

Digniin (Alert)

Dadka kasoo laabta socdaalka (Returning travellers)

Dhammaan dadka reer Alberta ee kasoo laabta meel ka baxsan Canada waa inay naftooda karantiimeeyaan ilaa 14 maalmood, xataa haddii ay fayyo qabaan.

Haddii aad isku aragto astaamaha cudurka – qufac, qandho ama neefta oo ku dhibta – joog guriga oo wac Health Link 811 si aad u hesho tilmaamo iyo baaris. Ha aadin ER ama xafiiska dhakhtarka. Wac 911 haddii aad qabto xaalad caafimaad oo degdeg ah.

Sida loo karantiimeeyo naftaada: (How to self-isolate:)

Raac tilmaamahaan karantiimaynta shaqsiga ah:

- Ka dheeroow inaad u dhawaato dadka kale, gaar ahaana dadka waayeelka ah iyo dadka qaba cudurada raaga iyo kuwa difaacooda jirku liito.
- ha aadin shaqo, dugsiga, munaasabadaha bulshada ama aagaga bulshadu iskugu timaado.
- Iska fiiri astaamaha sida qandhada, qufaca ama dhibaataada dhanka neefsiiga.
- Wac Health Link 811 si lagu baaro hadaad isku aragto wax kamid ah astaamaha.

Dadka dibada u socdaalaaya (Departing travellers)

Ayadoo uu cudurka COVID-19 aduunyada aad ugu faafay, hadda suuragal maaha in la qiimeeyo khataraha caafimaadka inta lagu jiro safarada caalamiga ah.

Inaad banaanka Canada u baxdo laguma talinaayo waqti xaadirkaan.

Taariikhdiis hore: MAARSO 13-2020

alberta.ca/covid

