

# Cudurka Fayraska cusub ee Korona fayras **COVID-19**

## Waa maxay COVID-19?

COVID-19 waa xanuun neef mareenka ku dhaca oo uu sababo fayriska cusub, ama "cudurada cusub" ee korona fayras. Fayrasyada korona waxay keenaan xanuunada neef mareenka, sida hargabka qaboowga.

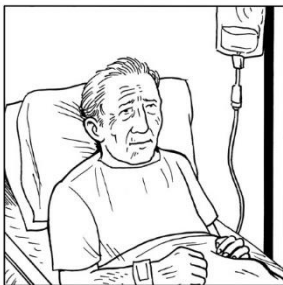
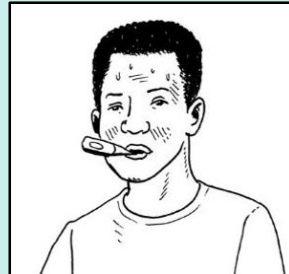


## Sidee ayuu ku faafaa?

COVID-19 wuxuu ku faafaa faniinada kasoo duula hindhisoooyinka iyo qufacyada. Wuxuu sidoo kale ku faafaa u dhawaanshaha dadka kale, ayna ku jiraan gacan isku salaamida iyo wadaagista cuntada ama cabitaanka.

## Waa maxay astaamaha fayriska?

- Qufac
- Neefta oo ku adkaata
- Qandho
- Qarqaryo
- Gariir joogto ah oo qarqaryo wata
- Murqo xanuuno
- Madax xanuun
- Cune xanuun
- Luminta dhadhanka ama urka oo cusub

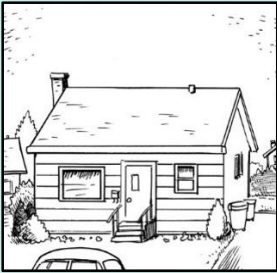


## Yaa khatarta ugu badan ugu jira cudurka?

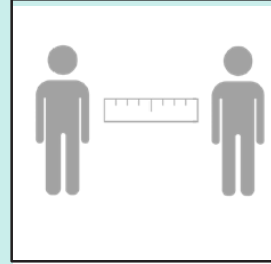
Duqoowda, dadka da' kasta ee qaba dhibaatooyinka caafimaad, iyo haweenka uurka leh ayaa khatar wayn ugu jiri kara inay xanuun xun ka qaadaan cudurka COVID-19.

# Difaac naftaada iyo bulshadaada.

**Guriga joog** ilaa inta suurtagalka ah. **Gaar ahaana haddii aad jiran tahay.**



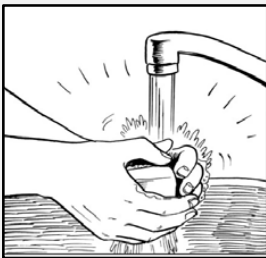
**Ma aadaysaa Shaqada ama dukaanka adeegga?**



Waa inaad 6 fiit ka fogaataa dadka kale.



Xiro maasgaraatiga wajiga.



Farxalo.



Isticmaal daawada gacmaha.



Dabool qufacyadaada iyo indhisooyinkaaga.



Nadiifi dusha meelaha gurigaaga.



Wac ka hor intaadan aadin dhakhtarka.



Ha taaban afkaaga, sankaaga, ama indhahaaga.

**Wac 9-1-1** haddii aad isku aragto astaamaha digniinta ah ee cudurka COVID-19

- Neefta oo kugu adkaata
- Xanuun joogto ah ama cadaadis kaa saaran xabadka
- Wareer degdega ah
- Inaadan awoodin inaad dadka kale u jawaabto
- Bishimaha ama wajiga oo buluug noqda