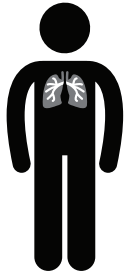


I"MA HARGAB MISE WAA FAYRASKA KORONA"

HARGAB

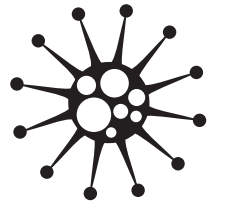
Hargabku waa cudur guud oo neefsashada oo u faafa oo ay sababaan fayraska hargabka. Hargabku wuu ka duwan yahay qabowga.

Hargabku wuxuu u horseedi karaa jirro daran, iyo xannuunnada oo isku dhaca waxay horseedi karaan dhimasho. Malaayiin muwaadiniin ah ayuu ku dhaca hargabka gudaha Mareykanka sanad walba.



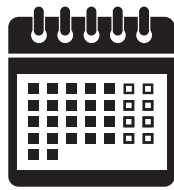
"Fayraska Corona"

"Fayraska Corona" waa infakshan cusub oo sababi kara xanuun ilaa jirro daran oo ah oo xagga neef mareenka ah. Waxaa bulshada ku faafay gudaha Mareykanka laakiin halista ah in la qaado "Fayras Corona" ayaa wali loo arkaa mid hooseyso.



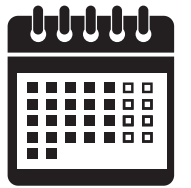
CALAAMADAHA IYO Astaamaha hargabka

Calaamadaha iyo astaamaha hargabku badanaa waxay ku soo baxaan laba maalmood gudahood ka dib soo gaadhista. Astaamuhu si dhakhsha ah ayey hal mar u yimaadaan.

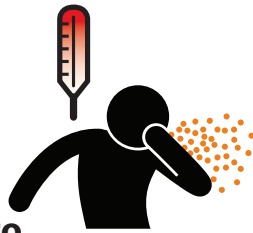


CALAAMADAHA IYO Astaamaha Fayraska

Calaamadaha iyo astaamaha waxay soo muuqan karaan labo ilaa iyo afar iyo toban maalmood ka dib soo gaadhista.



- Qandho
- Madax xanuun
- Murqo ama jir xanuun
- Qufac
- Daal aad dareento
- Cunaha ama dhuunta kuxanuunto
- Diif ama san diif ka da'ayo



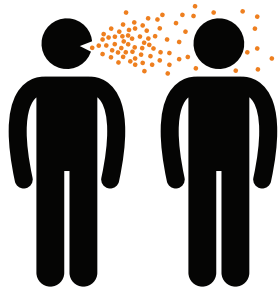
- Qando
- Qufac
- Neefsashada oo adkaata
- Neefsashada oo yaraata



SIDEE AYUU HARGABKA KU FAAFA

Hargabka waxaa badanaa lagu faafiyaa dhibco dhibco ah marka la sameeyo dadka qaba hargabka, qufaca, hindisada ama hadalka. Fayrasyada sidoo kale waxay ku faafi karaan sagxadaha, laakiin tani ma badna.

Dadka qaba hargabka way faafin karaan fayraska kahor, inta lagu jiro, iyo kadib mark ay jiran yihiin ama ay xanuusanyihiin



SIDEE AYUU Fayraska Corona KU FAAFA

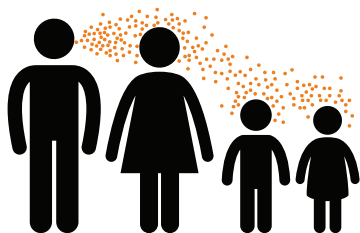
Waxaa loo malaynayaa in uu ku faafo sida:

- Qufac ama hindhisada ama xiriir kale oo kugu dhow qofka cudurka qaba "fayraska Corona"
 - Xiriirka soke wuxuu ka dhigan yahay in u jira lix(6) talaako qofka cudurka qaba in muddo ah.
- Waxaa kale oo lagu faafin karaa taabashada shay uu qof cudurka u isticmaalay, sida unugyo ama gogosha.

YUU KU DHACAA HARGABKA?

Qof kasta ayaa qaadi kara hargabka.

Dadka qaarkii — sida carruurta aad u yaryar, dadka waaweyn, iyo dadka qaba xaaladaha caafimaad qaarkood - waxay khatar weyn ugu jiraan dhibaatooyin daran.



YUU KU DHACAA FAYRASKA KORONA?

Waddanka Mareykanka, dadka halista ugu jira waa

- Socotada ka timid dibedda Mareykanka.
- Shaqsi xiriir dhaw la lahaa qof cudurka qabo "Fayraska Corona."



Macluumaad dheeraad ah oo ku saabsan hargabka iyo COVID-19, booqasho www.cdc.gov/flu and www.cdc.gov/coronavirus/2019-nCoV.

3-Mar-2020

TILMAAMAHA: Macluumaadka COVID-19 si dhakhso ah ayuu isu beddelaa dukumintigana waa loo cusboonaysiin doonaa si ku habboon.