

## Waa maxay Novel Coronavirus (Caabuqa Xalfaafka Wadnaha)?

Caabuqa Xalfaafka Wadnaha (2019-nCoV) waa fayris jirka ku dhaca oo dadka ku faafay lagasoo bilaabo Diseembar 2019. Khubarada caafimaadka ayaa walaac qaba waayo xog badan lagama hayo fayriskaan cusub wuxuuna keeni karaa xanuun daran iyo hargab ku dhaca dadka qaar.

## Sidee ayuu ku faafaa caabuqa xalfaafka wadnaha?

Khubarada caafimaadku waxay wali baranayaan xogta faahfaahsan ee ku aadan sida caabuqaan cusub ee neef mareenadu ku faafo? Caabuqyada kale xalfaafka waxay kasoo faafaan qof ayagoo dadka kale ugu gudba:

- ❑ hawada marka qofku uu ku qufaco iyo markuu hindhiso
- ❑ dadka isku soo dhawaada, sida taabashada ama salaanta gacanta la isa saaro
- ❑ taabashada shay ama meel fayrisku ku yaalo, kadibna la taabsiiyo afkaaga, sanko, ama indhaha
- ❑ marar dhif ah, taabashada saxarada

## Ilaa intee ayuu daran yahay Caabuqa Xalfaafka Wadnaha?

Khubaradu waxay wali baranayaan xadiga xanuunka ka dhasha Caabuqa Xalfaafka Wadnaha. Kiisaska lasoo sheegay waxay u dhaxeeyaan xanuun daran (kuwaaso la mid ah hargabka caadiga ah) ilaa hargab daran kaasoo u baahan isbitaal in la dhigo qofka. Illaa iyo hadda, waxaa lasoo sheegay inay xanuunka u dhinteen inta badan dad duqoow ah oo horay u qabay xanuuno kale.

## Waa maxay astaamaha fayrisku?

Dadka laga helay Caabuqa Xalfaafka Wadnaha waxay soo sheegeen astaamo ay ka mid yihiin muddo kooban oo 2 maalmood ah ama muddo dheer oo dhan 14 maalmood kadib marka fayrisku ku dhacay:

Qandho



Qufac



Neefka oo ku adkaata



## Waa maxay qatarta caabuqa xalfaafka wadnaha?

Waqti xaadirkaan khatarta fayrisku ku haayo dadwaynaha waa mid yar. Muddadaan oo dhan, waxaa jira tiro yar oo dad ah oo Maraykanka jooga oo xanuunku ku dhacay. Si loo yareeyo khatarta faafida xanuunka, saraakiisha caafimaadku waxay kala shaqaynayaan adeeg bixiyaasha caafimaadka sidii qaab dhaqso ah loogu aqoonsan lahaa looguna qiimayn lahaa kiisas kasta oo laga shakiyo.

Dadka musaafiriinta ah ee u socda ama ka imaanaaya goobo gaar ah oo kamid ah aduunka ayaa kordhin kara khatarta. Ka fiiri barta [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) si aad u hesho tasmadii ugu danbaysay ee socdaalka oo ka timid CDC.

## Sidee ayaan uga hortagi karaa qaadista fayriska Caabuqa Xalfaafka Wadnaha?

Haddii aad dibada u safrayso sida (wadanka China laakiin sidoo kale wadamada kale) raac tilmaanta CDC: [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel).

Waqti xaadirkaan, Caabuqa Xalfaafka Wadnaha si balaaran uguma faafin wadanka Maraykanka, marka ma jiraan ka hortagyo dheeraad ah oo laga doonaayo dad waynaha. Talaabooyinka aad qaadi karto si aad uga hortagto faafida hargabka iyo qufaca ayaa sidoo kale gacan ka gaysanaaya ka hortaga fayriska xalfaafka:

- ❑ si joogto ah gacmaha ugu dhaq saabuun iyo biyo. Haddii aan la heli karin, isticmaal daawada gacmaha.
- ❑ ka dheeroow taabashada indhahaaga, sankaaga, ama afkaaga oo aad ku taabato gacmo aadan dhaqin
- ❑ ka dheeroow tabashada dadka xanuunka qaba
- ❑ guriga joog markaad xanuunsan tahay kana dheeroowtaabashada dadka kale
- ❑ ku dabool afkaaga/sankaaga tiish ama maro markaad qufacayso ama hindhisayso



Waqti xaadirkaan, ma jiraan taalo la heli karo oo looga hortago Caabuqa Xalfaafka Wadnaha.

## Sidee loo daweyyaa Caabuqa Xalfaafka Wadnaha?

Ma jiraan daawooyin si gaar ah loogu sameeyay fayriska xalfaafka. Inta badan dadka qaba xanuunka fudud ee ka dhasha fayriska xalfaafka si iskood ah ayay u bogsoonayaan ayagoo cabaaya biyo badan, nasanaaya, qaadanaayana daawooyinka xanuunka iyo qandhada. Hase yeeshee, xanuunada qaar ayaa keena hargab una baahan daryeel caafimaad ama in qofka la dhigo isbitaalka.

**Wixii xog dheeraad ah:** [www.clevelandhealth.org](http://www.clevelandhealth.org)

**Waxaa la cusboonaysiiyay 2/06/2020 Somali**

Adapted with permission from Public Health – Seattle & King

