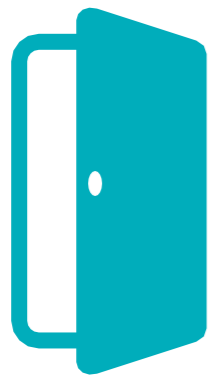


Sida loo daryeelo bukaan qaba cudurka COVID-19 oo guriga jooga (How to care for a COVID-19 patient at home)



Haddii ay marnaba suuragal tahay, iskuday inaad xaqiijiso in qofka xanuunsan uu leeyahay qolka jiifka iyo musqul asaga u gaar ah.

Waa inaysan marti imaan guriga.



Ha u dhawaan qofka xanuunsanaya, ilaa inta badan ee suuragalka ah.



Ha u ogolaan in qofka xanuunsanaya diyaariyo cuntooyinka dadka kale, xaqiijina in qofka xanuunsan uu adeegsado aaga cunto diyaarinta oo gaar ah ama uu ugu yaraan cuntadiisa karsadaa xili gaar ah, ayadoo la dhaqaayo dhammaan meelaha uu taabtay kadib.



Ka dheeroow inaad wadaagtaan alaabta guriga sida weelka, galaasyada cabitaanka, koobabka, maacuunta cuntada, shukumanada iyo barkimooyinka.

Si joogto ah u dhaq gacmahaaga, adoo ku dhaqaaya saabuun iyo biyo.



Si joogto ah u nadiifi dhammaan oogoooyinka, gaar ahaan gacanada albaabka, handaraabada albaabka, qasabadaha bilyaha, musqusha, iyo alaabta kale ee aadka loo taabto.



U sheeg dadka ehelka ah inay daboolaan qufacooda iyo hindhisadooda ayagoo adeegsanaaya dhudhunkooda, oon ku daboolayn gacantooda, ayna raacaan anshaxa wanaagsan ee neefsiga mar kasta.



Iska fiiri astaamaha cudurka oo booqo ahs.ca/covid si aad u samayso qiimayn iskaa ah si aad u go'aansato inay tahay in lagaa baaro cudurka COVID-19.