

Su'aalaha Soo Noqnoqda (FAQs) ee COVID-19 ee Dadweynaha (novel Coronavirus (COVID-19) FAQs for Public)

Waxaa soo saartay Emergency Coordination Centre (ECC) ee AHS

DIB LOO EEGAY Juun 26, 2020

Fadlan la socio: dadaal walba ayaa loo sameeyaa inay macluumaadka ahaado mid sugan goor waliba; si kastaba ha noqotee, si aad u hesho macluumaadka ugu sugan hadda ee xaaladda Alberta, fadlan booqo www.alberta.ca/covid19.

Haddii aad shaqaalaha daryeelka caafimaadka ka tahay Alberta, fadlan booqo www.ahs.ca/covid.

Maxaa ka socda gudaha Alberta? (What's happening in Alberta?)

Alberta waxaa wali laga helayaa dad qaba cudurka COVID-19. Wixii xisaabta kiisaska hadeer iyo warbixin dheeraad ah oo loogu tallogalay reer Alberta, booqo www.alberta.ca/covid19.

Waa maxay fayraska korona (COVID-19)? (What is novel coronavirus (COVID-19)?)

- Fayrasyada korona waa qoyska ballaran ee fayrasyada. Qaar kamid ah fayrasyada korona waxay sababaan jirooyinka neefsashada ee dadka, ayagoo u dhaxeeya qabowiyada qafiifka caadiga ah iyo ilaa hargab xun. Qaarkood ayaa ku asiibo xayawaanada kaliya. Marar dhif ah, fayrasyada corona ee xayawaanada ayaa ku dhici kara dadka, si intaas kasii yarna, ayay cuduradaan iskaga dhex faafi karaan dadka dhexdooda markay isku dhawaadaan.
- COVID-19 waxa loo yaqaan cudurka fayrasyada korona. Cudurka fayraska korona waa nooc cusub oo fayrasyada ee aan horay loogu aqoonsan aadanaha.
- Tani waxay la micna tahay in dadka u lahayn difaac la dagaalama, oo malahan tallaaf gaar ah ama daaweyn.

Waa maxay astaamaha COVID-19? (What are the symptoms of COVID-19?)

- Astaamaha ugu caansan ee COVID-19 waxaa ku jiro:
 - Qandho
 - Qufac cusub ama qufac raago oo ka sii daro
 - Neefsashada yaraata oo cusub ama ka sii dareyso ama neefsashada oo adkaato
 - Dhuun xanuun
 - Diif sanka kasocda
- Astaamo Dheeraad ah oo COVID-19 waxaa ku jiri karo:
 - Sanka diif ka socoto
 - Xanuun markaad laqaysid ah
 - Madax xanuun
 - Qarqaryo
 - Murqo ama xubno xanuunka
 - Dareemida inaad wanaagsaneyn guud ahaan, ama daal cusub ama daal daran
 - Aastaamaha caloosha (lalabada, mataga, shubanka ama lumitaanka aan la sharaxin ee cunista)

- Lumitaanka dareenka urta ama dhadhanka
- Indho bararka, caadi ahaan loo yaqaan sida indha daafka
- Inta badan dadku (ku dhawaad 80%) way kasoo bogsadaan xanuunkan ayagoon u baahan daawayn gaar ah. Hase yeeshee, wuxuu keeni karaa xanuun aad u daran. Dadka waayeelka ah, iyo dadka qaba dhibaatooyinka kale ee caafimaadka ayaa aad ugu dhow inay ku dhacaan xanuun halis ah, oo ay ku jirto.
 - Neefsashada adkaato
 - Burunkiito
 - Waxaa jira khatar ah inay dhintaan dadka aadka ugu xanuunsada cudurka.
- Iyada oo aan weli wax ka baraneyno wax ku saabsan COVID-19, xanuunka daran ayaa u muuqdo inay ku dhashaan dadka waayeelka ah ama qabo xaaladaha caafimaadka jiray, sida:
 - Dhiig karka sareeyo
 - Cudurka wadnaha iyo/ama sambabka
 - Kansarka
 - Sonkorta

Sidee ayuu COVID-19 ugu faafaa qof-ba-qof? (How is COVID-19 spread from person-to-person?)

- COVID-19 wuxuu ku gudbaa dhinaca faafida qof-ba-qof oo:
 - Dhibcaha, sida qufaca ama hindhista, hadalka, qosolka iyo heesida
 - Taabashada sheeyada ama sagxadaha qaadsan, kadib taabashada indhahaaga, sankaan ama afka.
- COVID-19 ma ahan kuwa hawada ka dhasho kumana faafi karaan dhinaca hawada oo dhinaca baaxadaha ama waqtiyada dheer, sida jadeecada. Daraasado ayaa soo jeedinayo in fayruska guud ahaan kaliya ku noolaado saacado sagxada, oo suurto gelin karto inuu ku noolaado dhoor maalmood sida quseyso xaaladaha ku haboon.
- Dadka qabo COVID-19 way ku faafin karaan dadka kale ka hor inta aysan bilaabin inay dareemaan jiro ama xitaa haddii aysan marnaba yeelan astaamo. Si kastaba, halista ugu sareeyso ee faafida COVID-19 waxay ka imaataa dadka qabo aastaamaha sida qufaca ama sanko oo diifo.

Yaa khatarta ugu badan ugu jira inuu aad ugu xanuunsado cudurka COVID-19? (Who is most at risk for becoming very sick with COVID-19?)

- Inkastoo inta badan dadka uu ku dhaco cudurka COVID-19 ay dareemayaan xanuun fudud, dadka qaar ayaa aad ugu jiran kara cudurka. Dadka waayeelka ah iyo dadka xanuunada caafimaad qaba sida dhiig karka, sonkoroowga, xanuunada wadnaha, iyo xanuunka sanbabada ayaa u muuqda inay khatar wayn ugu jiraan inay aad ugu bukoodaan cudurka.

Waa maxay talooyinkaaga ku aadan dadka difaacooda jirku liito, qaba neefta ama khatarta wayn ugu jira inay xanuun xun ka qaadaan sababo kale oo caafimaad awgood? (What are your recommendations for people who are immune compromised, have asthma or at high risk of severe illness for other medical reasons?)

- Guriga jooga. Hadda waa waqtigii aad guriga joogi lahayd aadna ka dheeraan lahayd la kulanka dadka iyo u bixida meelaha banaanka ah ee aan muhiimka ahayn.
- Haddii ay qasab tahay inaad guriga ka baxdo, xaqiiji inaad raacdo hanaanka ku haboon [ka fogaanshaha jirka](#). Ku xiro maaskaro bulshada markii ay kugu adagtahay inaad joogteysid ka fogaanshaha jir ahaanta 2 miitir ah oo marwalba. [Maaskarooyinka](#) waa in loo isticmaalaa sida dheeraad ku ah tallaabooyinka kale ee caafimaadka bulshada si loo xadeeyo faafida.
- Raac hab dhaqamada loogu taliyay illaalada ku aadan dhammaan jirooyinka neefsahada:
 - [Dhaq gacmahaaga](#) adiga oo isticmaalayo marsashada alkulada ku saleysan ama saabuun iyo biyo diiran oo dhaq ugu yaraan labaatan ilbiqisi.
 - Ka dheerow ku taabashada indhahaaga, sankaa iyo afkaaga gacmahaaga oodan dhaqin.

- Ka fogow taabashadaa dadka xanuunsan.
- Nadiifi oo daawada jeermiska mari meelaha dushooda aadka loo taabto.
- Markii aad jirantahay, [ku dabool qufacaaga iyo hindhistaada garabkaaga](#), oo kadib dhaq gacmahaaga.
- Wac 911 haddii aad si wayn u xanuunsanayso aadna u baahan tahay daryeel caafimaad oo degdeg ah.

Sidee ayaa loo daaweeyaa COVID-19? (How is COVID-19 treated?)

- Inta badan dadka qaba jirooyinka qafiifka ah iskood ayay u boqsadaan. Inkastoo aysan jirin daawooyin gaar u ah COVID-19 waqtigaan, daryeelka taageerada ayaa loo isticmaalay in lagu daaweeyo dadka qabo COVID-19. Nidaamka caafimaadka Alberta waxaa u suurto galeyso inay siiyaan daryeel wax ku oo ah dadka ku dhacay jirooyinka halista ah ee COVID-19.

Maxay ku kala duwanyihiin oo u dhaxeeyo COVID-19 iyo hargabka? (What is the difference between COVID-19 and influenza?)

Qaababka qaar, COVID-19 wuxuu la midyahay hargabka:

- Labadaba COVID-19 iyo hargabka waxay ku sababaan cudurka neefsashada dadka qaado.
- Labadaba waxay u faafaan iska mid, iyadoo raaco dhibcaha yaryar ee sanko iyo afka ka imaanayo.
- Midkood kuma faafo hawada oo muddo dheer iyo waqtiyo, si ka duwan cudurka sida jadeecada.

Waxaa jiro farqi weyn oo u dhaxeeyo COVID-19 iyo hargabka:

- Hadda ma hayno tallaaf gaar u ah ama daaweyn loogu tallo galay COVID-19. Tallaaf cusub oo hargabka ayaa la hormariyaa sannad walba si looga illaaliyo hargabka noocyada ugu dambeeyo.
- COVID-19 wuxuu sababaa jiro daran in kabadan inta hargabku sababo. Dhimashada la qiyaasay ee kiisaska COVID-19 waxay ku xirantahay waxyaabo badan, laakin isku celcelis waxay u dhaxeeyaan qiyaastii 3 - 4 dhimasho 100 kii qof oo uu ku dhacaba. Is barbardhiga, hargabka xilliyeedka wuxuu dilaa 1 qof 1000kii qofba.
- Sababtoo ah COVID-19 wuxuu sababi karaa jirooyinka halista noocaas ah, waa muhiim in laga illaaliyo faafida iyada oo lagu haynayo dadka qufacayo ama qandhan guriga oo ka fog dadka kale.

Ma jiraan talaalo looga hortago cudurka COVID-19? (Are there vaccines to prevent COVID-19?)

- Maya wali. Cilmi baaris badan ayaa hadda socda si loo abuuro talaal, laakiin waxay qaadan kartaa muddo dheer ka hor intaan la helin talaal lana aqbaloo in Canada laga isticmaali karo.

Sidee ayaan naftayda iyo qoyskayga uga difaaci karaa cudurka COVID-19? (How can I protect myself and my family from COVID-19?)

- Hubi inaad ku dhaqantid [ka fogaanshaha jir ahaan](#) ku haboon. Ku xiro maaskaro bulshada markii ay kugu adagtahay inaad joogteysid ka fogaanshaha jir ahaanta 2 mitir ah oo marwalba. [Maaskarooyinka](#) waa in loo isticmaalaa sida dheeraad ku ah tallaabooyinka kale ee caafimaadka bulshada si looga xadeeyo faafida.
- Raac isla hab dhaqamada lagu taliyay illaalada ku aadan dhammaan jirooyinka neefsahada:
 - [Dhaq gacmahaaga](#) adiga oo isticmaalayo marsashada alkulada ku saleysan ama saabuun iyo biyo diiran oo dhaq ugu yaraan labaatan ilbiqisi.
 - Ka dheeroow ku taabashada indhahaaga, sankoaga iyo afkaaga gacmahaaga oodan dhaqin.
 - Ka fogow taabashadaa dadka xanuunsan.
 - Nadiifi oo daawada jeermiska mari meelaha dushooda aadka loo taabto.

- Haddii aad jiratid, waa inaad joogtaa guriga oo aad ku dhameystirtaa aalada Qiimeynta Onleenka ee COVID-19 si aad u aragtid haddii ay tahay in lagu baaro.

Goorma ayay tahay inaan aado isbitaal? (When should I go to the hospital?)

- Wac 911 haddii aad si aad ah u xanuunsato aadna u baahan tahay daryeel caafimaad oo degdeg ah.
- Haddii aadan u baahnayn daryeel caafimaad oo degdeg ah ama aad u malesyay inaad qabtid COVID-19, waxaad wici kartaa dhaqtarkaaga ama 811 oo qiimeynta caafimaadka onleenka ah iyo gudbinta.

BAARITAANKA COVID-19 EE ALBERTA (COVID-19 TESTING IN ALBERTA)

Ma in la iga baadhaa cudurka COVID-19? (Should I be tested for COVID-19?)

- Baaritaanka COVID-19 waxaa hadda loo heli karaa reer Albertan, xittaa haddii aysan laheyn astaamo.
- Dhameystir qiimeynta onleenka iyo [ku ballanso baaritaankaaga onleen](#) maanta.

Goorma ayaa sharci ahaan layga baahanyahay inaan isgooniyeeyo iyo goorma ayaa ah inaan is gooniyeeyn aniga oo sugayo natiijooyinka baaritaankeyga COVID-19? (When am I legally required to isolate and when do I not have to isolate while waiting for my COVID-19 test results?)

- Baaritaanka COVID-19 wuxuu ogaadaa haddii fayraska ku jiro sankaga ama dhuunta. Waa muhiim inaad fahamsantahay waxa la sameeyo adiga oo sugayo natiijooyinka baaritaanada, iyo waxa ay la micna tahay haddii baaritaankaaga COVID-19 lagaa helo ama lagaa waayo:
- **Waxaa sharci ahaan lagaaga baahanyahay inaad is gooniyeeyso haddii:**
 - baaritaanka laga helo COVID-19;
 - aad qabtid qufac, qandho, neefsashada oo yaraata, sankaga diifsan, ama dhuun xanuun oo aan **la xiriirin** jirooyinka horay u jiray ama xaalada caafimaadka;
 - aad u dhawaatay 14 kii maalmood ee la soo dhaafay qof qabo COVID-19; AMA
 - aad u safartay meel ka baxsan Canada gudaha 14 kii maalmood ee ugu dambeysay.
- Xittaa haddii aan sharci ahaan lagaaga rabin inaad is gooniyeeyso, waa inaad guriga joogtaa markii aad la xanuunsantahay jiro walba, illaa astaamaha dhammaadaan.
- Wixii warbixin dheeraad ah, fiiri [hagitaanada is-gooniyeeynta](#).
- **Looma baahno inaad is gooniyeeysid haddii:**
 - aad qabtid **no** astaamaha jirooyinka, oo **aysan** ku gaarin qof qabo COVID-19 oo **aadan** u safrin meel ka baxsan Canada iyo 14 kii maalmood ee la soo dhaafay;
 - aad sugaysid natiijooyinka oo aadan laheyn astaamo markii lagu baaray oo aadan astaamo laheyn hadda;
 - aad qabtid astaamaha jirooyinka **la xiriiri** jirooyinka jiray ama xaalada caafimaadka, oo aanan cusbeyn; lagaa waayo COVID-19 oo aadan laheyn astaamaha jirooyinka oo aad u dhawaatay qof qabo COVID-19;
 - lagaa waayo COVID-19 oo aad qufac qabtid, qandho, yaraanshaha neefsashada, sankaga diifsan, ama dhuun xanuunka ee **la xiriiri** jirooyin horay u jiray a,a xaalada caafimaadka.

Aan hadda helay natiijada baaritaanka oo la iga helay COVID-19. Maxaan sameeyaa? (I just received a positive COVID-19 test result. What do I do?)

- Haddii aad la kulantay/qabtid astaamo iyo natiijada baaritaankaaga oo COVID-19 laga helay, waxaa **sharci ahaan lagaaga** baahanyahay [inaad is gooniyeeyso 10 maalmood](#) oo ka bilaabaneyso markii astaamahaaga bilowdeen iyo illaa astaamahaaga ka dhammaadaan (si kastoo u dheeraato).
- Haddii aadan la kulmin wax astaamo ah, laakin baaritaankaaga laga helay, waxaa si **sharci ah** lagaaga baahanyahay inaad [isgooniyeeyso](#) 10 maalmood oo ka bilaabaneyso taariiqda lagu baaray; taariiqdaan

way isbadeleysaa haddii aad yeelatid astaamo inta lagu jiro muddada 10 kaan maalmood. Waxaa tilmaamo ku siinayo Public Health.

- [Is gooniyeynta](#) waxay ka caawisaa ka hortaga faafida COVID-19 iyada oo la yareynayo fursada fayraska ugu faafin lahaa dadka kale.
- Waainaad joogtaa guriga – haka tagin gurigaaga ama haka qeybgelin shaqada, dugsigaa, dhacdooyinka bulshada ama usu imaansho walboo bulshada ah, in aad u baahantahay caawin caafimaad ma'oyee:
 - Wac 911 haddii aad si aad ah u xanuunsato aadna u baahan tahay daryeel caafimaad oo degdeg ah. Ogeysii iyaga inaad qabtid COVID-19.
 - Haddii aadan u baahneyn daryeelka caafimaadka oo degdeg ah, waxaad soo wici kartaa bixiyaha daryeelkaaga caafimaadka ama 811 oo qiimeynta caafimaadka onleenka ah.
- Ka fogow u dhawaanshaha dhow ee dadka kale, oo ay ku jiraan xubnaha qoyska, iyo gaar ahaan waayeelada iyo dadka qabo xaalada raaga ama nidaamyada difaaca jirka liito.
- U dhaq gacmahaaga had iyo jeer si fiican, dabool qufacaagaaga iyo hindhisadaada, iska ilaali wadaagista waxyaabaha guriga ku yaal oo u nadiifi, jeermis-dil si sagxadagaha sida joogtada ah loo taabto loona wadaago.
- Waxaa kula soo xiriiri doona Public Health wixii macluumaad iyo tilmaam ah.

Waxaan helay natiijada baaritaanka aan laga helin (taban) COVID-19. Maxaan sameeyaa? (I just received a negative COVID-19 test result. What do I do?)

- Haddii aadan laheyn astaamaha jirada, OO aadan taaban kiis la garanayo ee COVID-19 AMA aadan ka soo laaban safarka banaanka ee Canada oo gudaha 14 maalmood, uma baahnid inaad [is gooniyeysid](#). Sii wad inaad raacdid aadaabta neefsi wanaagsan iyo nadaafada gacmaha oo wanaagsan, iyo hab dhaqanka [ka fogaanshaha jir ahaanta](#).
- Haddii aan lagaa helin laakin aad u dhawaatay qof laga helay COVID-19 ama aad ka soo laabatay safar ka baxsan Canada waa inaad weli [is gooniyeysaa](#) 14 maalmood buuxo oo u dhawaanshahaagii ugu dambeeyay ee qofka laga helay, ama ka bilow maalin aad ku soo laabatay Canada.
- Xasuuso: natiijada baaritaankaaga waxaa loogu talloagalay xilligaa iyada ah kaliya. Kuuma sheegeyso haddii aad qabtid COVID-19 ka hor, oo ma qiyaasto haddii uu kugu dhacayo mustaqbalka. Waxaad u baahaneysaa inaad sii wadid inaad raacdid tallaabooyinka caafimaadka bulshada, sida [ka fogaanshaha jir ahaanta](#) iyo nadaafada gacmaha, xittaa haddii baaritaankaaga aan laga helin.
- Haddii uu kugu dhaco astaamo cusub, [is gooniye](#) oo qaado is-qiimeynta onleen [ee COVID-19](#), ama ka soo wac Health Link 811 wixii tallo dheeraad ah.

Muxuu sheegaa baaritaanka astaamo la'aanta ah reer Albertan? (What does the testing of asymptomatic Albertans reveal?)

- Baaritaanka wuxuu kaliya oo go'aansan karaa haddii qofka qabo COVID-19 waqtiga baaritaanka, xitaa haddii aysan astaamo laheyn. Baaritaanka si lagu kalsoonaan karo uma sheegi karo in qofka horay u qabay COVID-19. Sidoo kale ma qiimeyn karo difaaca COVID-19. Natiijooyinka waxaa lagu bixinayaa, taleefon ahaan, oo dhoor maalmood gudahood ah oo baaritaanka ka bilaabaneyso. Ka taxadar in qof walba oo aan astaamo qabin markii laga helo COVID-19 waxaa si sharci ah looga baahanyahay inuu is gooniyeeyo 10 maalmood kadib markii muunada laga qaado. Dadka u dhow dadka baaritaanka laga helay waa inay sidoo kale is gooniyeeyaan. AHS waxay dhameystireysaa dabagalka Public Health oo xaalado walba ah iyo u dadka ka ag dhow.

Maxay tahay inaan sameeyo haddii aan qabo astaamaha cudurka aana aaminsanahay inaan qabo COVID-19? (What should I do if I have symptoms and think I have COVID-19?)

- Waa INAAD [is gooniyeysaa](#).

- Booqo www.ahs.ca/covid si aad u samaysato balan si aad u heshid COVID-19. Haddii aad isticmaali karin intarneetka, soo wac [811](tel:811) si aad ugu qabatid ballan onleen ah shaqsiyaadka oo rabo in la baaro.
- Fadlan ha booqan isbitaal, xafiiska dhakhtarka, shaybaar ama xarunta daryeelka caafimaadka adiga oo aan la tashan dhaqtarkaaga ama Qadka Caafimaadka (811) marka hore.
 - Soo wac 911 haddii aad u baahantahay caawinta caafimaadka oo degdeg ah. U sheeg inaad qabi karto cudurka COVID-19.
 - Haddii aadan u baahneyn daryeelka caafimaadka oo degdeg ah, waxaad soo wici kartaa bixiyaha daryeelkaaga caafimaadka ama 811 oo qiimeynta caafimaadka onleenka ah iyo gudbin.

Miyay sharuudaha baaritaanka COVID-19 isbadashay? (Did the criteria for COVID-19 testing change?)

AHS waxay sii waday inay dib u eegto sharuudaha baaritaanka ee Alberta si ay u muujiso kartida sheybaarka baaritaanka, iyo xaalada isbadeleyso ee safmarka COVID-19. Qeybahaan way isbadeli kaaran isbuucyada xiggo iyo billaha sida cudurka safmarka isku badelo.

- Laga bilaabo Maajo 29, dhammaan reer Albertan waxay u qalmi doonaan baaritaanka COVID-19, astaan hala haadeen ama yaysan lahaan. Baaritaanka wuxuu ahaanayaa si balamaysan, kaas oo si sahlan loogu diyaarsan karo iyada oo la booqanayo www.ahs.ca/covid. Haddii aad isticmaali karin intarneetka, soo wac [811](tel:811) si aad ugu qabatid ballan onleen ah shaqsiyaadka oo rabo in la baaro.
- Tani waxay ka dhigan tahay in dagenayaasha astaamaha leh iyo kuwa aan laheyn ee aagagga dhammaan Alberta inay hadda u qalmaan baaritaanka.
 - Xubnaha bulshada way sii wadi karaan isticmaalida [aalada qiimeynta onleenka](#) ee loo dhisay.
- Fadlan ogow in qof walba oo qufacayo, qandhan, ku gaaban neefsashada, ku adag neefsashada, sankaa diifsan, ama dhuun xanuunka aan la xiriirin jirooyinka horay u jiray ama xaaladaha caafimaadka si sharci ahaan ayaa loogu baahanyaahay in la [is gooniyeeyo](#). Si kastaba, shaqsiyaadkaan WAA la ogolyahay in guriga looga tago inay baaritaan u imaadaan, oo xigtay [jaheynta](#) lagu tilmaamay ka dhaafida dadka la karantiilay iyo la gooniyeeyay oo u baahan baaritaanka COVID-19 ama daryeelka adag oo xaaladaha caafimaadka jirtay ama daryeelka xaaladaha degdega.

Maxay AHS u badashay shuruudaha baarista? (Why did AHS change the testing criteria?)

- Inta lagu jiro baaritaankaan la balaariyay, waxaan heleynaa sawir cad oo sida wanaagsan tallaabooyinkeena caafimaadka ee bulshada ay ka shaqeyneyso COVID-19. Warbixintaan waxay muhiim u tahay caawinta ku jaheyneyso hormar dheeraad ah oo dib u bilaabida Alberta.
- Qeybahaan way isa sii badeli kartaa isbuucyada xiggo iyo billaha si ay u muujiso safmarka isbadelayo.

Haddii aad u baahato baaritaan, maku heli karaa natiijooyinka garaacaha tooska? (If I require testing, can I receive my results by autodialer?)

- Dhammaan reer Alberta oo laga baaray COVID-19 waxay haystaan iqtiyaarka lagu helayo natiijooyinka baaritaanka laga helay ee COVID-19 taleefonka dhinaca qalabka garaacaha tooska ah. Shaqsiyaadka laga baaray COVID-19 waxaa la siinayaa fursada lagu ogolaanayo qaabka garaacaha tooska ah ee helida natiijooyinka baaritaanka laga helay COVID-19 markii lagu diyaarsanayo balan onleenka ama waqtiga loo gudbiyo baaritaan.
- Dhammaan shakhsiyaadka laga helay COVID-19 ayaa waxaa la soo xiriiri doona xubin ka tirsan kooxda Caafimaadka Dadweynaha ee 'AHS' si loo socdo oo loo maaraynta kiiska. AHS kuma bixinayso natiijooyinka laga helay oo fariinta tooska ah.
- Haddii aad ogolaatay inaad heshid natiijooyinkaaga laga helay oo garaacaha tooska ah, waxaad heleysaa natiijooyinkaaga laga helay oo wacitaanka taleefonka tooska ah.

- Haddii garaacaha tooska ah uusan kula soo xiriirin oo aadan haysan fariin codeedka, ama haddii aadan ogolaan inaad heshid natiijooyinkaaga laga helay oo garaacaha tooska ah, qof ka socdo AHS waxay isku dayeysaa wacitaanka aad sida tooska ah u hubisid inaad heshid natiijooyinkaaga baaritaanka laga helay.
- Haddii garaacaha tooska ah aysan u suurtoogelin inuu kula soo xiriir kadib todoba maalmood ka bilow waqtiga isku dayga koowaad, natiijooyinkaaga waxaa badelkeeda lagala xiriiri karaa [MyHealthRecords](#), ama waad arki kartaa dhaqtarka qoyskaaga si aad u heshid natiijooyinkaaga.
- Fadlan ogow: si aad u heshid natiijooyinka baaritaankaaga waxaad u baahaneysaa inaad ka saartid dejin walboo ka xirayo wacitaanka taleefonkaaga si markaas garaacaha tooska ah ayaa soo baxo. Iyada oo la sugayo natiijooyinka baaritaanka, fadlan sidoo kale hubi inaad ka jawaabtid wacitaan walboo qarsoodi ah, ama wacitaanada lambarada aadan aqoonsaneyn.
- Ugu dambeyntii, ma ahan in haddii dhoor qofood gurigaaga ka socoto la baaro iyo isla lambar taleefonka loo isticmaalo mid walba, qof ka socdo AHS ayaa kuula soo wacayo natiijooyin badelkii garaacaha tooska ah.

Waxaa may nidaamka AHS, kadib markii la xaqiijiyay xaaladda COVID-19? (What is AHS' process following a confirmed case of COVID-19?)

- Marka shaybaarka lagu xaqiijiyay xaaladda COVID-19, Waaxda Caafimaadka Dadweynaha ee AHS waxay la xiriiri doonta shakhsiga laga helay waxayna siineysa amarada la isku karantiilo. Caafimaadka Dadweynaha waxay sidoo kale la shaqeynayaan shaqsiyaadka si loo go'aamiyo kuwa ay la kulmeen tan iyo markii u bilowday calaamadhooda.
- AHS kadib waxay si toos ah ula xiriiraysaa shakhasi walba ee loo arko in la xaqiijiyay in lagu daartay xaaladaha la xaqiijiyay. Shakhsiyaadkan ayaa loo sheegi doonaa inay is-karantiilaan oo laga baaro COVID-19. Tani waxaa la dhahaa raadinta xiriirka, waxaana loo sameeynaya in loo jawaabo kiis walba ee COVID-19 ee lagu xaqiijiyay barida shaybaarka.
- AHS waxay la xiriiraysaa oo kaliya shakhsiyaadka loo arko in lagu daartay wax kiis ah Haddii aadan toos ula xiriirin AHS, waxaad loo qaadanaya inaan lagu daaranin.
- Si aad u ilaaliso sirta bukaanka, ma la bixninayo faafaahinta bukaanka ku saabsan xalladda bukaan lagu xaqiijiyay COVID-19.
- Haddii la ogtahay in aad u dhawaatay kiis la xaqiijiyay ee COVID-19, waxaa si toos ah kula soo xiriiri doono AHS.

QALABKA ILLAALADA SHAQSIGA (PPE) (PERSONAL PROTECTIVE EQUIPMENT (PPE))

Waxaan ka walaacsanahay qaadista cudurka COVID-19. Ma inaan xirtaa gacmo gasni marka aan aadayo dibadda gurigeyga ama meelaha dadweynaha? (I am worried about catching COVID-19. Should I wear gloves when outside of my house or in public places?)

- Gacmo-gasyahda caafimaadka waa qeyb aad ugu muhiim ugu ah Qalabka Ilaalinta Shakhsiga (PPE) oo loogu talagalay shaqaalaha daryeelka caafimaadka. Si kastaba ahaate, guud ahaan xubnaha dadweynaha ma u baahna inay xirtaan gacmo-gasiyada inta inay ku jiraan hawl maalmoodka, sida marka ay qudaarta iibsanayaan.
- Gacmo-gashiyada waxay abuur karaan dareenka beenta ah ee badqabka. Haddii aadan isticmaalin oo aad si wanaagsan u duugin, xirashada gacmo-gashiga waxay siin karta sagxada kale inuu fayraska ku noolaado – waxaa surtagalk ah inay dhiirageliso gudbinta fayraska.
- Gacmo-gashiyada ma ahan beddelida ku habboon nadaafadda gacanta.
- Waxaan ku talinaynaa in si wanaagsan oo joogto ah [aad ugu dhaqdo gacanta](#) (saabuun iyo biyo ilaa 20 ilbiriqsi), ama nadiifiyaha gacanta adoo adeegsanayo aalkolo haddii aynan gacmaha u muuqan kuwa wasaq leh, iyo inaad daboosho af-kaaga marka aad qufaceyso ama aad hindhisayso. Ka fogaow taabashada wejigaaga, sankaga ama af-kaaga haddii aad xiran tahay gacmo-gashia iyo haddii kale. Kuwani waa qaabka ku saleysan-cadeynta ugu wanaagsan si looga hortago faafida xanuunka neefta.

- Kuwa doorta inay xirtaan gamco-gashiyada, waa inay si wanaagsan ugu dhaqmaan isticmaalka gamco gashiga.
 - Gacmaha waa in marwalba la dhaqaa iyo/ama jeermiska laga dilaa ka hor inta aan gamco gashiga la xiran kadib marka gamco gashiga la iska saaro.
 - Gacmo gashiyada waa in la beddelala marka jeexmaan ama caroobaan.
 - Isbeddelista gamco gashiga marka aad taabto wajigaaga-indhaha, sankaa ama afka – ama daboolista qufaca ama hindhisada gacmahaaha inta aad xiran tahay gacmahaaga.
 - Gacmo gashiga la tuuri karo waa in turaa oo aan mar kale la isticmaalin marka la iska bixiyo.
 - Gacmo gashiyada dib loo isticmaali karo waa in la nadiifiya ama jeermiska laga dilaa kadib isticmaal walba.

Waxaan ka walaacsanahay qaadista cudurka COVID-19. Ma inan xirtaa masgaro haddii aan ka baxayo gurigeyga ama marka aad bulsho ku dhex jiro? (I am worried about catching COVID-19. Should I wear a mask if I have to leave my house or when in public?)

- Reer Albertan waxaa lagu dhiirrogelinayaa inay ku xirtaan maaskaro meelaha bulshada markii ay ku adagtahay inay joogteeyaan ka fogaanshaha jir ahaanta 2 mitir ah oo marwalba.
- Xirashada maskaraha aan caafimaad ahaan ansaxnayn, sida maaskarada dharka guriga lagu sameeyay, ma cadeyneyso inay ka qofka ka ilaalineyso xirashada.
- Si kastaba, xirashada maskaraha wuxuu caawin u noqon karaan inuu ilaalinta dadka kale ee agagaarkaaga ah.
- Tani waa sababta oo ah daboolida wajiga waa qaab kale oo lagu daboolo afkaaga iyo sankaa si looga hortago candhuufta neefsashada si aysan u fadaraynin dadka kale ama sagxadaha.
- Intaa waxaa dheer, xirashada masgaradda waxaa laga yaabaa inay joojiso taabashada sankaa iyo afka.

Haddii aad dooratid inaad xiratid maaskaro ama waji daboolka.

- Hubi masgaradaada inay wanaagsan tahay oo aysan dhinacadu ka furnayn.
- Ogow in masgarooyinka ay ka fadaroobi karaan dibadda. Ka fogoow inaad dhaqaajiso ama aad saxdo masgarada. Ka soo qaad in maaskaro ay fadaroobi waxaad qaada tallaabooyin taxadar ah.
- Haddii aad xiratid maaskaro, waa inaad dhaqataa gacmahaaga ka hor inta aadan xirnanin, sidoo kale ka hor inta aadan iska bixin.
- Haddii maaskaraha uu wasaqoobo waa in la badelaa oo looga saaraa sida ay ku xirmi karaan qeybo fayras ah.
- Kuwa dooranayo inay xirtaan maaskaro, waxaa fiican in lagu qaato bac oo ay ku jirto dhowr maaskaro oo nadiif ah, sidoo kale bac waxa loo isticmaali karaa inay si badqab ah loogu keydiyo maaskaraha la isticmaalay ilaa looga dhaqi karo guriga.
- Waa muhiim in masgarooyinka la isticmaaly si taxadar leh oo qabto si loo fogaado in lagu faafiyo caabuqa dad kale.

Gacmo dhaqasho joogto ah oo guud, [ka fogaanshahajir ahaanta](#), daboolida afkaaga markii aad qufaceysid ama aad hindhiseysid oo aad ka fogaaneysid taabashada wajigaaga, sankaa ama waxay ku hartaa qaababka ugu wanaagsan ee cadeynta ku saleysan si looga hortago faafida jirooyinka neefsashada.

Waan fahamsannahay in Dowlada Alberta ay bixineyso maaskarooyin dhammaan reer Albertan. Halkee iyo goorma ayaan heli karaa mid? Maaskara qaashada miyay qasab noqoneysaa? (I understand that the Government of Alberta will be handing out masks to all Albertans. Where and when can I get one? Is masking going to be mandatory?)

- Markay ahayd Maajo 29, Wasaarada Caafimaadka Tyler Shandro wuxuu ku dhawaaqay wareega koowaad ee qeybinta maaskaraha meeshaas oo [20 milyan maaskarooyin](#) waxaa loo qeybiyay reer Albertan oo aan qarash laheyn, inta lagu jiro A&W, McDonald's, iyo goobaha ku kaxeeynta Tim Hortons oo

gobolkoo dhan. Dowlada waxay sidoo kale la shaqeyneysaa degmooyinka, bulshooyinka Wadamada Ugu horeeyay, Métis Settlements iyo hay'adaha deegaanka si ay ugu qeybiyaan maaskarooyinka kuwa u baahan iyaga, oo ay ku jiraan kuwa ku xiran gaadiidka bulshada. Wareeg kale oo qeybinta jaalalka maqaayadaha ayaa la qorsheeyay bartamaha Luuliyoo.

- Barnaamijkaan wuxuu ka qeybyahay [Dib u bilaabida Xeelada Alberta](#), iyada oo la aqoonsanayo in ganacsiyada iyo howlaha kale dib-u furmaan, reer Albertan waxay ku arki karaan nafsadooda xaalado halka joogteynta labo miitir ka qeyb ah way adagtahay. Qof walboo reer Albertan way u qalmaan helitaanka hal baakid afar maaskarooyin oo lagu qeybiyay nidaamka sharafeynta.
- Inkastoo isticmaalka maaskaraha uusan qasab aheyn, dowlada waxay rabtaa inay siiso reer Albertan maaskaro lagu siyaadinayo saadkooda maaskaraha iyo ay ku caawiso caan ka dhigi ka dhigida fikrada maaskaraha.
- Maaskaraha sidoo kale waxaa lagu heli karaa wacitaanka 211.

DARYEELIDA NAFSADAADA AMA QARAABADA QABO COVID-19 (CARING FOR YOURSELF OR LOVED ONES WITH COVID-19)

Qof qoyskayga ah ayaa laga baaray ama laga baarayaa cudurka COVID-19 waxaana ku nool nahay isku guri Sidee ayaan u daryeeli karaa qofka iskagana ilalain karaa cudurka? Sidaan ayaan u daryeeli karaa iyaga oo anigana ku xanuunsaneynin? (My loved one has or is being tested for COVID-19 and we live in the same house. How can I take care of them and not get sick myself?)

- Haddii ay marnaba suuragal tahay, iskuday inaad xaqiijiso in qofka xanuunsanayaa uu leeyahay qolka jiiifka iyo musqul asaga u gaar ah.
- Ha u dhawaan qofka xanuunsanaya, ilaa intaad awoodo.
- Waa inaysan marti imaan guriga.
- Ha u ogolaan in qofka xanuunsanayo inuu diyaariyo cuntooyinka dadka kale, xaqiijina in qofka xanuunsanayaa uu adeegsado aaga cunto diyaarinta oo gaar ah ama uu ugu yaraan cuntadiisa karsadaa xili gaar ah, ayadoo la dhaqaayo dhamaan meelaha uu taabtay kadib.
- Ka dheerow inaad wadaagtaan alaabada guriga sida weelasha, galaasyada cabitaanka, koobabka, maacuunta cuntada, shukumanada iyo barkimada.
- Si joogto ah u dhaq gacmahaaga, adoo ku dhaqaaya saabuun iyo biyo.
- Si joogto ah u nadiifi dhammaan dusha meelaha, gaar ahaan gacanada albaabka, qataarada, buubooyinka bilyaha, musqusha, iyo alaabaha kale ee aadka loo taabto.
- U sheeg qofka ehelka ah inay daboolaan qufacooda iyo hindhisadooda ayagoo adeegsanaaya dhudhunkooda, oo aan ku daboolayn gacantooda, ayna raacaan anshaxa wanaagsan ee neefsiga mar kasta.
- Ka kormeer nafsadaada aastaamaha oo ka soo wac Health Link 811 ama usoo wac dhaqtarkaaga qiimeyn iyo tallo haddii aad qabtid aastaamaha nafsadaadaf. Waxaad sidoo kale ku diyaarsan kartaa balan onleenka si lagu baaro.

Maxay la micna tahay gooniyeynta? (What does isolation mean?)

[Goniyeynta](#) waxaa loola jeedaa ka fogaanshaha xaaladaha halka aad ku qaadsiiin kartid dadka kale. Arintan ayaa ka dhigan in dhammaan xaaladaha aad ugu dhawaan karto dadka kale, sida meelaha la iskugu yimaado, shaqada, dugsiga, daryeelka carruurta, munaasabadaha ciyaaraha, jaamacada, kulanada diimaha, xarumaha caafimaadka, dukaanada adeegga, maqaayadaha, xarumaha laga dukaamaysto, iyo dhammaan meelaha dadku iskugu yimadaan.

- Waa inaad, (Meesha surtagalka ah) adeegsan gaadiidka dadwaynaha ayna ku jiraan basaska, tagaasida, ama gaariyaasha la isla raaco.
- Inta aad awoodo, waa inaad xadidaa xiriirka aad leedahay dadka kale.

- Waa inaan qofna gurigaaga soo booqan, laakiin waa caadi in saaxiibada, ehelka ama darawalada alaabada keena inay cuntada kuu dhigaan albaabka gurigaaga.
- Waxaad sidoo kale adeegsan kartaa adeegyada wax keena ama qaada si ay kuugu keenaan badeecoyinka sida inay dukaanka kaagasoo adeeggaan.
- Ka dheerow inaad cid kale la wadaagto alaabta guriga sida weelasha, galaasyada biyaha lagu cabo, koobabka, maacuunta cuntada, shukumaanada, barkimaha, ama alaabaha kale aysana isticmaalin dadka guriga kula jooga. Kadib markaad adeegsato alaabahaan, waa inaad si adag ugu dhaqdaa saabuun iyo biyo, aad galisaa mashiinka alaabta dhaqa si uu u nadiifiyo, ama aad ku dhaqdaa mashiinka wax dhaqa.
- Si joogto ah u dhaq gacmahaaga adoo ku dhaqaaya saabuun iyo biyo si joogto ahna u nadiifi daawada jeermiskana ugu shub meelaha aadka loo taabto iyo meelaha la wadaago sida qataarada albaabka iyo qaanadaha.
- Haddii aad u baahan tahay inaad gurigaaga ka baxdo si aad alaab muhiim ah usoo qaadato, sida inaad soo qaadato daawo muhiim ah, si aan uga hortagno faafinta cudurka, waa inaad xirataa maas garaatiga neefsiga markaad baxdo.
- Inta lagu jiro waqtigan, waa muhiim inaad la socoto caafimaadkaaga si aad iskaga fiiriso astaamaha sida qandho ama qufac.
- Haddii aadan yeelan astaamaha xanuunka, waxaad samayn kartaa qalabka qiimaynta ee oonleenta ah si aad talo dheeraad ah u hesho ama wac Health Link ood ka wacayso 811.

Ma qabo astaamaha cudurka, laakiin waxaan walaac ka qabaa COVID-19 waxaana rabaa inaan qof la hadlo. Ma tahay inaan waco Health Link? (I am not having symptoms, but I'm concerned about COVID-19 and want to talk to someone. Should I call Health Link?)

Fadlan booqo webseetyada soo socda haddii aad qabto su'aalo dheeraad ah oo guud oo la xariira waxa uu yahay cudurka COVID-19, sida uu ku faafo, inta qof ee cudurka laga helay gudaha Alberta iyo aduunyadaba waqti xaadirkaan. Waxaad wici kartaa Health Link 811 haddii aad qabto su'aalo dheeraad ah oo la xariira waxa aad u baahan tahay inaad samayso si aad naftaada iyo qoyskaaga uga difaacdo caabuqa COVID-19.

- Caafimaadka Alberta (Alberta Health): alberta.ca/covid19
- Public Health Agency of Canada: canada.ca
- World Health Organization : who.int

DIB UFURIDA XEELADA ALBERTA (ALBERTA'S RELAUNCH STRATEGY)

Xadeynadee ayaa diyaar ah markii kooxyo la isugu imaanayo? (What restrictions remain in place when gathering in groups?)

Alberta waxay hadeer ku jirtaa [Heerka labaad](#) ee xeeladeena dib u furida oo la bilaabay xiliga Juun 12. Gudaha [Heerka labaad](#) ee xeelada dib u furida, reer Albertan waxay ku raaxeyaan karaan howlaha badan ee gudaha iyo banaanka, iyada oo loo jaheysmayo amarada caafimaadka bulshada ee cabirada usu imaanshaha iyo ka fogaanshaha jir ahaanta.

Tallaabooyinka xiggo waxay ku harayaan inay illaaliyaan caafimaadka reer Albertan oo xadeeyaan faafida COVID-19 ee [Heerka labaad](#):

- ugu badnaan 50 qof oo usu imaanshooyinka bulshada gudaha oo ay ku jiraan soo dhaweynada arooska iyo duugta, xafladaha dhalashada.
- Ugu badnaan 100 qof oo dhacdooyinka banaanka iyo dhacdooyinka gudaha loo fadhiyo/dhageysiyada, oo ay ku jiraan xafladaha arooska, adeegyada duugta, masraxiyada filimaanta, badnhigyada fanka iyo dhaqanka iyo dhacdooyinka kale meesha dadka sii fadhiyaan.

- Ma jiraan wax xadeyn ah oo tirada dadka ka qeybgalayo usu imaanshaha caabudida, maqaayadaha, kafeeyada, kuraasta, biibitooyinka, sidoo kale sida kasiinooyinka iyo hoolalka miisaska teniska, ee la siiyay tallaabooyinka caafimaadka bulshada oo diyaarsan.
- Qoysaska way kordhin karaan dhaxgaladooda dhow ee qoysaska kale ee isku duuban oo ugu badnaan 15 qof.
- Si aad u hesho warbixin dheeraad ah booqo: [Alberta.ca/covid19](https://alberta.ca/covid19)

Ganacsigee ayaa loo ogolaaday in dib loo furo? (What businesses have been permitted to re-launch?)

Heerka labaad waxaa ku jiro dib u furitaano dheeraad ah ee ganacsiyada iyo adeegyada iyada oo la hubinayo labadaba ka fogaanshaha jir ahaanta iyo tilmaamaha caafimaadka bulshada diyaarsan. Kuwaan waxaa ku jiro:

- [K-12 dugsiyo](#), oo imtixaanada dibloomada la codsaday iyo dugsiya kuleelaha, sida xigtay jaheynta
- Maktabadaha
- [Noocyo badan oo qaliinada ah](#)
- Adeegyada fyo qabka sida fariinta, durida iyo ciladaha falcelinta
- Adeegyada shaqsiga (falsafada dabiiciga, qurxinta maqaarka iyo daaweynada jirka, qurxinta cidayaha, daaweynta suulasha, xaad jarka, qurxinada wajiga, buufiska qurax difaaca)
- Masraxyada filimka iyo masraxyada
- Hoolalka bulshada
- Ciyaaraha kooxda
- Madadaalada gudaha, jirdhiska iyo ciyaaraha, oo ay ku jiraan jiimka ama garoomada tartanka
- Barkadaha dabaasha waqtiga firaaqada
- VLTs ee maqaayadaha iyo biibitooyinka
- Hoolalka miiska teeniska iyo kaasiinooyinka, aanan ku jirin geemamka miiska
- Xafladaha qalabka
- Dhulalka goboleedka oo awood buuxdi

[Heerka koowaad](#) waxaa laga bilaabay Alberta Maajo 14, oo ay la jiraan ka dhaafida Calgary iyo Brooks oo si tartiib ah ugu soo biiray inta kale ee Alberta oo Heerka koowaad ee Juun 1. Heerka koowaad ee dib u furida Alberta waxay u ogolaaneysaa ganacsiyada qaar inay dib u furan howlaglada oo ay la jiraan ka hortaga iyo xakameynta caabuqa la xoojiyay oo diyaarsan, oo ay ku jiraan:

- Ganacsiga tafaariiqda oo ay ku jiraan, alaabta guriga iyo dukaamada buuggaagta
- libiyayaasha suuqa beeraha
- Dukaamada qurxinta timaha iyo tima jarida
- Kafeeyada, maqaayadaah, baararka iyo biibitooyinka dib ayay u furi karaan adeega miiska oo kartida boqolkiiba 50%
- Madxafyada iyo bandhigyada fanka
- Daryeelada maalinta iyo daryeelka dugsiya ka baxsan, oo ay la jiraan xadeynada daganaanta
- Qaarkood way balansanyihiin, qaliinada aan degdega aheyn oo si tartiib ah u soo laabanayo

Wixii warbixin dheeraad ah ee Dib u furida Xeelada Alberta: <https://www.alberta.ca/alberta-relaunch-strategy.aspx>

Noocyadee usu imaansho ah ayaan weli laga ansixin heerka labaad? (What types of gatherings are still not approved in stage two?)

- Usu imaanshaha bulshada ee dhaafsan liiska ugu badan ee qoran
- Fasalada dugsiya jigtada ah oo dugsiya barbaarinta illaa Fasalka 12 - fasalada waxay soo laaban karaan gudaha Sebteembar 2020

- Xafladaha hadalka (iyada oo heesta lagu qaado halis sareysa oo faafinta ah)
- Feestooyinka ugu weyn iyo xafladaha, shirarka weyn, bandhigyada ganacsiga iyo dhacdooyinka (sida kuwaan waa dhacdooyinka bulshada aan fadhiga aheyn iyo/ama xafladaha hadalka)
- Baararka habeenkii
- Darjiimada madadaalada
- Goobaha ciyaarta carruurta gudaha
- Fadhiyada shiishada (waxaa loo ogolyahay cunto iyo cabitaan kaliya)
- Dhacdooyinka ciyaaraha ugu weyn iyo tartamada
- [Safarka aan muhiimka aheyn](#) ee ka baxsan gobolka laguma talin

Maxay dhowreysaa Dowlada Alberta inaga oo horay ugu sii socono xeelada dib u furida ee Alberta? (What will the Alberta Government be watching for as we move forward with the relaunch strategy in Alberta?)

- Xeelada dib u furida waxay ku xirantahay kormeerida nidaamka daryeelka caafimaad, oo ay la jiraan dareen taxadar ah ee isbitaalgeynada COVID-19 iyo gelinta ICU inta lagu jiro muddadaa. [Kiisaska la xaqiijiyay iyo heerarka caabuqyada cusub](#) waxaa lagu kormeerayaa si joogto ku saleysan si ay u ogeysiiso jawaab celino firfircoon ee aagaga la deegaameeyay oo gobolka. Go'aamada waxaa lagu isticmaalayaa labadaba heerarka goboleedka iyo deegaanka, meesha aan laga maarmin. Iyada oo xadeynada si tartiib ah loo qaadayo gobolka oo dhan, dilaacida waxay la micna noqon kartaa inay u baahanyihiin in si ku meelgaar ah loogu xoojiyo aaga deegaanka.
- Inta lagu jiro waji walba oo dib u furida, waa inaan weli sii wadnaa ku dhaqamida tallooyinka caafimaadka oo ay ku jiraan gacmo dhaqashada, guri joogida markii aad xanuunsantahay iyo joogteynta ka fogaanshaha bulshada.

HOWLGALADA AHS (AHS' OPERATIONS)

Miyay AHS bilowday inay ku soo laabtaan howlgalada caadiga ah ama sameynta qaliinada la qorsheeyay, qaliinada, baaritaanada iyo balamaha? (Has AHS begun to resume normal operations or performing scheduled surgeries, procedures, exams and appointments?)

- Sida jawaabta u ah cudurka safmarka COVID-19, AHS way daahisay dhammaan howsha qaliinka la qorsheeyay ee aan degdega aheyn oo Alberta oo dhan. Xiliga Maajo 4, AHS waxay ku soo laabteen maalinta qaliinada la qorsheeyay ee aan degdega aheyn iyo nidaamyada oo ay ku jiraan indho cadaadka, qaliinka dumarka, qaliinka maalinta guud, qaliinka sanko, dib u habeynta qaliinka qurxinta, iyo qaliinada xididaga iyo kaadida. AHS iyo Covenant Health waxay sidoo kale celiyeen qaar ka mid ah adeegyada daryeelka ambalaanshaha iyo raajada baaritaanka (DI) isbuuca Maajo 11. Xiliga Maajo 22, Dowlada Alberta waxay ku dhawaaqday [qorsaha AHS](#) oo balaarinayo soo celinta qaliinka oo ay ku jiraan qaliinada maalinta iyo kuwa u baahan habeen dhaxa iyo joogitaanada gaaban.

Sidee ayay AHS u go'aansaneysaa qaliinadee, nidaamyadee, baaritaandee iyo balamahee ayaa sii soconayo? (How will AHS decide which surgeries, procedures, exams and appointments will proceed?)

- AHS waxay sii joogteyneysaa inay dheellitirto badbaadada bukaanada iyo shaqaalaha adiga oo ku soo laabanayo adeegyada reer Albertan oo sugayaan daryeel. Go'aamada ee adeegyadee soconayo ee ku saleysan baahida caafimaadka, ee kuwa inta badan u baahan oo sugayo balansiga dheer marka hore. Go'aamadaan waxaa lagu sameeyaa gudaha aag walba, iyo sidoo kale waxaa lagu ogeysiiyaa jawaabta cudurka safmarka oo qeybo kala duwan ee gobolka ah. AHS si toos ah yaya ula soo xiriiroysaa bukaanada si ay dib ugu balamiyaan qaliinadooda.

KU BOOQASHADA QARAABADA OO XARUN WALBOO AHS (VISITING LOVED ONES AT AN AHS FACILITY)

Miyaan u raaci karaa qaraabada Daryeelka Degdega ah ama Waaxda Gurmada? (Can I go with a loved one to Urgent Care or to the Emergency Department?)

- Haa. Ambalaansaha Xarumaha caafimaadka oo ay ku jiraan Waaxda Gurmada/Daryeelka Degdega ah, bukaanada way aqoonsan karaan hal Qof oo loo Xilsaaray Qoyska? Qof Taageero ah inuu iyaga la jiro. Dhammaan dadka taageerada ah waa inay ka weynaadaan da'da 14 oo booqashooyinka xarunta caafimaadka dadka weyn. Haddii aad booqaneysid Isbitaalka Carruurta Alberta ama Isbitaalka Carruurta Stollery, Qoyska Loo xilsaaray/Qofka Taageerada waa inuu ahaadaa 18 sanno jir ama ka weyn.

Miyaan ku booqan karaa qof aan jeclahay isbitaalka? (Can I visit a loved one in hospital?)

- Bukaanka jifka wuu aqoonsan karaa labo Qoyska Loo xilsaaray/Qofka Taageerada waa loo ogolyahay haddii qolka uu balaaran ku filanyahay oo ka fogaanshaha jir ahaanta oo la joogteynayo. Waxaa jiro dhoor ka reebid oo ay ku jiraan:
 - **Dhalmada iyo Dhalmada kadib:** Iyada oo ay la jirto la tashiga maareeyaha qeybta/kaalisada masuulka oo ku saleysan dacwad-ku-dacwad, dadka kale ee taageerada ah (tusaale ahaan, waalidka korsado ama Kaalisada uurleyda) waa loo ogolaan karaa sida dheeraadka ku ah labada Qoyska Loo xilsaaray/Qofka Taageerada. Qoyska Loo xilsaaray/Qofka Taageerada oo qeybta dhalmada waa inuu ahaadaa 14 sanno jir ama ka weyn.
 - **Dhaqaatiirta carruurta:** Labo waalid waxay noqon karaan Qoyska Loo xilsaaray/Qofka Taageerada. Carruurta ka hooseyso da'da 18 looma ogola inay booqdaan waqti walba.
 - **Dadka weyn ee curyaanka ah:** Iyada oo lala tashanayo maareeyaha qeybta oo ku saleysan dacwad-ku-dacwad, dadka kaloo taageerada ah waa loo ogolaan karaa sida dheeraadka ku ah labada Qoyska Loo xilsaaray/Qofka Taageerada.
 - **Dhammaadka xaaaldaha Noloshaha:** Labo Qoyska Loo xilsaaray/Qofka Taageerada ee waqtigiiba way la joogi karaan haddii qolka uu ku balaaranyahay ka fogaanshaha jir ahaanta oo laga joogteynayo inta u dhaxeeyso shaqsiyaadka. Dhaqtarka ka qeybgalayo, oo la tashanayo maareeyaha qeybta/kaalisada masuulka ah, ayaa go'aansada haddii xaalada bukaanka loo tixgeliyo [dhammaadka noloshaha](#).
- Wixii warbixin dheeraad ah oo booqashada: <https://www.albertahealthservices.ca/topics/Page17001.aspx>

Ma booqan karaa dagaha ku jiro daryeel muddo dheer, noolaanshaha taageerada ama noolaanshaha wadajirka ah? (Can I visit a resident in long term care, supportive living or congregate living?)

- Dagayaasha aagagaan waxay ku jiraan halis sareyso haddii ay gaarto COVID-19, sidaas darteed xadeyno adag waa lagama maarmaan.
- Goobaha way u ogolaan karaan hal Marti Muhiim ah oo Loo xilsaaray inuu taageero midkood baahiyada daryeelka oo aan la buuxin karin iyada oo aan jirin caawintooda, ama taageerada tayada noloshaha.
- Booqashooyinka banaanka waa loo ogolaan karaa dagayaasha aan ku jiri gooniyeeynta haddii dhammaan [taxadaro ku haboon](#) la qaado, oo ay ku jiraan [ka fogaanshaha jir ahaanta](#), iyo sharuuda in martida oo dhan xirtaan maaskaro iyo waji daboolashada.
- Wixii warbixin dheeraad ah, fiiri [Taageerada Qoyska iyo Booqashada Bukaanada iyo Dagayaasha](#)

SAFARKA: (TRAVEL:)

Maxaan sameeyaa haddii aan kaga soo laabanayo Alberta meel ka baxsan Canada? (What do I do if I am returning to Alberta from outside of Canada?)

Dowlada Canada waxay horgelisay karantiilka qasabka ah oo 14-maalmood, sida waafaqsan [Xeerka Karantiilka](#), oo safrayaasha ku soo laabanayo Canada.

- Dhammaan safrayaasha kaga soo laabtay Alberta meel ka baxsan Canada oo 14 maalmood ee la soo dhaafay waxaa looga baahanyahay inay [is gooniyeeyaan](#) islamarkiiba oo 14 maalmood oo ka bilaabaneyso taariiqda soo noqodka iyo kormeer [aastaamaha](#). Haddii lagu karantiilo sabab la xariirta inaad dhawaan ka timid dibada wadanka, ama aad la joogtay qof laga helay cudurka COVID-19, waa inaad ka bixin gurigaaga.
- Waa inaad sidoo kale sameysaa diyaarino badbaado ah oo lagu baarayo COVID-19.
- Waa inaad ka tagin gurigaaga inta lagu jiro 14 maalmood ee is gooniyeynta illaa aad sameysid diyaarino badbaado ah oo laguugu baaro ama waxaad u baahantahay daryeelka caafimaadka degdega ah.
 - Soo wac 911 haddii aad qabtid aastaamo u baahan daryeelka caafimaadka degdeg ah. U sheeg inaad qabi karto cudurka COVID-19.
 - Haddii aad qabtid aastaamo aan u baahneyn daryeelka caafimaadka oo degdeg ah, waxaad soo wici kartaa bixiyaha daryeelkaaga caafimaadka ama 811 oo qiimeynta caafimaadka onleenka ah iyo gudbin.

Wixii warbixin dheeraad ah: <https://www.alberta.ca/covid-19-travel-advice.aspx>

Miyaa la ii ogolyahay inaan u safro meel kabaxsan gobolka? (Am I allowed to travel outside the province?)

- Safarka masuuliyada ah ee gudaha Alberta waa la ogolyahay, oo ay ku jiraan guryaha fasaxa, qol gaar ah, carshaanta, hoteelada iyo hoyada ganacsiga, dhulalka xerada, darjiimada qaranka iyo gobolka. Ka fogaanshaha jir ahaanta iyo xadeynada uus imaanshaha weli way quseysaa.
- Safarka aan muhiimka aheyn ee ka baxsan gobolka laguma talin. Xaduuda [Canada/Mareykanka](#) weli wuu ka xirantahay safarada aan muhiimka aheyn. Wixii warbixin dheeraad ah oo xadeynada hadeer ee safarka: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

COVID-19 APP (COVID-19 APP)

Miyuu jiraa app i ogeysiin karo haddii uu i gaaray COVID-19? (Is there an app that can let me know if I've been exposed to COVID-19?)

- ABTraceTogether waa app-ka mobeelka raadraaca oo kugu cawin karo aqoonsashada haddii aad qaaday, ama haddii aad qaadsiiyay dadka kale, ee COVID-19. ABTraceTogether waxay isticmaalaan Bluetooth ka taleefonka si ay ugu hayso diwaan qarsoodi ah ee isticmaalayaasha kale ee app-ka oo aad si dhow ugu dhawaatay. Wixii warbixin dheeraad ah: <https://www.alberta.ca/ab-trace-together.aspx>