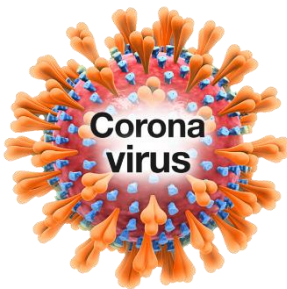
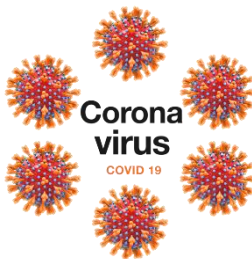


Muxuu yahay coronavirus ama COVID-19?

cusbooneeysiinta 16 Maarso 2020

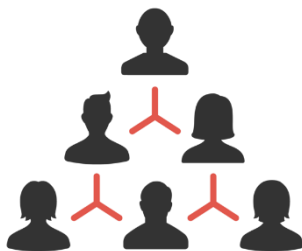


Coronaviruses waa koox weyn oo fayras oo xanuuno ku keeni kara dadka iyo xayawaanka.



Fayraska waa wax dadka jiro u keeni kara

Hal nooc oo kamid ah Coronavirus oo dadka jiro u keeni karo waa **COVID-19**.



COVID-19 dadka wuu u kala gudbaa

Dadka qaba COVID-19:



- Weey qufacaan
- Qandho aa qabata – aad u kulul
- Neefsashada aa ku adag.



Waa muhiim in la ogaado dadka uu ku dhoco hargabka weey lahaankaraan calaamadahaan.

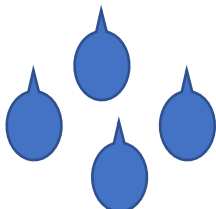
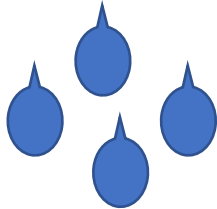


Dadka qaarkiis oo qaba COVID-19 waxaa laga yaabaa ineeysan xanuunsanin.



Laakiin wili Fayraska weey u gudbin karaan dadka kale.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Waxay qaadan kartaa ilaa 14 maalmood laga bilaabo wakhtiga qofku uu ag joogay qof qaba COVID-19 ilaa markay xanuunsadaan.

Markuu qofka qabo COVID-19 wuxuu ku faafi karaa meelaha ama dadka faniin haduu:

- Qufoco
- Hindhiso
- Hadlo
- Gacanta ku salaamo ama taabto
- Taabto meelaha ama waxyaabo qof kale taabto.

Faniinka waa qoyaan yar oo ka yimid qofka sankiisa ama afkiisa

Faniinka waxaa ku dhex jiri kara fayraska COVID-19



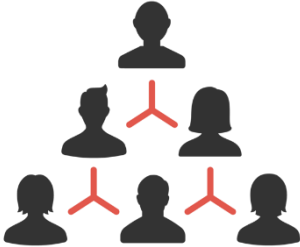
Meelaha ama waxyaalaha wexeey noqon karaan:

- Miisaska
- Waji dhaqa/waaskada qabeyska
- Miisaska/Darbiyada jikada
- Albaabka meesha laga qabto.



Warqadaan waxey kuu sheegeysaa waxa aad sameyn kartid si daa u yareysid fursadaha kuugu keeni karo COVID-19.

Waxa aad sameyn kartid si aad COVID-19 iskaga illaaliso adiga iyo dadka kale



Waxaa jira arrimo muhiim ah uu qof kasta sameyn karo si uu u joojiyo faafitaanka COVID-19.

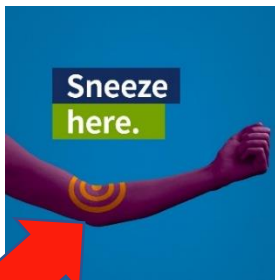


Waa in aad:

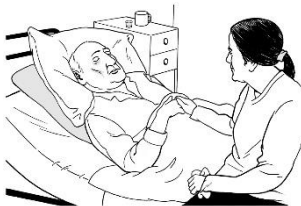
- Ka fogaataa dadka hargabka qaba
- Inaa joogtaa guriga hadaa xanuunsantahay.



- Ku dabool afkaada iyo sankaaada xaanshi markaa qufaceysid ama hindhisaysid.
- Iska tuur xaanshida aad isticmaashay.



- Hadii aadan heysanin xaanshi ku qufac ama ku hindhis xusulkaada.



Waa inaa ku dhaqdaa gacmahaada
saabuun iyo biyo markii uugu yaraato
20 ilbiriqsi:

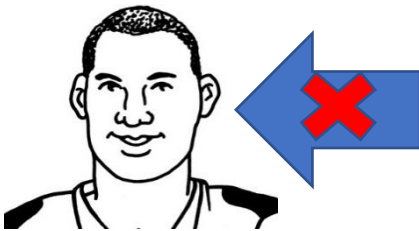
- Kadib markaa qufacdid ama hindhisdid
- Marka aa sankada siifisid
- Intaadan cunin ama taabanin cuntada
- Marka Musqusha kasoo baxdid
- Markaa caruurta sanku ka tirtid
- Kadib markaa daryeeshid qof xanuunsan.



Haddii biyo ama saabuun lahayn waxaa isticmaali kartaa gacmo-nadiiifye (**hand sanitiser**).

.

Waxaa kaloo muhiim ah inaa isku daydid inaadan taabanin:



- Indhahaada
- Sankaada
- Afkaada



Sidoo kale waa fikrad fiican in la nadiifiyo **meelaha iyo alaabta** aad loo isticmaalo



Hadaa qabtid su'aal ku saabsan
COVID-19 waxaa Healthline kawacan
kartaa:

0800 358 5453



Qarash kaagama baxaayo wicitaanka
Healthline.



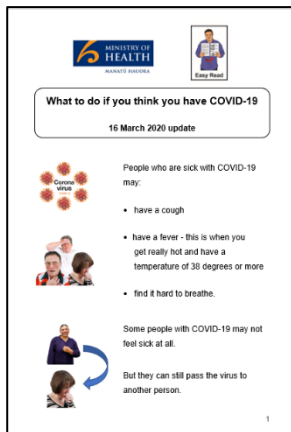
Habeen iyo maalinba waa furanyahay
Healthline

Xagee laga heli karaa Macluumaad fudud oo la akhrista ee ku saabsan COVID-19

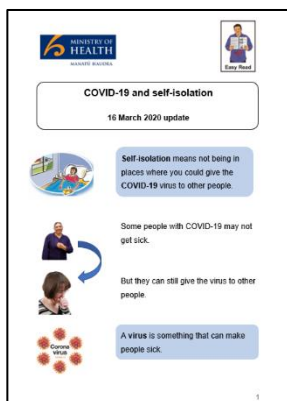
Waxaa jira waraaqo fudud oo la akhrista oo la yiraahdo:



- Macluumaad kusaabsan COVID-19 ee loogu talagalay dadka New Zealand soo galaayo ee dibada ka yimid.



- Waxa aad sameyneysid hadaa isleedahay waxaad qabtaa COVID-19
- COVID-19 iyo is go'doomis (kali ahaansho).



Waxaad kaheli kartaa waraaqahaan websaydka **Wasaarada Caafimaadka**:



www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus



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