

Coronavirus (COVID-19): Waxa loo baahan yahay inaad ka ogaatid COVID-19

Macluumaad loogu talagalay dadka degan Queensland

Waa maxay COVID-19?

COVID-19 waa cudur faafa oo ka dhasha coronavirus. Badi dadka uu ku dhaco COVID-19 waxay dareemaan xanuuno fudud oo kaliya wayna bogsadaan iyagoon daaweyn gaar ah. Sida uu qofku u xanuunsado waxay ku xiran tahay nooca COVID-19 ee qofku qabo.

Sidee buu COVID-19 u faafaa?

COVID-19 wuxuu ugu faafaa dadka dhexdooda ayadoo laisugu gudbinayo qoyaan yar marka qofka cudurka qabaa qufaco, hindhiso, hadlo ama neefsado.

Waxuu kugu dhici karaa markii aad neefta qof qaba caabuqa COVID-19 aad qaadatid haddii aad u dhowdahay, ama aad taabato wax ay taabteen ka dibna aad taabtid indhahaaga, sanakaaga, ama afkaaga.

Waxaad ka heli kartaa macluumaad dheeri ah oo ku saabsan sida COVID-19 u faafu iyo sidaad naftaada uga ilaalin lahayd halkan: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/protect-yourself-others/coronavirus-prevention

Waa maxay COVID-19 "variant"?

Marka uu COVID-19 faafu wuu is beddeli kartaa, sida hargabka oo kale. Tani waa wax caadi u ah caabuqa. Isbeddeladaan waxaa loogu yeeraa "mutations". Mutation ama isbeddel ayaa lagu magacaabaa "kala duwanaansho ama variant" ka dhasha caabuuqii asalka ahaa ama ugu horeeyay. Waxaa jira noocyo kala duwan oo COVID-19 ah, oo ay ku jiraan Delta (markiisii hore ka *yimid India*), Alpha (markiisii hore ka *yimid United Kingdom*), Beta (markiisii hore ka *yimid South Africa*), Gamma (markiisii hore ka *yimid Brazil*), iyo kuwa kale oo badan. Noocyada kala duwan qaarkood ayaa si ka fudud qaarka kale u faafi kara, laakiin hadana weli waa un isla caabuqa COVID-19.

Ururka Caafimaadka Adduunka (The World Health Organisation) ayaa ku haya macluumaad dheeri ah oo ku saabsan kala duwanaanshaha COVID-19 halkan: www.who.int/en/activities/tracking-SARS-CoV-2-variants/.

Dadka halista ugu badan kujira

Dadka da 'walba leh ama caafimaad qaba ayaa qaadi kara COVID-19. Si kastaba ha ahaatee, dadka qaar ayaa halis ugu jira inay si daran u xanuunsadaan haddii ay qaadaan. Waxaa ka mid ah:

- waayeelada.
- dadka horay u qabay xanuuno sida kansarka, dhibaatooyinka sambabka, sonkorowga, ama dhiigkarka.
- Dadka ku nool guryaha kooxo badan isla degan yihiin.
- dadka ku jira xabsiyada.

Waa inaan qaadnaa tillaabooyin dheeri ah si aan dadkaan uga taxadarno. Tan waxaa ka mid ah inaad booqan haddii aad leedahay calaamadaha COVID-19.

Calaamadaha COVID-19

Calaamadaha COVID-19 waxaa ka mid ah:

- Qandho
- Qufac
- Cune xanuun
- Neefta oo kugu dhagan
- Madax xanuun
- Sanka oo da'a ama xirmay
- Daal
- Shuban, matag ama lalabo
- Luminta dhadhanka ama urta
- Murqo xanuun ama xanuunka kala goys yada, iyo
- Rabitaanka cuntada oo luma.

Dadku waxay dareemi karaan calaamado kala duwan oo COVID-19 ah. Haddii aad leedahay calaamo aad u daran oo ah COVID-19 waxay la macno tahay inay kugu qaadan doonto waqti dheer si aad u bogsato. Tusaale ahaan, dadka qaba calaamadaha aadka u daran ee fayrasku waxay ku qaadan kartaa toddobaadyo ama bilo badan inay bogsadaan. Dadka qaba calaamadaha sahlan waxaa laga yaabaa inay ku bogsadaan hal ilaa laba toddobaad.

Haddii aad leedahay calaamadaha COVID-19, waa inaad sida ugu dhakhsaha badan isu baartaa. Meesha kuugu dhow ee laisku baari karo waxaad ka heli kartaa halkan: www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/testing-and-fever-clinics.

Caawimaada La Heli Karo

Haddii ay kugu adagtahay inaad la qabsato xaaladda COVID-19, ka wac Multicultural Connect 1300 079 020. Weydiiso turjubaan haddii aad u baahan tahay taageero xagga luqadda ah.

Wixii su'aal ah ee ku saabsan tilmaamaha caafimaadka dadweynaha ee COVID-19, ka wac Queensland Health 134 COVID (13 42 68). Waxay kuu sheegi doonaan waxa aad sameyneyso. Haddii aad u baahan tahay turjubaan, codso markaad wacdo. Waa lacag la'aan.