

# Waxaad u baahan tahay inaad ka ogaato cudurka fayraska ee corona 2019 (COVID-19)

## Waa maxay cudurka fayraska corona (COVID-19)?

Cudurka fayraska corona (COVID-19) waa cudur neef mareenka ku faafa qof ka qof. Fayraska sababa COVID-19 waa corona fayraska cusub oo markii ugu horreysay la aqoonsadey intii lagu gudajiray baaritaan ku saabsan cudurka ka dillaacay Wuhan, Shiinaha.

## Dadka Mareykanka ma heli karaan cudurka fayraska corona ama COVID-19?

COVID-19 wuxuu ku faafayaa qof ilaa qof dalal dhowr ah, iyo gudbinta bulshada ayaa lagu xusay gudaha Mareykanka. Khatarta infekshinku waxay kuxirantahay soo gaadhista. Xiriir dhow oo lala yeesho dadka cudurka qaba waxay halis weyn ugu jiraan soo gaadhis, tusaale ahaan shaqaalaha daryeelka caafimaadka iyo kuwa ugu dhow xiriirada dadka uu ku dhacay fayraska keena COVID-19. Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada ee loo yaqaano (CDC) waxay sii wadaysaa inay si dhaw ula socoto xaaladda.

## Miyay jiraan kiisas COVID-19 ama fayraska corona ee gudaha Mareykanka?

Haa. Kiiskii ugu horreeyay ee COVID-19 gudaha Mareykanka waxaa la soo sheegey bishii Janaayo labaatn iyo kowda(21), 2020. Tirakoobka hadda ee kiisaska COVID-19 ee Mareykanka waxaa laga heli karaa websaydhka CDC (Xarumaha Xakamaynta iyo Ka Hortagga Cudurrada ee loo yaqaano) oo ah <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## Sidee ayuu cudurka fayraska corona(COVID-19) kufaafa?

Fayraska oo sababa COVID-19 ayaa laga yaabaa inuu ka yimid xayawaan, laakiin hadda waxay umuqataa inuu ku faafayo qof ilaa qof. Waxaa muhiim ah in la ogaado in fiditaanka qof-ka-qof uu u dhici karo si isdaba joog ah. Cudurrada qaar waa kuwo si aad ah laysku faafiyo (sida jadeecada), halka cudurada kale ay sidaa uga yar yihiin. Waqtigaan, ma cadda sida ugu fudud ama u waarta fayraska keena COVID-19 inuu ku faafo dadka dhexdooda. Ka baro waxa Waxaa lagu yaqaanaa faafinta fayraskaka corona cusub ee soo baxay <https://www.cdc.gov/coronavirus/2019-ncov/about/gudbinta.html>.

## Waa maxay calaamadaha COVID-19 ama fayraska corona?

Bukaanka qaba COVID-19; fayraska corona waxay leeyihiin xanuun oo xagga neef mareenka ah oo astaamahan leh

- Qandho
- Qufac
- Neefta oo yarata

## Waa maxay dhibaatooyinka ba'an ee ka yimaada fayraskan?

Bukaanno badan ayaa qaba cudurka sambabaha ee labada sambab.

## Sideen u caawin karaa ilaalinta nafteyda?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Habka ugu wanaagsan ee looga hortagi karo infekshinka waa in laga fogaado soo gaadhista fayraska sababa ee COVID-19.

## Waxaa jira talaabooyin ka hortag ah oo maalinle ah oo looga hortago faafitaanka fayrasyada neef mareenka. Kuwaas waxaa ka mid ah:

- Ka fogow dadka kugu dhow oo jiran.
- Iska ilaali inaad indhahaga, sankaaga iyo afkaga aad kutaabatid gacmahaaga oo aan dhaqneen.
- Gacmahaaga ku dhaq saabuun iyo biyo ugu yaraan labaatn (20) sekan. Isticmaal gacmo nadiifiye leh oo ka kooban ugu yaraan 60% alkoholad haddii aad saabuun iyo biyo aan la heli karin.

## Haddii aad xannuunsato, si aad uga ilaaliso u faafinta cudurka neef mareenka dadka kale, waa in aad

- Joog guriga marka aad jiran tahay.
- Ku dabool qufacaaga ama hindhisada ku masax istiraasho, ka dibna ku tuur qashinka istiraashada.
- Nadiifi oo jeermiska taabsiiya walxaha iyo dusha sare.

## Maxaan sameeyaa haddii aan u dhoofay dhawaan meel ka baxsan Mareykanka?

Haddii aad joogtay meel ka baxsan dalka Mareykanka afar iyo tobankii(14) maalmood ee la soo dhaafay oo aad ku xanuunsaneyso qandho, qufac, ama neefsashada oo kugu adag, waa inaad raadsato daryeel caafimaad. Wac xafiiska bixiyaha xanaanada caafimaadkaaga kahor intaan aadin, una sheeg safarkaaga iyo calaamadahaaga. Waxay ku siin doonaan tilmaamo ku saabsan sida loo helo daryeel adigoo dadka kale u gudbin cudurkaaga. Markaad jiran tahay, iska ilaali inaad la xiriirto dadka, ha u bixin oo ha u daahin safar kasta si aad u yareeyso suurtagalnimada faafinta cudurka dadka kale.

## Ma jiraa wax talaal ah?

Waqti xaadirkan ma jiro wax talaal ah oo ka hortagi kara cudurka fayraska corona COVID-19. Habka ugu wanaagsan ee looga hortagi karo infekshinka waa in laga fogaado soo gaadhista fayraska keena ee COVID-19.

## Ma jiraa wax daawo ah?

Ma jiro dawo gaar u ah oo kahortagayo fayraska oo loogu talagalay COVID-19. Dadka qaba COVID-19 ama fayraska corona waxay raadin karaan daryeel caafimaad si ay uga caawiyaan yareynta calaamadaha.

Wixi faafahin ah kala xiriir: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

