# Q & A

SU’AALO & JAWAABO

# RSV, Flu, iyo COVID ka jira King County Maxaan u baahanahay in aan ogaado?

Public Health
Seattle & King County

# RSV, Flu, IYO COVID – WAXA LAGA OGAADO

Q

## Maxay Caafimaadka Dadweynaha uga welwelsan yahiin RSV, Flu, iyo COVID xilligaan qaboobaha (winter)?

A

Dayrtaan, waxaa jira kiisas badan oo RSV ah (Virus ku dhaca neefmareennada oo keena Caabuq) iyo Flu (hargab aad u daran) kuwaasoo sababay booqashooyinka qolka amarjansiga – khaasatan caruurta yaryar. Sidoo kale waxaa laga yaabaa in aan aragno kiisas badan oo COVID ah iyo isbitaal-jiifin xilligaan qaboobaha markii dadku ku kulmaan gudaha, iyo noocyo cusub oo COVID ah in ay faafaan.

Cudurradaan waxay ku keenaan caruurta yaryar, waayeelka iyo dadka kale ee u nugul xanuuno daran, waxayna buuxdhaafin karaan isbitaallada iyo rugaha caafimaadka.

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## Waa maxay RSV?

A

RSV waa feyras guud oo neefmareennada ku dhaca oo faafa xilli-qaboobe kasta. Qof kasta baa qaadi karaa RSV, laakiin sanadkaan waxaan caruurta yaryar ku arkeynaa kiisas aad u badan.

Dadka waaweyn ee caafimaadka qaba iyo caruurta waaweyn, RSV wuxuu u yahay sida hargab wata calaamadaha sida diif, cunto yari, qufac, iyo qandho. Laakiin wuxuu u noqon karaa xanuun aad u daran ilmaha yaryar, waayeelka, iyo kuwa kale.

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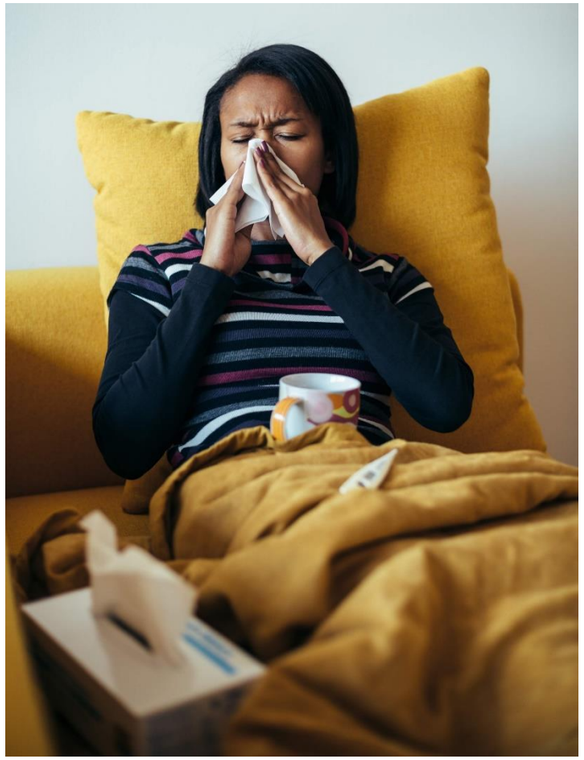
## Sidee uga ilaalin karaa naftayda iyo Dadka kaleba?

A

Guriga joog hadaad xanuunsan tahay—xattaa haddii lagaa waayay COVID-19—maxaa yeelay waxaad qabi kartaa Flu ama RSV.

Xiro af-xir tayo sare leh oo si fiican kuu le’eg gudaha goobaha dadweynaha oo gacmaha in badan iska dhaq si’aad gacan uga geysato iska ilaalinta dhamaan sadexda Virus.



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## Ma in aan qaataa tallaalka Fluga iyo xoojisada cusub ee COVID?

A

Haah! qaadashada irbadaada Hargabka (Fluga) iyo xoojisada cusub ee COVID wey ku difaaci doonaan waxayna ka hortagi in loo baahdo isbitaal booqasho. Dadka jira 5 sano ama ka weyn kuwaasoo qaatay irbadoodii ugu dambeysay ee COVID ugu yaraan 2 bilood ka hor waxay qaadan karaan xoojisada cusub ee COVID.

Qofkasta oo jira 6 bilood ama ka weyn waxaa habboon inuu qaato irbada hargabka (Fluga) sanad kasta. Nasiibdarro, ma jiro tallaal RSV ah weli.

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Ka hel rugta tallaalka COVID:
**kingcounty.gov/vaccine/somali**

Ka hel rugta tallaalka Fluga:
**kingcounty.gov/findaclinic**