

## Cudurka Korona Fayras (COVID 19): Tilmaamaha Daryeelka Kadib Marka Aad Ka Tagto Waaxda Xaalada Degdeg ama Xarunta Daryeelka Degdega ah

(Coronavirus disease (COVID 19): Care instructions after you leave the emergency department or urgent care centre)

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 kawac 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)

Marka aad ka tagto waaxda gurmada degdeg ah (ED) ama Xarunta Daryeelka Degdega ah (UCC), **waa inaad keli-yeeshaa naftaada**. 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 daryeela (hadii loo baahdo)
- waxa aad 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 shakhsi ahaaneed ee qoyska sida go'yaasha sariirta, bilaydhada, 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

Si aad u ogaato xog intaas ka badan, booqo [Sharuudaha keli-yeelida iyo karaantiilka | Alberta.ca](#).

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

COVID-19 waxaa keena fayras. Calaamadaha 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 neefsiga). COVID-19 wuxuu sababi karaa:

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

Haddii aad qabto wax ka mid ah calaamadahaan aadna tahay qaangaar, **waa inaad** iskeli-yeeshaa. Si aad u ogaato xog intaas ka badan booqo [Sharuudaha isgo'doominta iyo karaantiilka | Alberta.ca](#).

Carruurta iyo qofkasta oo ka wayn 18 sano jir oo dhigta dugsiga sare, waxa aad isticmaashaa [liiska baaritaanka maalin laha ah](#) maalin kasta kahor inta aadan tagin dugsiga, daryeelka ilmaha, ama hawlaha kale. Haddii uu ilmahaagu qabo calaamado, waxaad raacdaa talada ku qoran liiska hubinta.

Haddii lagu baadhay, waa inaad raacdaa tilmaamaha ku qoran [ahs.ca/results](#) kuwaas oo ku salaysan natiijada baaritaankaaga.

(COVID 19): Tilmaamaha Daryeelka Kadib Marka Aad Ka Tagto Waaxda Xaalada Degdeg ama Xarunta Daryeelka Degdega ah

(Coronavirus disease (COVID 19): Care instructions after you leave the emergency department or urgent care centre)

Calaamadaha kale waxaa kamid ah:

- sanko oo xirma
- Laqida damqasho leh
- madax xanuun
- qarqaryo
- xanuunada murqaha ama kalagoosyada
- si guud ahaan u dareemida caafimaad daro
- dareemida daal ka badan sidii caadiga ahayd ama tamar la'aan gabi ahaanba
- dareemida calool xanuun (lalabo), hunqaaco, shuban (saxaro biyeysan), ama dareemid la'aanta gaajada
- luminta dareenka urta ama dhadhanka
- indho basali noqda (cuf)

Hadii aad isku aragto wax kale oo calaamado ah, waxa aad joogtaa guriga oo waxa aad xadidaa xidhiidhka aad la leedahay dadka kale ilaa inta ay calaamaduhu kaa baaba'ayaan.

### **Hadii ay caruur kuu joogaan guriga**

*(If you have children at home)*

Isticmaalliiska [baadhitaanka maalin laha ah](#) maalin kasta kahor inta aanu ilmahaagu aadin dugsi, xanaanda ilmaha ama hawlaha kale. Haddii uu ilmahaagu qabo calaamado, waxaad raacdaa talada ku qoran liiska hubinta.

### **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 garan cabin.
- Isticmaal acetaminophen (such as Tylenol) hadii aad yeelato jidh xanuun, madax xanuun ama xumad. Waxa aad raacdaa tilmaamaha ku dul qoran.
- Ha qaadan antihistamines sida Benadryl ama Reactine si aad ugu dawayso calaadamaha COVID-19. Waxa ay dawooyinkani jilcin karaan duufkaaga.
- U qaado dawooyinkaaga sida laguugu soo qoray.

Si aad xog dheeraad ah uga barato ku daryeelida naftaada guriga, booqo [Cudurka Karona fayraska \(COVID-19\): Sida loo maareeyo astaamaha xanuunka](#).

## 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:

- Alberta Health – [alberta.ca/coronavirus-info-for-albertans.aspx](https://alberta.ca/coronavirus-info-for-albertans.aspx)
- Alberta Health Services (Macluumaadka Albertans) – [ahs.ca/topics/Page16944.aspx](https://ahs.ca/topics/Page16944.aspx)
- Alberta Health Services (Talada Dadka Laga Baadhay COVID-19) - [ahs.ca/topics/Page17034.aspx](https://ahs.ca/topics/Page17034.aspx)
- Government of Canada – [canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](https://canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)
- MyHealth.Alberta.ca – [Cudurka Korona Fayras \(COVID-19\): Tilmaamaha Daryeelka](https://myhealth.alberta.ca/Cudurka_Korona_Fayras_(COVID-19):_Tilmaamaha_Daryeelka)

**Si aad u hesho talo kalkaaliso caafimaad iyo macluumaadka caafimaadka guud ood helayso 24/7 wac Health Link ood ka helayso 811.**

Hadda laga bilaabo: Maayo 9, 2022

Waxaa qoray: 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 ujeeddo gaar ah ee macluumaadkan oo kale ah. Alberta Health Services waxay si cad u diidaysaa dhammaan masuuliyada isticmaalka agabkan, iyo sheegasho kasta, ficillo, dalabaad ama dacwado kasta oo ka dhasha isticmaalkan.

(COVID 19): Tilmaamaha Daryeelka Kadib Marka Aad Ka Tagto Waaxda Xaalada Degdeg ama Xarunta Daryeelka Degdega ah

(Coronavirus disease (COVID 19): Care instructions after you leave the emergency department or urgent care centre)