

## Waa maxay kala fogaanshaha bulsheed

Kala fogaanshaha bulsheed, oo sidoo kale loo yaqaan "kala fogaanshaha jidheed," waxa uu ka dhigan yahay in masaafad idiin dhaxayso adiga iyo dadka kale ee gurigaaga ka baxsan. In lagu dhaqmo kala fogaanta bulsheed ama kala fogaanta jidheed:

- Waa in aad u jirsataa 6 fuudh ugu yaraan (ilaa 2 gacmood in le'eg) dadka kale
- Waa in aan la iskugu iman kooxo
- Ka dheeraw meelaha buuqa ah kana fogow isku imaatinta dadka ee badan

## Ilaali masaafadaada si aad u yarayso faafitaanka

Xadidaadda u dhawaanshaha weji-ka-wejiga ah ee dadka kale ayaa ah qaabka ugu wanaagsan ee loo yarayn karo xanuunka coronavirus 2019 (COVID-19).

Waxa aad xidhataa maaskaro meesha ayna macquul ahayn kala fogaanta bulsheed.



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### *Hadii aad uga baahan tahay wax taageero ah Karantiimada, go'doominta iyo Kala Fogaanshaha Bulsheed sida:*

Dhibaatooyinka is-karantiilka ee guriga, daryeelka ilmaha, dakhligii oo aad wayday maadaama oo aanad shaqo tegin, taageero ku xeeran/saabsan soo iibsiga cuntada iyo keenisteeda, gaadiidka iyo daryeelka caafimaadka, fadlan kala xidhiidh:

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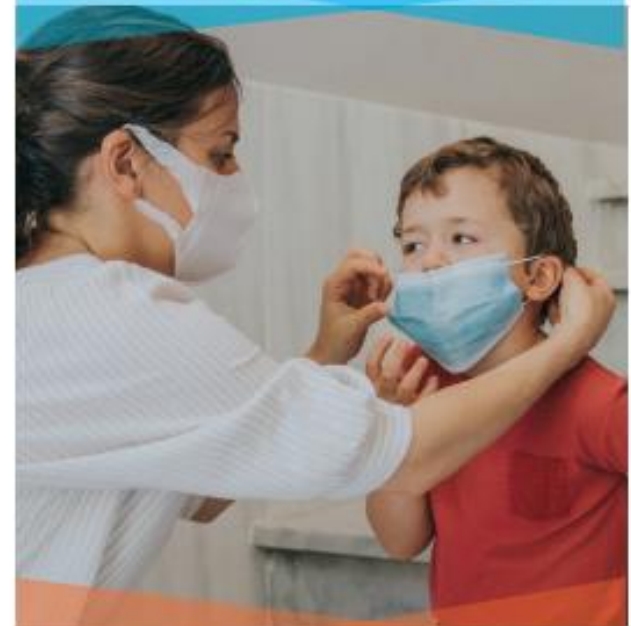
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Khayraadka:

[www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html)

6/2020

# Karantiimada, Go'doominta iyo Kala Fogaanshaha Bulsheed





## Karantiimada

- Karantiimada waxaa loo adeegsadaa in laga ilaaliyo qofka ay dhici karto inay isasoo gaadheen cid qabta COVID-19 dadka kale.
- Karantiimada waxa ay gacan ka gaysataa baajinta faafitaanka xanuunka taas oo iman karta qofku isaga oo aan ogayn inuu xanuunsanayo ama hadii uu qaaday fayraska isaga oo aan dareemayn calaamado.
- Dadka ku jira karantiimada waa inay joogaan guriga, waa inay dad kale iska soocaan, waa inay la socdaan caafimaadkooda, oo waa inay raacaan tilmaamaha waaxda caafimaadka ee gobolkooga ama deegaankooga.



## Go'doominta

- Go'doominta waxa loo adeegsadaa in lagaga sooco dadka qaba fayraska (kuwaas oo la xanuusanaya COVID-19 iyo kuwa aan lahayn wax calaamado ah) dadka kale ee aan qabin xanuunka.
- Dadka ku jira go'doominta waa inay joogaan guriga ilaa ay amaan noqonayso inay dadka kale la joogi karaan.
- Guriga dhexdiisa, qof kasta oo xanuunsanaya ama qaba xanuunka waa inay dadka kale iska soocaan iyaga oo joogaya aagga ama "qolka xanuunka" oo gaar ah iyo inuu isticmaalo suuli gaar ah (hadii la heli karo).



## Karantiimada iyo go'doominta labaduba

- waxay ku tacaluuqaan soocitaanka dadka si markaa loo ilaaliyo shacabka
- caawimada yaraynta faafitaanka dheeraadka ah ee COVID-19
- waxaa loo samayn karaa si is-xilqaan ah ama in maamulka caafimaadku dadka ka dalbadaan

## Sidee ayaan ku ogaanayaa hadii aan u baahanahay in aan galo go'doon ama karantiimo?

### Hadii adigu aad...

Hadii aad ku dhex nooshahay bulsho COVID-19 uu yahay ama ay dhici karto inuu yahay mid faafaya (wakhtigan, taas oo ku dhawaad meel kasta ah Maraykanka ah ka jirta)

Hadii aad caafimaad dareemeyso laakiin:  
**Aad dhawaan isku dhawaateen qof qaba COVID-19**

Hadii adiga:  
Lagaa helay COVID-19, ama  
Aad sugayso natiijooyinka shaybaadhka, ama  
Aad leedahay qufac, xumad, ama neefta oo yaraata, ama  
calaamadaha kale ee COVID-19

### Talaabooyinka la qaadayo...

1. La Soco Caafimaadkaaga
2. U feejignow wixii calaamado ah. Waxaad la socotaa xumada, qufaca, neefta oo yaraata, ama calaamadaha kale ee COVID-19.
3. Waxa aad iska qaadaa heerkulka hadii ay calaamado muuqdaan.
4. Ku dhaqan Kala fogaanshaha bulsheed. Joogtee in aad u jirsato 6 fuudh dadka kale oo ha dhax galin meelaha buuqa ah.
5. Waxa aad raacdaa tilmaamaha CDC hadii ay calaamado muuqdaan.

### Joog Guriga oo La Soco Caafimaadkaaga (Karantiimada)

- Joog guriga 14 maalmood kadib markii u dambaysay ee aad qofka isasoo gaadheen.
- Hubi heerkulkaaga laba jeer maalintii oo la soco wixii calaamado COVID-19 ah.
- Hadii ay macquul tahay, waxa aad ka fogaataa dadka **khatarta badan** ugu jira inay aad ugu xanuunsanaan COVID-19.

### Waxa aad Iska Go'doomisaa Dadka Kale (Go'doomin)

- Waxa aad joogtaa guriga ilaa inta ay amaan tahay inaad dadka kale la joogto.
- Hadii aad la nooshahay dad kale, waxa aad ku sugnaataa aagga ama "qolka xanuunka" ee gaarka ah ee dadka kale ama xayawaanka ka fog, oo ay ku jiraan xayawaanka guri-jooqga ah. Waxa aad isticmaashaa suuli gaar ah, hadii uu jiro.
- Waxa aad akhridaa macluumaadka muhiimka ah ee daryeelka naftaada ama qof kale oo xanuunsanaya, oo ay ku jirto marka ay amaanka tahay in go'doonka guriga laga baxo.