

GOORMA AYAAN KU LAABAN KARAA LA JOOGI TAANKA DADKA KALE ?

Meel keligaa joog (hadii aad xanuunsanayso)

Waxaad la joogi kartaa dadka kale kadib:

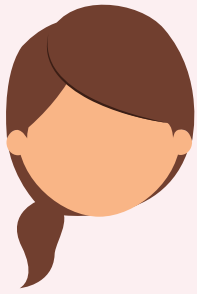
- 24 saacadood adigoo xumad lahayn **IYO**
- 10 maalmood marka ay ka soo wareegto markii u horraysay ee calaamaduhu soo baxeen **IYO**
- Calaamadaha kalana ay fiicnaadeen

Iskarantiil (hadii aad la kulantay qof qabo cuduraka)

Dadka kale waad la joogi kartaa kadib:

- Iskarantiil buuxo oo ah 14 maalmood laga soo bilaabo xiriirkii ugu dambeeyay ee aad la yeelato qof qaba cudurka (waa habka ugu amaansan) **AMA**
- Iskarantiil 10-maalmood kadib markii ugu dambeeyay ee aad la kulantay qof qabay cudurka **AMA**
- Iskarantiil 7-maalmood kadib markii aad la kulantay qof qabay cudurka oo aad is baartid maalinta 5 aad, oo markaa cudurka lagaa waayo

Haddii aad si buuxda lagu tallaalay oo aadan isku arkin wax calaamado ah ka dib soo-gaadhista, uma baahnid inaad is karantiisho



Dhacdada 1 aad

Amy waxay xanuunsatay Isniin. Quficii way ka fiicnaatay, qandhana may lahayn Khamiistii. In kasta oo ay dareensantahay inay caadi ku soo noqotay, waxay u baahan tahay inay sugto illaa Jimcaha dambe (10 maalmood oo buuxa) ka hor intaysan ka bixin gurigeeda.

Isniin

Talaado

Arbaco

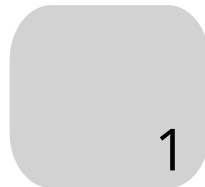
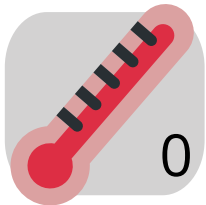
Khamiis

Jimco

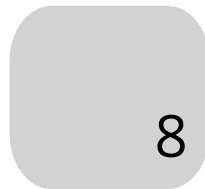
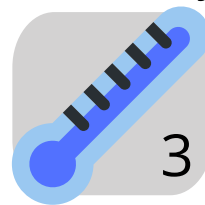
Sabti

Axad

Qandhada ayaa
bilaabmatay



Qandhada ayaa
dhamaatay





Dhacdada 2 aad

Albert wuu xanuunsaday Isniin wuxuuna lahaa qandho iyo qufac 10 maalmood oo buuxa. Wuxuu u baahan yahay inuu guriga joogo 24 saacadood oo dheeri ah kadib markii qandhadiisu dhamaato. Tan macnaheedu waa inuu ku go'doonsanaadaa gurigiisa illaa Jimcaha. Wuu bixi karaa Sabtida haddii calaamadaha kale ee neefsashadu ka soo reynayaan.

Isniin

Talaado

Arbaco

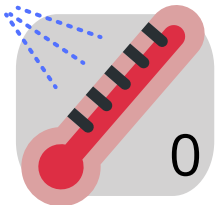
Khamiis

Jimco

Sabti

Axad

Qandhada ayaa bilaabmatay



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Qandhada ayaa dhamaatay



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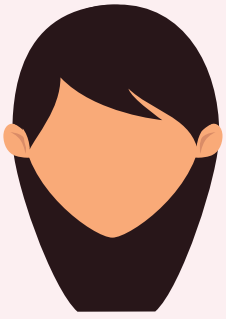
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Dhacdada 3 aad

Grace iyo gabadheeda waxay qaadeen COVID-19. Gabadheeda si dhakhso leh ayey u soo kabsatay, sidaa darteed 10-maalmood kadib way ka bixi kartaa guriga. Grace waxay leedahay calaamdaha xanuunka in ka badan hal usbuuc waana inay go'doon ku jirtaa 24 saacadood ka dib markay qandhadeeda dhamaato.

Isniin

Talaado

Arbaco

Khamiis

Jimco

Sabti

Axad

Grace iyo gabadheeda way jiran yihiin waxayna bilaabayaan inay guriga joogaan



Gabadheeda qandhadii way ka dhamaatay

Grace's fever ends

Grace cudurka ma fidin karto weyna bixi kartaa

Gabadheeda cudurka ma fidin karto weyna bixi kartaa

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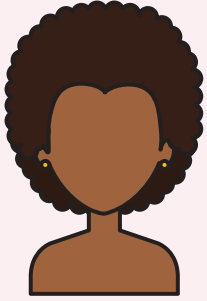
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Dhacdada 4 aad

Lamaanaha Sasha wuxu Isniintii ogaaday inuu COVID ku dhacay waxaanu isku xiray qol gooni ah. Sasha waxay ka shaqaysaa dukaanka cuntada ayadoo ah qasnaji, iyadu weli way fiican tahay. Si kastaba ha noqotee, maadaama Sasha ay xiriir dhow la leedahay lammaanaheeda jiran, waxay u baahan tahay inay karantiil ku noqoto guriga. Waxay kartaa inay guriga joogto 14 maalmood oo buuxa (taas oo ah habka ugu ammaansan) sidaas bayna samaysay. Sasha waligeed ma yeelan calaamadaha cudurka.

Isniin

Talaado

Arbaco

Khamiis

Jimco

Sabti

Axad

Sasha way iskarantiishay



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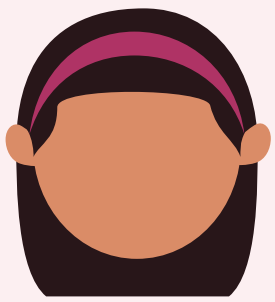
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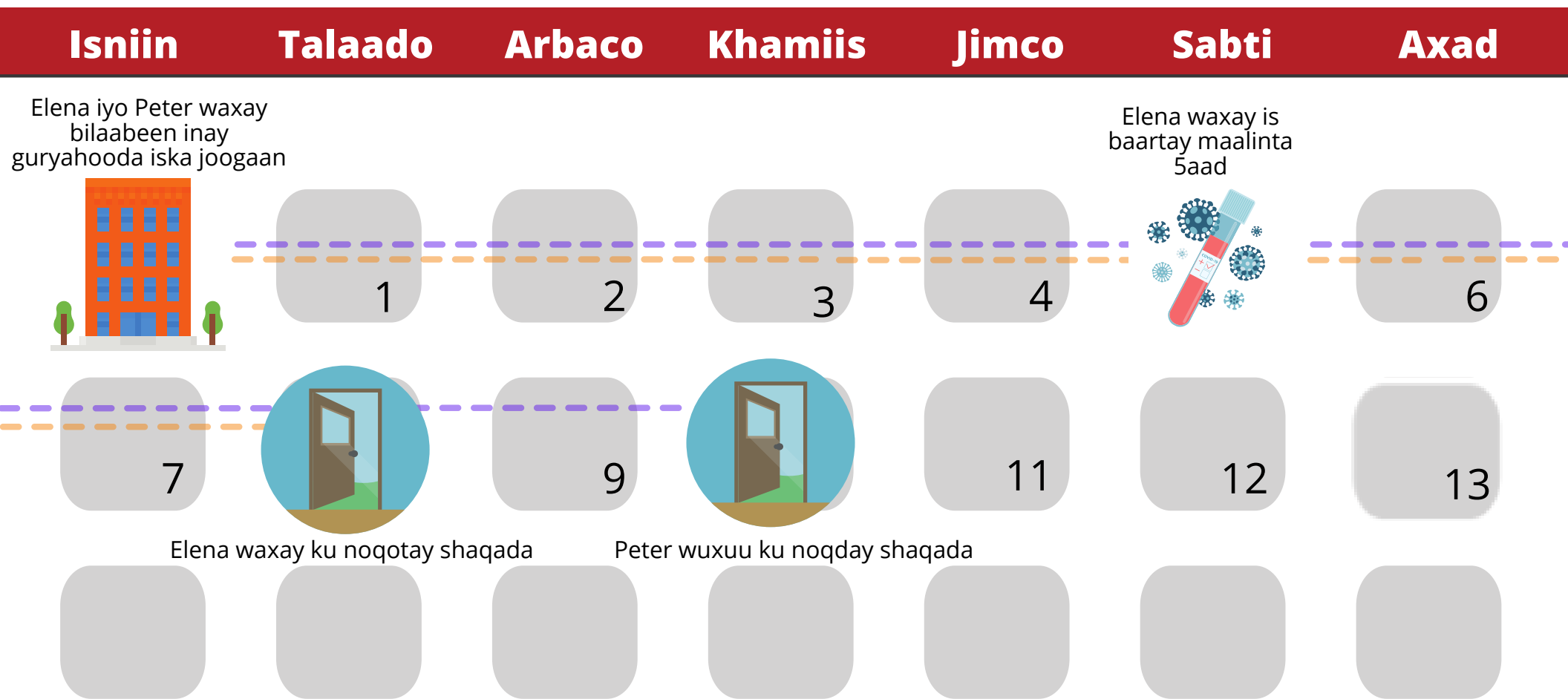
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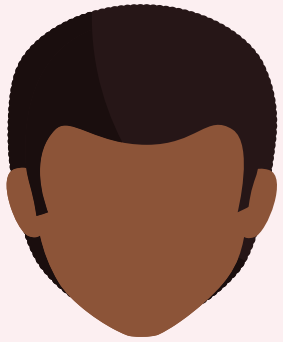
Dhacdada 5 aad

Elena waxay ka shaqeysaa makhaayad. Mid ka mid ah kuwa la shaqaaya ayaa laga helay COVID waxaana la faray inay guriga joogto laakiin maqaayada waxaa ka jirta shaqaala yari waxayna u baahan yihiin in sida ugu dhaqso badan ay ugu soo noqoto shaqada. Waxay is karantiireysaa 7 maalmood, waxayna isbaaraysa maalinta 5aad hadii laga waayo, waxay shaqada ku noqonaysaa maalinta 7aad kadib. Dhanka kale deriskeeda Peter ayaa sidoo kale dukaanka buugaagta gada ee uu ka shaqeeyo kala kulmay dad qaba cudurka. Wuxuu haystaa shaqaale ay isla shaqeeyaan oo dabooli kara shaqooyinkiisa inta uu karantiilka ku jiro sidaa darteedna wuxuu guriga joogaayaa 10 maalmood isagoon isbaarin. Muddada tobanka maalmood ah ka dib, wuxuu ku soo laabanayaa shaqadiisa.



Dhacdada 6 aad

Adam wuxu xanuunsaday Isniintii waxaana lagga helay COVID-19 Talaadadii. Wuxuu bilaabay karantiilkiisii 10-ka maalmood ahaa wuxuuna dareemay caafimaad jimcahii markii ay qandhadiisu dagtay. Si kastaba ha noqotee, weli wuxuu u baahan yahay inuu guriga joogo 10 maalmood oo dhameystiran, markaa ma bixi karo illaa Khamiista soo socota. Adam wuxuu la nool yahay waalidkiis iyo laba walaaladiis ah, oo aan lahayn astaamo isla markaana laga waayay cudurka markii la baaray. Adam ma awoodo inuu qolkiisa iska joogo ama uu musqul gaar ah isticmaalo, sidaa darteed qoyskiisu cudurka way ka qaadi karaan inta lagu gudajiray go'doonkiisa oo dhan. Sidaa darteed, dhammaan xubnaha qoyskiisa oo dhami waa inay guriga joogaan inta lagu jiro muddada go'doominta Adam, iyo 14-ka maalmood ee dambe si loo hubiyo inaysan jiranayn. If any one in the family tests positive or show symptoms, the 14-day quarantine period restarts for everyone again.



Isniin

Talaado

Arbaco

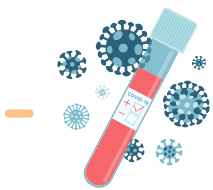
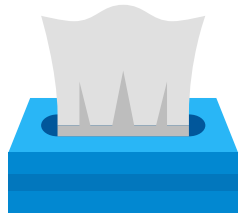
Khamiis

Jimco

Sabti

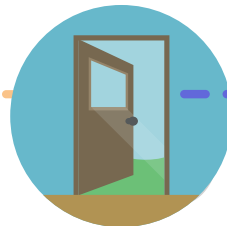
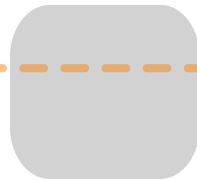
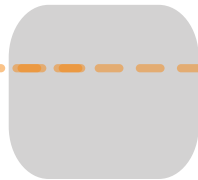
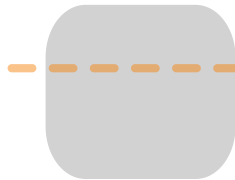
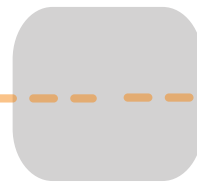
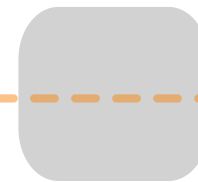
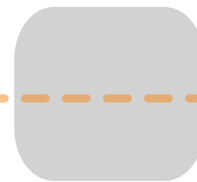
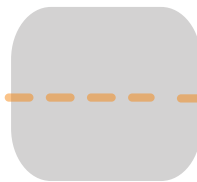
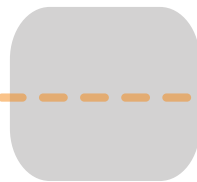
Axad

Adam wuu xanuunsaday

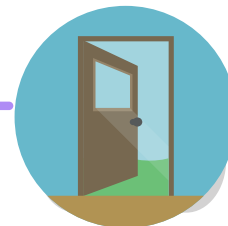
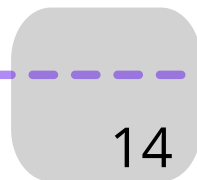
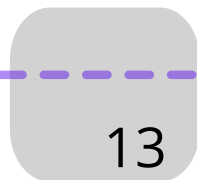
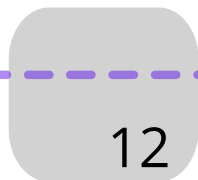
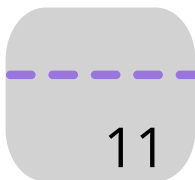
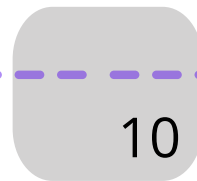
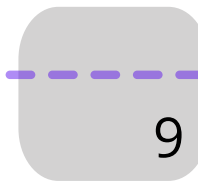
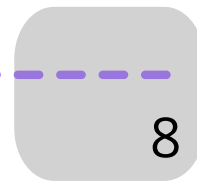
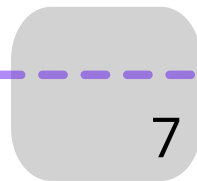
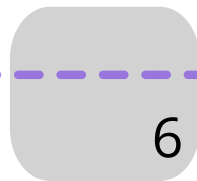
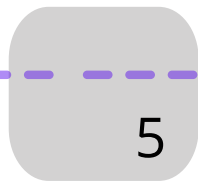
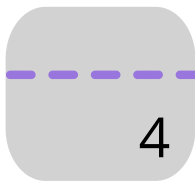
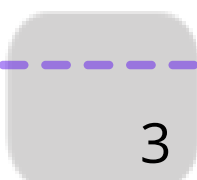
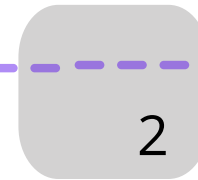
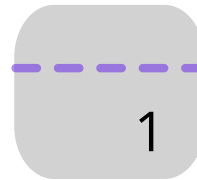


Adam tests positive

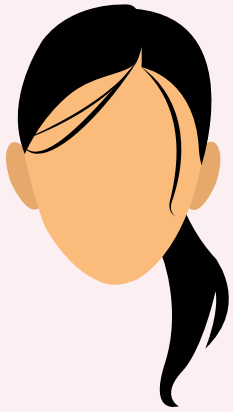
Adam wuu fiicnaaday



Adam wuu bixi karaa



Qoyskiisu way bixi karaan.
(assuming no one has symptoms or becomes infected)



Dhacdada 7 aad

Maria waxay xanuunsatay Isniintii waxaana laga helay COVID-19 Arbacadii. Maria waxay la nooshahay laba qof, waxayna bilowday inay qolkeeda isku go'doomiso Arbacadii, waxaanay isticmaaleysay musqul u gaar ah, isla markaana dadka ay wada dagan yihiin ayaa cuntada u dhigaayay albaabkeeda banaankiisa. Dadka ay wada deggenaayeen waa laga waayay cudurka mana laha wax astaamaha cudurkaas ah. Maaddaama Maria ay awood u leedahay in ay is go'doomiso, dadka ay wada deggan yihiin waxay bilaabi karaan muddadooda karantiilka 14 maalmood oo laga bilaabo Arbacada maaddaama ay tani ahayd maalintii ugu dambeysay ee ay la kulmeen iyada. Maria way soo fiicnaatay oo qandho ma qabto, sidaa darteed waxay ka bixi kartaa guriga Jimcaha soo socda. Haddii dadka ay isla degganyihiin aysan waligood isku arkin astaamaha cudurkaas, waxay ka bixi karaan guriga Khamiista markay Maria baxdo ka dib.

Isniin

Talaado

Arbaco

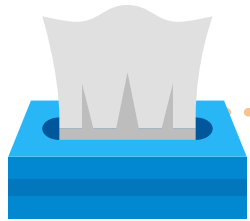
Khamiis

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Sabti

Axad

Maria waxay xanuunsatay



Maria waxa laga helay COVID-19 waxayna bilaabaysaa inay is go'doomiso



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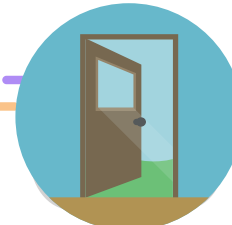
Dadka ay isla dagen yihiina waa laga waayay cudurkaas waanay bilaabeen in ay is karantiilaan.

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Maria way ka fiicnaatay astaamihii cudurkaas wayna bixi kartaa

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Dadka ay isla dagen yihiina marnaba iskuma ay arag astaamaha cudurkaas weyna bixi karaan.

