 days include:)**

- Ka shaqeynta ama ku noolaanshaha tiro badan ama uu ka dillaacay COVID-19 (ama la noolaanshaha qof qaba).
- Ka shaqeynta ama dhaxgelida banaanka gurigaaga ee ah meelaha kala-fogaanta jireed iyo xirashada maaskaraha aan si joogto ah loo ilaalinayn.
- Aadan joogteyneynin ka fogaanshaha jireed ama si joogto ah u xiraneysid maaskaro markaad la joogto dadka kale ee ka baxsan gurigaaga.
- Aad ku yeelatid dad ka baxsan kooxdaada ee gurigaaga.
- Isticmaalida gaadiidka dadweynaha ama gawaarida la isla kiraysto ee meelaha kala-fogaanta jireed iyo xirashada maaskaraha aan si joogto ah loo ilaalin.
- Aadan si joogto ah u dhaqeynin ama u jeermis dileynin gacmahaaga.
- Booqashada bukaanada ama dagayaasha oo goobo kala duwan oo isla maalinta ah
- Aad u safreysid ama ka imaanaysid gobolada ama wadamada kale.



Haddii aad ku jirtid halis sareyso, fadlan tixgeli booqashada onleenka ama u xilsaarayo qof kale.

## Si loo ilaaliyo naftaada iyo qofka aad jeceshahay inta aad ku dhex jirtid xarunta, waxaan kaaga baahanahay inaad:

**(To protect yourself and your loved one while inside of a facility, we need you to:)**

- Dhameystir baaritaanka caafimaadka markii aad galeysid goobta, oo ay ku jiraan wargelinta haddii aad qabtid:
  - Qandho, qufac, neefsashada oo yaraato, dhuun xanuunka ama sanko diifsan
  - Laga helay baaritaanka COVID-19 14 kii maalmood ee la soo dhaafay ama
  - Laga baaray COVID-19 oo waxaan sugaynaa natiijooyinka.
- Raac taxadarada oo dhan sida ay shaqaalaha iyo dhakhaatiirta fareen.
- Si joogto ah ugu xiro maaskarada lagugu siiyo goobta sankaga iyo afkaaga.
- Yaree banaan u bixidda.
- Dhaqo ama jeermisdiil gacmahaaga markii aad soo galeysid ama ka tageysid goobta iyo qolka bukaanada, iyo markii aad gashaneysid ama iska bixineysid maaskarahaaga.
- Xiro calaamada aqoonsiga qoyska/taageerada.

Haddii aad wax su'aalo ah ama walaac ah qabtid, fadlan la hadal xubin kasta oo ka tirsan kooxda daryeelka caafimaadkaaga.