

Qof walba ee soo galaa xarunta wuxuu halis gelinayaa inuu keeno gudaha ama banaanka geeyo COVID-19. Hadba sida dadka soo galayo u badanyihiin, ayay halista u korortaa.

Si loo yareeyo halista, dadka taageerada loogu talloagalay, bukaannada, degayaasha, shaqaalaha iyo dhakhaatiirta waxay u baahanyihiin inay wada shaqeeyaan.

Doorakaaga waa muhiim, laakiin laga yaabo inaan marwalba loo baahan inaad u joogto qof ahaan. Kahor intaadan imaanin aaga, fadlan la hubi kooxda daryeelka caafimaadka:

- Haddii baahiyada bukaanka ama dagaha la buuxin karo iyada oo aan goobta la tagin; miyaad kula xiriiri kartaa onleen ahaan badelkii?
- Waa goormee waqtiga ugu wanaagsan ee aad joogi karto goobta; intee jeer iyo illaa intee?
- Miyaad yareyn kartaa tirada waqtiyada aad booqatid goobta?

Xadeynada goobta dheeraadka ah ayaa muhiim noqon karto iyadoo ku xiran xaalada dilaaca COVID-19 (oo ay ku jiraan Noocyada ka duwan ee Walaaca), sharuudaha lagu xadeynayo tirada guud ee dadka taageerada loo cayimay ee waqtiga la siiyay aaggiiba/qeybtiiba, sidoo kale sida caqabadaha ka fogaanshaha jireed.

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

Sidoo kale fiiri buug-yaraha Ogow Halistaada Inta Lagu jiro COVID-19 ee dadka taageerada loo cayimay.

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 \(Ku ximaanshaha: Booqashada iyo Taageerada Onleenka ah\)](#). Tallooyinka lagu go'aansanayo haddii lagu booqanayo bukaan qof ahaan ama onleen ahaan.



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



Ogow Doorakaaga Inta Lagu jiro COVID-19

(Know Your Role During COVID-19)

Dadka Taageerada La cayimay





Qofka taageerada bukaanka ama dagaha loo cayimay ayaa noqon karo:

- Qaraabo, lamaane dhow ama saaxib dhow
- Masuulka sharciga ah
- Daryeel bixiyaha rasmiga ah ama aan aheyn

Waxaad ka qaadataa door badqabka, caafimaadka iyo ka soo kabsiga bukaanka ama dagaha sida qof ay:

(You play a role in the safety, health and recovery of a patient or resident as someone they:)

- U aqoonsadeen sida muhiim inuu u yahay faydada qabkooda.
- Rabaan inay ku lug yeeshaan arimahooda caafimaadka.



Dadka taageerada la cayimay ayaa ku caawiyo:

(Designated support persons assist with:)

- Siinta warbixin kooxda daryeelka caafimaadka ee ku saabsan bukaanka ama dagaha.
- Taageerida faydada qabka maskaxda ee bukaanka ama dagaha.
- Quudinta ama dhaqaajinta bukaanka ama dagaha.
- Daryeelka shaqsigaa sida nadaafada, dhar dhaqida iyo alaabaha loo baahanyahay.
- Kula xiriirida bukaanka ama dagaha qabo curyaanimada maqalka, muuqaalka, hadalka, garashada, cagliga ama xasuusta.
- Sharciyeynta dareemaha iyo dabeecadaha.
- Go'aamo gaarista daryeelka, ku meelgaarada iyo qorshooyinka.

Si loo illaaliyo nafsadaada iyo qaraabadaada adiga oo ku jiro gudaha xarunta, waxaan kaaga baahannahay inaad:

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

- Dhameystirto baaritaanka COVID-19 markii aad galeysid goobta, oo ay ku jiraan wargelinta haddii aad qabtid:
 - Qandho, qufac, neefsashada oo yaraato, dhuun xanuunka ama sankaa diifsan
 - Laga helay baaritaanka COVID-19 14 kii maalmood ee la soo dhaafay ama
 - Laga baaray COVID-19 oo waxaan sugaynaa natiijoyinka.
- Raac taxadarada oo dhan sida ay shaqaalaha iyo dhakhaatiirta fareen.
- Marwalba xiro maaskaro ee lagu bixiyay goobta ee dhaafsan sankaa iyo afkaaga.
- Ku har qolka bukaanka marka aad aaga joogo.
- Dhaqo ama jeermisdil gacmahaaga markii aad soo galeysid ama ka tageysid goobta iyo qolka bukaanka, 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.