

Qof kasta oo jooga xarun kasta waxaa suurtagal ah inuu keeno ama qaado COVID-19. Hadba kororka tirada dadka soo gala, ayay halistana korortaa.

Si loo yareeyo halista, qoyska /kaaliyeyaasha la cayimay, bukaannada, degganeyaasha, shaqaalaha iyo dhakhaatiirta waxay u baahan yihiin inay wada shaqeeyaan.

Kaalintaadu waa lama huraan laakiin looma baahna had iyo jeer inay ahaato fool-ka-fool. Kahor intaadan imaan goob, fadlan tixgeli waxyaabaha soo socda:

- ❖ Nooca taageerada qofka aad jecshahay u baahan yahay.
- ❖ Ma buuxin kartaa baahidooda adoo onlaynka kala xiriiraya beddelkeeda?
- ❖ Haddii aad imaanaysid, waa goorma waqtiga kuugu habboon ee aad imaan karto xarunta; intee jeer iyo muddo intee le'eg?
- ❖ Sideed u yareyn kartaa tirada iyo muddada booqashooyinkaaga?
- ❖ Ma yareyn kartaa tirada dadka loo aqoonsaday inay yihiin taageero la cayimay?

Sidoo kale eeg buug-yaraha Baro Halistaada inta lagu gudajiro COVID-19.

Haddii aad u malaynayso inaad leedahay astaamo, buuxi [Is-Qiimeynta Onlaynka ah ee COVID-19 ee reer Alberta](#) kahor intaadan imaan goobta.



Wixii macluumaad badqab oo dheeraad ah, eeg [Xaanshida Tilmaamaha AHS ee Qoyska/Taageerada La Cayimay inta lagu gudajiro COVID-19](#).



Wixii macluumaad ah ee ku saabsan taageerooyinka Onlaynka ah eeg: [Ku Xirnaanta Teknolojiyada](#).



Ka eeg bogga mareegta ahs.ca/visitation dhigaalada taageerada/qoyska la cayimay iyo xaddidaadaha goobta ee laga yaabo inay dhaqangalaan.



Qoyska/ Kaaliyeyaasha La Cayimay (Designated Family and Support Persons)

Ogow Doorakaaga Inta lagu gudajiro COVID-19 (Know Your Role During COVID-19)

Maadaama aad tahay qoyska/kaaliyaha la cayimay waxaad door muhiim ah ka ciyaareysaa badqabka, istareexa iyo soo kabashada bukaanada iyo dagganeyaasha. Qoyska/kaaliyaha la cayimay... (As a designated family/support person you play an important role in the safety, comfort and recovery of patients and residents. A designated family/support person...)

- ❖ Waa qof bukaanka ama degganuhu u aqoonsaday inuu yahay taageero muhiim u ah fayyo-qabkiisa.
- ❖ Waa qof bukaanka/deggunuha doonayo inuu ku lug yeesho arrimahiisa caafimaad.
- ❖ Wuxuu noqon karaa qaraabo, mas'uul sharci ah, lammaane soke, saaxiib dhow, ama daryeel-bixiye rasmi ah ama aan rasmi ahayn.
- ❖ Si loo yareeyo faafitaanka COVID-19, Alberta Health Services waxay xaddiday tirada dadka soo galaya xarumaheena. La xiriir kooxdaada daryeelka caafimaadka iyo goobta si aad u go'aamisotilmaamaha hadda jira.

Qoyska/tkaaliyaha la cayimay waxay bixiyaan... (Designated family/support persons provide needed...)

- ❖ Macluumaadka ay u baahan yihiin kooxda caafimaadka ee ku saabsan bukaanka ama degganaha.
- ❖ Taagerada loo baahanyahay ee fayyo-qabka maskaxeed ee bukaanka iyo degganaha.
- ❖ Caawimaada looga baahanyahay quudinta iyo socodka.
- ❖ Caawimaada looga baahan yahay daryeelka shakhsiyeed sida nadaafadda, dhar dhaqidda, iyo alaabada loo baahan yahay.
- ❖ Caawimaada wadaxiriir ee loo baahan yahay ee bukaanka ama degganaha qaba cilladaha maqalka, aragga, hadalka, garashada, garaadka ama xusuusta.
- ❖ Caawimaada ay baahan yihiin dadka naafada ah.
- ❖ Caawimaada looga baahan yahay xakamaynta shucuurta iyo dabeecadaha.
- ❖ Caawimaada looga baahan yahay gaaridda go'aanada daryeelka, kala-guurada iyo qorshooyinka.

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:)

- ❖ Marto baaritaan caafimaad kahor intaadan galin goobta. Fadlan daacad ka noqo xaaladaada.
- ❖ Raac taxaddarrada oo dhan sida ay shaqaalaha iyo dhakhaatiirta faren.
- ❖ Si joogto ah ugu xiro maaskarada lagugu siiyo goobta sankaa iyo afkaaga.
- ❖ Yaree dhex socodka xarunta oo dhan.
- ❖ Ku dhaqan nadaafadda gacanta markaad galayso/ka baxayso qolka qofka aad jeceshahay; galayso/ka baxayso xarunta; iyo kahor iyo kadib taabashada maaskaradaada.
- ❖ Xiro aqoonsiga qoyska/kaaliyaha la cayimay.

Haddii aad qabtid su'aalo ama walaacyo, fadlan la hadal xubin kasta oo ka tirsan kooxda daryeelka caafimaadka.

