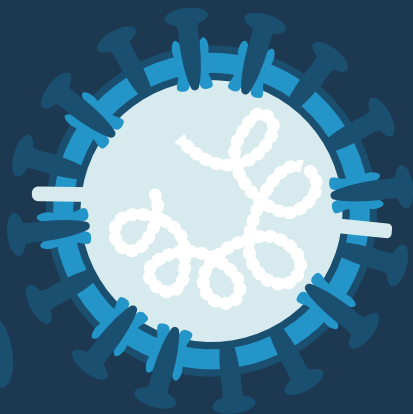




# COVID-19

Warbixin guud





Wixii su'aalo la xiriira caafimaadka booqo  
[covid19health.gov.mt](https://www.covid19health.gov.mt)

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## Waa maxay Coronaviruses?

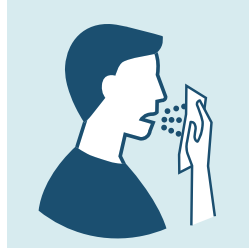
Coronaviruses waa qoys ballaaran oo fayras ah oo keena cudurro u dhexeeya hargabka caadiga ah iyo cudurro aad u daran. Fayraska mas'uulka ka ah keenida COVID-19 waa nooc cusub oo coronavirus ah.

## Waa maxay calaamadaha COVID-19?

Calaamadaha ugu caansan waa:



Qandho



qufac



ama neefta oo kugu dhegto

## Muddo intee la'eg ayay qaadataa in calaamadaha cudurku soo baxaan?

Mudada cudurka kugu jirayo , waqtiga udhaxeysa soo-qaadista fayraska iyo muuqaalka astaamaha ugu horreeya, waxay qaadan kartaa inta u dhaxaysa 2 ilaa 14 maalmood.

## Sidee baa loogu kala qaada OVID-19 coronavirus?

COVID-19 wuxuu ku faafaa qof ka qof ilaa dhibic neefsashada oo kasoo baxda sanko ama afka markii qof jiran COVID-19 uu qufaco ama hindhisto.

Dhibcoodani waxay ku sii jiri karaan walxaha ama dusha sare ee qofka. Infekshanka fayraska mas'uulka ka ah COVID-19 wuxuu kugu dhici karaa haddii aad taabato walxahaas ama dusha sare ka dibna taabato indhahaga, sankaga ama afkaaga. COVID-19 waxaa sidoo kale lagu qaadi karaa iyada oo laga neefsanayo dhibic ka yimid qof jiran oo hadda uun qoslay ama hindhisay. Tani waa sababta ay muhiim ugu tahay qofka jiran inuu guriga joogo oo uu masaafu ugu yaraan laba mitir u jiro qof kale uuna ka taxdiro nadaafadda aasaasiga ah.

## Ma jiraan daaweyn ama tallaal?

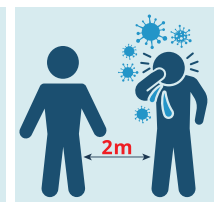
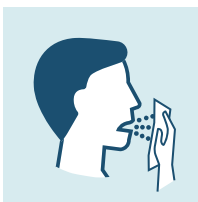
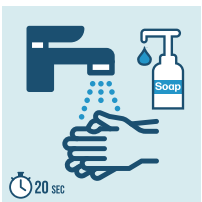
Ma jiro daweyn gaar ah oo loogu talagalay COVID-19. Daaweynta uu bixiyo dhakhtar caafimaad waa mid caawisa oo ka caawisa xakameynta calaamadaha.

Waqti xaadirkan ma jiraan wax talaal ah oo looga hortagi karo OVID-19. Sidaa daraadeed, waa muhiim in laga hortago infekshinka in uu san faafin qofka qaba COVID-19.

## Sideen u ilaaliyaa naftayda?

### Si aad u ilaalso naftaada iyo dadka kale:

- ✓ Ku dhaq gacmahaaga si joogto ah saabuun iyo biyo ugu yaraan 20 ilbiriqsi, haddii aan la helin, isticmaal jeermis-dile alkolo leh.
- ✓ Ku dabool sankaa iyo afkaaga dhar ama dhinaca hoose ee xusulka dabacsan markaad qufacayso ama hindhiseyso. Ku tuur abagyada la isticmaalay weelka qashinka isla markiiba.
- ✓ Ha ku hindhisin ama ha ku qunficin gacmahaaga maxaa yeelay waxaad wasakheyn kartaa walxaha ama dadka aad taabatid.
- ✓ Ka fogow taabashada indhahaaga, sankaa iyo afkaaga ka hor intaadan gacmahaaga dhaqin.
- ✓ Ka fogow hal mitir marka aad dadkale la hadlaysid iyo laba mitir qofka jiran.
- ✓ Guriga joog sida ugu macquulsan. Ka fogow dadka iyo inaad aado meelaha aad ugu dhowdahay dadka kale.
- ✓ Ka dheerow shakhsiyaadka nugul, sida waayeelka iyo kuwa qaba xaalado caafimaad oo hoose.



## Waa maxay karantiil?

Karantiilku micnaheedu waa go'doominta gurigaaga, oo ha ka tegin 14-ka maalmood ee lagaa doonayo inaad go'doonto. Ha u oggolaan dadka kusoo booqda inay soo galaan gurigaaga. Kuwa karantiillada leh waa inay si iskood ah ula socdaan heerkulkooda laba jeer maallintii.

## Kumaa u baahan inuu maro karantiil khasab ah?

Dadka soo galaya Malta kadib markii ay ka soo safreen wadankasta waa inay aadaan karantiil khasab ah mudo 14 maalmood ah oo ka bilaabata taarikhda markii ay ka baxeen wadankaas.

Dadka waaxda Caafimaadka Dadweynaha ka heshey cudurka Dadka la degan sidoo kale waxaa la gelin doonaa karantiil khasab ah 14 maalmood. Dadka jebiya takoorista khasabka ah waxaa la ganaaxi doonaa 3000 euro markasta oo lagu helo inay jabinayaan karantiil.



**Haa, xubnaha kale ee guriga waa inay sidoo kale qaataan karantiil waajib ah.**

**Faahfaahin dheeri ah oo ku saabsan  
karantiilida booqo [covid19health.gov.mt](https://www.covid19health.gov.mt)  
Wixii taageero ah ee ku saabsan karantiil  
soo wac 21 411 411**

## Maxay muhiim u tahay joogista guriga?

Joogista guriga waxay caawineysaa ilaalinta asxaabtaada, iyo bulshada guud. Waxay sidoo kale kaa caawin doontaa xakameynta faafitaanka fayraska. Tani waxay noqon kartaa wax adag ama jahwareer ah, laakiin waxaa jira waxyaabo aad sameyn karto oo kaa caawin kara fududeynta. Kuwaas waxaa ka mid ah:

- ✓ Weydiiso sxaabtada ama qoyskaga inay kuu soo adeegan/tuuraan wax kasta oo aad u baahan tahay ama ka dalbo adeegaga khadka internetka Ama waxaad wici kartaa 21 411 411 si aad caawimaad u hesho .
- ✓ Ka La xiriir asxaabta iyo qoyskaga taleefanka ama warbaahinta bulshada.
- ✓ Naftaada waa inaad ku mashquuliso wax karinta, akhrinta, barashada internetka iyo daawashada filimada.
- ✓ Qaadashada casharro khadka internetka ah ama koorsooyin kaa caawinaya inaad jimicsi ku sameyso gurigaaga.

## Maxaan sameeyaa hadaan isku arko astaamahan?

**Haddii aad yeelato qandho, qufac, ama neefta oo kugu dhegto:**

- ✓ **Guriga joog.**
- ✓ **Ha u tagin xarumaha caafimaadka gaarka loo leeyahay, ama waaxda gurmada, xarumaha caafimaadka, farmasiyada ama xarumaha kale ee daryeelka caafimaadka.**
- ✓ **Wac Khadka Caawimaadka Caafimaadka Dadweynaha 111 si aad talo uga hesho.**

Dadka qaba calaamadaha COVID-19 waxaa lagula talinayaa inaysan u aadin dhaqtarkooda, xarunta caafimaadka ama waaxda xaaladaha degdegga ah, laakiin waa inay wacaan khadka caawinta **COVID-19 ee 111**. Si Loo Baaro waxaa loo sameeyaa ballan.