

Cudurka Fayraska Korona (COVID-19)

(Coronavirus disease (COVID 19))

Tilmaamaha daryeelka kadib marka aad ka tagto waaxda xaalada gurmada ama xarunta daryeelka degdega ah

(Care instructions after you leave the emergency department or urgent care centre)

Macluumaadkan waxaa loo turjumay luqado kale – eeg xiriiriyeyaasha ku yaalo qaybta hoose ee boggan.

Lagaagama baahna inaad isbitaalka ku sii jirto. Waxa aad joogi kartaa gurigaaga inta aad sugayso natiijada shaybaadhka COVID-19 iyo inta aad ka bogsoonayso xanuunka.

Wac 911 hadii aad:

(Call 911 if you:)

- yeelato dhibaato neefsiga ah oo cusub ama kasii daraysa
- aad yeelato laab xanuun cusub ama uu kasii daraaya
- dawakhdo ama aanad sida caadiga ah u fikiraynin
- suuxdo (miyir beesho)

La hadal dhakhtarkaaga ama Health Link ka wac 811 ama waxa aad doonataa daryeelka caafimaad haddii:

(Call your healthcare provider or Health Link at 811 or get medical care if:)

- aanad ka bogsoon calaamadaha 7 ilaa 14 maalmood gudahood.
- aad soo roonaato xoogaa, kadibna xaalkaagu kasii daro
- Aad u aragto inayna dawooyinka waxba kuu taraynin ama aad ka qaaday caafimaad daro kale
- aad leedahay calaamado iyo astaamo dhuun qalal sida:
 - afku aad kuu qalalo
 - in xadiga kaadidaadu aad u yaraato
 - dareento dawakhaad

La hadal dhakhtarkaaga:

(Call your healthcare provider:)

- si aad u qabsato balanta la socodka ah
- haddii aad qabto wax dhibaato aan degdeg ahayn ama su'aalo
- haddii ay kasoo wareegtay 5 maalmood xiligii aad martay shaybaadhka COVID-19 oo ayna natiijadiina kuu iman

Keli-yeel naftaada

(Isolate yourself)

Ka dib markaad ka tagto waaxda xaaladaha gurmada ah (ED) ama xarunta daryeelka degdega ah (UCC), waxa lagu talinayaa in aad naftaada keli-yeeshaa. Taasi waxay ka dhigan tahay in:

- **aad joogto guriga** oo aad dadka kale ka ee kula jooga ka fogaato
- **kaliya aad** guriga uga baxayso hadii aad u baahan tahay daryeel caafimaad
- aadan isticmaalin gaadiidka dadwaynaha (sida baska ama tareenka)

- waxa aad xidhataa maaskaro haddii aad u baahan tahay inaad la joogto dad kale, sida dadka guriga aad wada degan tihiin ama haddii aad daryeel caafimaad doonato.
- waxaad ku qufacdaa ama ku hindhistaa suxulkaaga ama waxa aad saartaa suuf sankaa iyo afkaaga marka aad qudacayso ama hindhisayso (kadibna isla markaba waxa aad ku tuurtaa qashinka markaasna farxalo)
- waa inaad ku farxalataa sabuun iyo biyo ugu yaraan 20 ilbidhiqsi - haddii aanad sabuun iyo biyo haysan, waxa aad isticmaashaa gacmo nadiifiye alkohool leh.
- ka dheeroow taabashada indhahaaga, sankaa, afkaaga iyo wajigaaga.
- waxa aad isku daydaa inaad ka fogaato dadka kale ee guriga aad wada degan tihiin oo waa inuu kaliya 1 ruux oo caafimaad qabaa uu ku daryeelaa (hadii loo baahdo)
- waxad joogtaa qol gaar ah oo waxa aad isticmaashaa suuli ka gaar ah dadka kale ee guriga jooga (hadii ay macquul tahay)
- dadka hala wadaagin alaabaadka shakhsiyeed ee qoyska sida go'yaasha sariirta, shukumaanada, agabka wax lagu cuno, iyo aaladaha elektorooniga ah
- waxa aad nadiifisaa oo aad jeermiska ka dishaa gurigaaga maalin kasta adiga oo adeegsanaya nadiifiyaha iyo jeermis masaxaada jeermis dilaha ama daawada lagu buufiyo

Raac talada aad heshey ee ku saabsan marka ay amaanka tahay inaad joojiso iskeli-yeelida. Hadii aad ka shakido, wac Health Link at 811.

Si aad u ogaato wax badan oo ku saabsan talooyinka go'doominta booqo [Talooyinka go'doominta](#)

Ku saabsan COVID-19

(About COVID-19)

COVID-19 waxaa keena fayras. Calaadaha COVID-19 waxa ay lamid yihiin sida kuwa hargabka oo kale (durayga) ama xanuunada kale ee ku dhaca sanbabka iyo hawo mareenka (loo yaqaan xanuunada neefsi). COVID-19 wuxuu sababi karaa:

- qandho
- qufac
- neefta oo yaraata
- dhibaato neefsashada
- cune xanuun
- sankaa oo diif ka socdo

Naftaada ku daryeelida guriga

(Caring for yourself at home)

- Waxa aad qaadataa nasasho badan si aad u ladnaato.
- Waxa aad cabtaa cabitaan badan.
- Waxa aad isticmaashaa barkimo dheeraad ah si aad ugu dhigato madaxa hadi aad habeenka oo dhan qufacayso.
- Ha cabin sigaar, sigaarka elektorooniga ah ama yaan lagugu ag cabin.
- Si aad gacan ugu gaysato xanuunada jirka iyo madax xanuunka ama aad hoos u dhigto qandhada, isku day xanuun baabi'ye (sida Tylenol) sida lagu tilmaamay baakadda.

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- Ha qaadan antihistamines sida Benadryl ama Reactine si aad ugu dawayso calaadamaha COVID-19. Daawooyinkan waxa loo adeegsadaa in lagu xakameeyo calaamadaha xasaasiyadda, ee looma isticmaalo caabuqyada marinka sare ee neefmareenka.
- U qaado daawooyinkaaga sida laguugu soo qoray.

Si aad u ogaato wax badan oo ku saabsan ku daryeelida naftaada guriga, booqo

[Hagaha Is-Daryeelka COVID-19](#)

Halkee ayaan macluumaad dheeraad ah ka ogaan karaa?

(Where can I learn more?)

Booqo websaytkeena soo socda si aad uga hesho macluumaadka ugu danbeeyay ee ku saabsan COVID-19:

- Caafimaadka Alberta (Alberta Health) – alberta.ca/covid
- Alberta Health Services (Macluumaadka Albertans) – ahs.ca/covid
- Alberta Health Services (Talada ku aadan Dadka Laga Baadhay COVID-19) - ahs.ca/results
- Government of Canada – canada.ca/covid-19
- MyHealth.Alberta.ca – [Cudurka Fayraska korona \(COVID-19\): Tilmaamaha Daryeelka](#)

La Xiriira Cudurka Fayraska korona (COVID-19)

(Related to Coronavirus Disease (COVID-19))

- [COVID-19: Alberta Health Services](#)
- [Macluumaadka COVID-19 ee loogu talagalay reer Albertan: Alberta Health](#)

Si aad u hesho talo kalkaaliso caafimaad iyo macluumaadka caafimaadka guud oo 24/7 ah ka wac Health Link lambarka 811.

Markii ugu dambeysay ee dib loo firshay: Ogoosto 17, 2022

Qoraa: Emergency Strategic Clinical Network, Alberta Health Services

Xogtaani maaha mid lagu beddelayo talada xirfadle caafimaad oo aqoon leh. Qalabkan waxaa loogu talagalay macluumaadka guud oo keliya waxaana lagu bixiyaa 'sida uu yahay', 'meesha uu' ku saleysan yahay. In kasta oo dadaallo macquul ah la sameeyay si loo xaqiijiyo saxnaanta macluumaadka, Alberta Health Services ma sameeyaan wax matalaad ah ama dammaanad ah, degdeg ah, si maldahan ama sharci ah, xagga saxnaanta, isku halaynta, dhammaystirnaanta, adeegsiga ama ku habboonaanta ujeedo gaar ah ee macluumaadkan oo kale ah. Alberta Health Services waxay si cad u diidaysaa dhammaan masuuliyada ka dhalata isticmaalka agabkan, iyo sheegasho kasta, ficillo, dalabaad ama dacwado kasta oo ka dhasha isticmaalkan.

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