

Cudurka Korona fayras 2019

Karantiilka kadib Suuragalnimada ah inaad La Joogtay Qof qaba COVID-19

Talooyinka waaxda caafimaadka dadwaynaha ee la xariira COVID-19 ayaa sii socda waxna laga badalaa marka cadaaymo cusub oo saynis soo baxaan. Bisha Diseembar 2, 2020, Centers for Disease Control and Prevention (CDC, Xarumaha Kahortaga iyo Xakamaynta Cudurka) ayaa shaaciyay [xog kooban oo saynis ah](#) oo qusaysa yaraynta karantiilka dadka laga yaabo inay qaadeen caabuqa COVID-19. The Ohio Department of Health (ODH, Waaxda Caafimaadka ee Ohio) ayaa wax ka badashay tilmaantaan si loo buuxsho baahiyaha gaarka ah ee gobalkeena iyo tixgalinta xaaladaha iyo khayraadka maxaliga ah.

Talooyinka karantiilka ee ay dhaqan gelisay ODH ayaa taageeraaya adeegsiga waxtarka leh ee khayraadka iyo in la yareeyo khatarta gudbinta karantiilka kadib. Xarumaha daryeelka caafimaadka, oo la tashanaaya waxaha caafimaadka maxaliga, ayaa sidoo kale ka fakari kara [xeeladaha CDC ee gobalka oo dhan oo Lagu Yaraynaayo Hoos U dhaca Shaqaalaha Daryeelka Caafimaadka](#).

Dookhyada Karantiilka ee ODH Ku talinayso Kadib Suuragalnimada ah inaad La Loogtay Qof qaba COVID-19

	Mudada Karantiilku soconaayo	Talaabooyinka Lagu Talinaayo
Mudadada Rasmiga ah ee karantiilku soconaayo si aad u Yarayso Khatarta Gudbinta caabuqa	<p>Guriga joog ugu yaraan 14 maalmood* kadib marka ugu danbaysa ee aad la joogtay qof caabuqa qaba.</p> <p>* Mudada 14-maalmood ah ee karantiilka ayaa leh heerka ugu hooseeya khatarta faafinta caabuqa kadib karantiilka. Xeeladaan ayaa ah mid ku haboon dadka ku nool, la shaqeeya, ama booqanaaya xarumaha dadka badan ku nool yihiin, goobaha shaqada ee cariiriga ah, ama goobaha kale ee gudbinta caabuqa ee dhici kartaa ay sarayso ama la joogista dadka khatarta wayn ugu jira inay si daran ugu bukoodaan xanuun ka dhasha COVID-19 ayaa imaan kara.</p>	<p>Ka fogow dadka kale (ugu yaraan 6 fuudh) oo xiro maaskaro markaad la joogto dadka kale.</p> <p>Iska fiiri astaamaha xanuunka ilaa maalinta 14-aad. (Hubi heerkulka laba jeer maalintii, la soco qandhadaada, qufaca, neef qabashada, ama astaamaha COVID-19.)</p> <p>Dadka qaba astaamaha COVID-19 ama laga helo caabuqa COVID-19 waa inay istakoraan ayna raacaan talooyinka si ay u joojiyaan go'doonka.</p>
Mudada la Yareeyay 1	<p>Guriga joog ugu yaraan 10 maalmood kadib marka ugu danbaysa ee aad la joogtay qof caabuqa qaba.</p>	<p>Ka fogow dadka kale (ugu yaraan 6 fuudh) oo xiro maaskaro markaad la joogto dadka kale.</p> <p>Iska fiiri astaamaha xanuunka ilaa maalinta 14-aad. (Hubi heerkulka laba jeer maalintii, la soco qandhadaada, qufaca, neef qabashada, ama astaamaha COVID-19.)</p> <p>Iskuday inaad marto baaritaanka fayraska dhammaadka mudadaan (maalinta sideedaad ama kadib) si aad u kordhiso sugnaanshaha inaad caabuqa qabin, laakiin karantiilka lama joojin karo kahor 10 maalmood.</p> <p>Dadka qaba astaamaha COVID-19 ama laga helo caabuqa COVID-19 waa inay istakoraan ayna raacaan talooyinka si ay u joojiyaan go'doonka.</p>
Mudada la Yareeyay 2	<p>Natijada baaritaanka caabuqa lagaaga waayay ee SARS-CoV-2 (fayraska keena COVID-19) ee lagu sameeyay sanbalka la qaaday maalinta shanaad ama kadib markii ugu danbaysay ee aad la joogtay qof caabuqa qaba IYO guriga joogo ugu yaraan todobo maalmood kadib markii ugu danbaysay ee aad caabuqa qaaday.</p>	<p>Ka fogow dadka kale (ugu yaraan 6 fuudh) oo xiro maaskaro markaad la joogto dadka kale.</p> <p>Iska fiiri astaamaha xanuunka ilaa maalinta 14-aad. (Hubi heerkulka laba jeer maalintii, la soco qandhadaada, qufaca, neef qabashada, ama astaamaha COVID-19.)</p> <p>Dadka qaba astaamaha COVID-19 ama laga helo caabuqa COVID-19 waa inay istakoraan ayna raacaan talooyinka si ay u joojiyaan go'doonka.</p>

Waxaa la abuuray Diseembar 3, 2020

Wixii xog dheeraad ah, booqo coronavirus.ohio.gov.

Si aad u hesho jawaabaha su'aalahaaga la xariira COVID-19, wac 1-833-4-ASK-ODH (1-833-427-5634).

Caafimaadkaaga dhimirka ayaa muhiim u ah isla sida uu muhiimka u yahay caafimaadka jirkaagu. Haddii adiga ama ehelkaagu waajaho walaac ka dhashay aafada korona fayras, caawimaad ayaa la heli karaa 24 ka saac maalintii, todobo maalmood asbuucii. Wac laynka COVID-19 CareLine oo ah 1-800-720-9616.