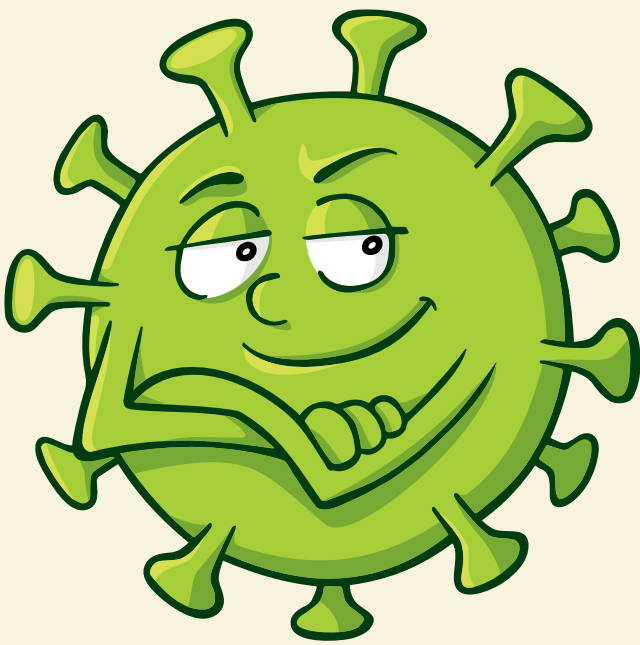


HA ILAABIN COVID IYO HARGABKA

# XILLIGA HARGABKA

IYAGU MAYSAN KU ILAABIN.



## 1 Miyaanba u baahanahay inaan ka walwalo hargabka mar-dambe?

Haa! In kastoo uu COVID-19 si fudud u faafi karo iyo sababi karo cudur aad u sii daran, hargabku wali waa wax walaac daran leh, gaar ahaan dadka sii waaweyn, dadka uurka leh, caruurta ka da'da yar 5 sano, iyo dadka leh xaaladaha caafimaad ee kale.

## 2 Waxaan qaatay tallaalka COVID-19, marka waan ilaalsanahay, sow sax ma aha?



Maya! Hargabka iyo COVID-19 labaduba waa cudurada neef-mareenka ee la is qaadsiiyo, laakiinse waxaa sababa fayrasyo kala-duwan. Taasi micnaheedu waa in tallaalka COVID-19 **UUSAN** kaa ilaalin karin fayrasyada hargabka iyo dhanka kalena sidoo kale.

## 3 Suurtagal ma tahay in loo bukoodo hargab iyo COVID-19 isla wakhti?

Haa. Waa suurtagal in la qaado hargab iyo cuduro neef-mareen ee kale sida COVID-19 isla wakhti. Tani waxaa lagu magacaabaa caabuq-labeed (coinfection). Waxaan fileenaa inaan aragno tani in badan xilligan sababtoo ah kororka wareegida fayraska hargabka.

**4****Waxba kama maqlin hargab ilaa hadda. Miyaysan aheen inaan iska sugo qaadashada tallaalka?**

Run ahaantii maya. Waxaa ugu wanaagsan in la qaato tallaalka **ka hor** inta hargabka uusan bilaaban inuu ku faafo bulshadaada. Sebtembar ama dhammaadka Oktoobar ayaa ah wakhtiyada ugu fiican ee la qaato tallaalka hargabka. Hasa ahaatee, Noofembar ama in ka dambeyna wali waa wax fiican maadaama sareynta hargabku inta badan ay tahay bisha Febraayo oo uu sii socon karo ilaa iyo bisha Maajo.

**5****Waxaan mar dhow qaatay tallaalka xoojinta ee COVID-19, Miyay tahay inaan sugo si aan u qaato tallaalka hargabka?**

Maya. Waxaad qaadan kartaa tallaalka hargabka isla wakhtiga aad qaadato COVID-19, oo ay ka mid tahay tallaalka xoojinta ee COVID-19.

**6****Miyuusan ahayn ilmaheygu qof aad u yar in uu qaato tallaalka hargabka?**

Dhammaan carruurta ah da'da 6 bilood iyo wixii ka weyn waa inay qaataan tallaalka hargabka. Waxay run ahaantii qaadan karaan tallaalada hargabka iyo COVID-19 labadaba isla wakhti, laakiinse dib ha u dhigin tallaalka midkoodna si aad labadooda u qaadato isla booqasho caafimaad.

**7****Astaamaha COVID-19 iyo Hargabka waa wax aad isku mid ah. Sideen u ogaan karaa waxa ay ku kala duwanyihiin?**

Waxaad ka heli kartaa hage caawin leh ee isbarbar dhigaya astaamaha COVID-19, Hargabka, Durayga, iyo Xasaasiyadda halkan. Hasa ahaatee, xirfadle daryeel caafimaad ayaa awooda inuu codsado baaritaan si ay u caawiso xaqiijinta inaad qabto hargab, COVID-19, ama cudur kale.

**8****Mar dhaw ayuu COVID-19 igu dhacay. Ma qaadan karaa tallaalka Hargabka?**

Tallaalka hargabka waa in kaliya dib loo dhigaa ilaa iyo marka aadan jiraneen. Guud ahaan, dadka ugu jiro gudaha guriga go'doomin COVID-19 owgiis waa inay sugaan ilaa ay buuxiyaan shuruudaha ka soo bixidda go'doominta (xitaa haddii aysan lahayn astaamo) si ay u yimaadaan goobta tallaalka si ay uga fogaadaan ugu faafinta cudurka dadka kale. Kala hadal xirfadle daryeel caafimaad si aad u ogaato wakhtiga ugu wanaagsan.

