

# COVID-19: Taageerada qoska & booqashada bukaanada & dadka deegaanka (COVID-19: Family support & visitation of patients & residents)

## Isbitaalada (Hospitals)

Miyaad ka fikiraysaa taageerada ama booqashada bukaanka isbitaalka ku jira? (Thinking of supporting or visiting a patient in a hospital?)

Bukaanku waxay magacaaban karaan laba Ruux oo Gaar ah oo Qoyska/Taageerada inta la dhigayo bukaanka isbitaalka ee xarunta daryeelka daran. Dadka Gaarka ah ee Qoyska/Taageerada waxaa magacaaba bukaanka waxaana ay ku lug leeyihiin daryeelka ilaa inta bukaanku doonayo, iyaga oo ay iska kaashanayaan kooxda daryeelka.

Hadii qolka bukaanku uu wayn yahay oo la kala fogaan karo, waxa aad mar kaliya wada boogan kartaan bukaanka. Hadii aanu waynayn, markiiba mid ayaa booqanaya.

*Hooyada* – hadii ay ansixiyaan kooxda daryeelku, dadka kale taageerada ah sida waalidka masuulka ah ama shaqaale ayaa boogan kara kuwaas oo ka dheeraad ah labada Ruux ee Gaarka ah ee Qoyska/Taageerada. Dadka soo booqanaya waadhka dhalmada waa inay noqdaan 14 sano jir ama ka wayn yihiin.

*Dhaqaatiirta carruurta* – Labo shakhsi ayaa noqon karaa Dadka Gaarka ah ee Qoyska/Taageerada. Carruurta ka hooseyso da'da 14 looma ogola inay booqdaan waqti walba.

Miyaan u soo raaci karaa saaxiib ama cid qoyskayga ah waaxda xaalada degdeg ah, xarunta

daryeelka degdega ah ama daryeelka ambalaaska? (Can I accompany a friend or loved one to an emergency department, urgent care centre or ambulatory care?)

Bukaanada way magacacabn karaan hal Qof oo loo Xilsaaray Qoyska/Qof Taageero ah inuu iyaga la joogo inta uu ambalaaska la socdo, xaalada degdeg ah ama adeegyada daryeelka degdega ah ee xarumaha AHS.

Dhammaan dadka taageerada ah waa inay ka weynaadaan da'da 14. Haddii aad booqaneysid Alberta Children's Hospital ama Stollery Children's Hospital, dhamaan dadka waa inay ahaadaan 14 sanno jir ama ka weyn.

Waxaa jira xaalada ayna suurto gal ahayn in jidh ahaan ay kala fogaadaan dadku aaga xarunta caafimaadka dhaxdeeda taas oo aan suurto gelinaynin inuu joogo Qofka Gaarka ah ee Qoyska/Taageerada ahi. Markan oo kale, shaqaalaha ayaa u sheegi doonaa arrintaas bukaanka iyo qofka qoyskiisa/taageerada ah, oo waxa ay kala hadli doonaa ikhtiyaaro ku salaysan baahida bukaanka.

Miyaad ka fikiraysaa taageerada ama booqashada bukaanka isbitaalka ku dhinta? (Thinking of supporting or visiting a patient dying in hospital?)

Dhammaan dadka loo arko inay ku jiraan aakhirka

noloshooda waxa ay la joogi kara Qofka Gaarka ah ee Qoyska/Taageerada ah ilaa inta uu u baahdo. Haddii qolka weyn yahay oo ku filanyahay ilaalinta ka fogaanshaha bulsheed/jir ahaaneed, ilaa laba shakhsi ayaa la ogolaan karaa. In kasta oo ayna jirin xadidaad tirada shakhsiyaadka guud ahaan soo booqan kara, booqashooyinka waxaa loo baahan ahay inay habeeyaan kooxda daryeelka iyo goobtu. In kasta oo ay adag tahay in lala joogo qofku marka uu gaadho gunaanadka noloshiisa, waxaa guud ahaan loo yaqaan lixda todobaad ee ugu danbeeya noloshooosa.

## Waa maxay shuruucda taageerada & booqashadu? (What are the rules on supporting & visiting?)

Si aad u taageerto oo aad u booqato bukaan ama qof deegaanka ah waa inaad:

- Ahaataa Ruux Gaarka ah ee Qoyska/Taageerada ah, waa inaad xidhataa aqoonsiga Taageerada Qoyska Gaarka ah.

- Caafimaad qabtaa.
- Tahay 14 sano jir iyo wixii ka wayn AMA uu kula socdaa qof wayni (18 sano jir ku jira xarumaha daryeelka socda). **Dhakhtarka Caruurta (Alberta Children's Hospita iyo Stollery Children's Hospital)**, caruurta ka yar 14 sano jirka looma ogola inay soo booqdaan.
- Waxa aad buuxisaa shaybaadhka caafimaadka ee hore marka aad soo galayso xarunta.
- Waxa aad xidhnaataa waji gashad sanku iyo afkaba aad ku xidhan tahay.
- Waxa aad joogtaa qolka bukaanka ilaa inta ugu badan ee macquulka ah oo waxa aad yaraysaa dhax socsodka xarunta.
- Sameeyaan nadaafada gacanta (dhaqida gacmaha iyo/ama isticmaalida jeermisdilaha gacmaha) marka ay galayaan ama ka baxayaan xarunta iyo marka ay galayaan ama ka baxayaan qolka bukaanka.
- Aynan keenin xayawaan booqashada marka laga reebo eeyaha dadka u adeego.

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## Daryeelka Sii Socda: (Continuing Care:)

Miyaad ka fikiraysaa taageero ama booqasho dadka dhax degan meesha daryeelka socda? (Thinking of supporting or visiting a resident in continuing care?)

Degayaasha goobahaan waxay ku jiraan halisweyn haddii ay qaadaan COVID-19, markaa qaab amaan ah oo booqasho ayaa loo baahan yahay.

Wixii booqashooyinka gudaha ah:

Cid kasta oo degan ama go'aan qaate kale oo kastaa waxay igman kartaa ilaa laba Ruux oo Gaar ah oo Qoyska/Taageero ah (ka wayn 18 jir) kuwaas oo daruuri u ah ilaalinta caafimaadka maskaxda iyo jidhka.

Booqdayaasha dheeraadka ah ayaa soo booqan kara xaalado gaar ah oo ay ku jiraan dhamaadka noloshu, xaalad isbadal caafimaad ah ama xaalado

kale oo adag (sida, mushkilada dhaqaale ama sharci, qoys).

Wixii booqashooyinka banaanka ah:

Ilaa shan ruux, oo ay ku jiraan dadka deegaanka, ayaa ka qayb geli kara booqashooyinka banaanka, hadii uu waafaqsan yahay xeerka goobta iyo talaabooyinka caafimaadka shacabka.

**Miyaan booqan karaa saaxiib ama qaraabo sii dhimanaysa inta ay ku jirto xarunta daryeelka? (Can I visit a friend or loved one who is dying while in continuing care?)**

Dhamaan dadka loo arko inay ku jiraan aakhirka noloshooda waxa ay la joogi kara Qofka Gaarka ah ee Qoyska/Taageerada ah ilaa inta uu u baahdo. Joogitaankooda waa in lagala shaqeeyaa kooxda daryeelka oo ay muujinaysaa baahiyaha bukaanka iyo Ruuxa Gaarka ah ee Qoyska/Taageerada ah.

Dad/booqadayaal kale oo taageero ayaa soo booqan kara ilaa inta booqashadooda marka hore goobta/xaruntu ay sii qorshaysay.

Caruurta ka yar 18 jirka waxay soo booqan karaan iyaga oo ay la socdaan qof wayni.

Haddii qolka weyn yahay oo ku filanyahay ilaalinta ka fogaanshaha bulsheed/jir ahaaneed, in kabadan sadex booqdayaal ayaa la ogolaan karaa mar kaliya.