Cudurka Coronavirus (COVID-19): Tilmaamaha Daryeelka
Coronavirus disease (COVID-19): Care instructions

Guudmarka
(Overview)

Cudurka coronavirus (COVID-19) waxaa sababa fayras. Astaamaha COVID-19 waxa ay badankooda la mid yihiin sida kuwa hargabka oo kale (durayga) ama xanuunada kale ee saameeya sambabada iyo hawo-mareenada (loo yaqaano xanuunada neefta). COVID-19 wuxuu sababi karaa:

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

Haddii aad tahay qof qaangaar ah oo aadna qabto mid ka mid ah astaamahaan, waa **inaad** isgo'doomisa. Si aad u ogato wax intaa ka badan booqo Sharuudaha isgo'doominta iyo karaantiilka | Alberta.ca.
Wixii caruur ah iyo qofkii ka wayn 18 sano jir ee dhigta dugsiga sare, waxa aad isticmaashaa shaxda eegitaanka maalin kasta kahor inta aanad qaaban dugsiga, xarunta daryeelka, ama hawlaha kale. Hadii uu ilmahaagu qabo astaamo, 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.

Astaamaha kale waxaa kamid noqon kara:

- sanka oo xirma
- Laqida damqasho leh
- madax xanuun
- qarqaryo
- xanuunada murqaha ama kalagoysyada
- 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 (daaf)

Haddii aad leedahay mid ka mid ah astaamaha kale, guriga joog oo xaddid xiriirka aad la leedahay dadka kale ilaa astaamahaagu ka dhammaanayan.

Dadka intooda badan (qiyaastii 80%) waxay leeyihiin astaamo khafiif ah ama wax astaamo ah malaha haba yaraatee. Laakiin dadka aadka u xanuunsan waxay u baahan karaan daryeelka isbitaalka. Xaaladaha daran, COVID-19 waxaa uu keeni karaa koolbo aariyo, ku adkeeya in aad neefsato caawimo la'aan, iyo xitaa waxaa uu keeni karaa dhimasho.

Sidee ayuu ku faafaa?

(How does it spread?)

Fayraskani waxa uu qof-ka-qof ugu fidaa isaga u marayo dhibcaha candhuufta ee ka dhasha qufaca iyo hindhisada. Waxaa kale oo laga yaabaa inuu ku faafo taabashada shay uu fayrasku dushiisa saaran yahay, sida gacanka albaabka ama miiska dushiisa, ka dibna aad taabato wejigaaga.

Sidee loo baaraa?

(How is it diagnosed?)

Fayraska waxaa lagu ogaadaa baaritaan isticmaalo muunada dhacaanka sanka ama dhuunta. Waxaa laga yaabaa in lagaa qaado baaritaanno kale, sida baaritaanka dhiigga iyo baaritaanka kombuyuutarka tomogaraafiga (CT) ee sambabada. Laakiin xitaa haddii aadan marin baaritaan, waxaa laguu sheegi karaa inaad malaha qabtid fayraska sida ku saleysan astaamahaaga iyo taariiqdaada.

Hadii aad u malaynayso in aad u bayla noqotay cid qabta COVID-19 oo aad qabto astaamaha, waxaad samaysaa Is-Qiimaynta COVID-19.

Ma jirtaa daawo loogu talagalay COVID-19?

(Is there medicine for COVID-19?)

Haddii aad leedahay astaamo yaryar, waxa aad naftaada ku daryeeli kartaa guriga. Waxaad qaadan kartaa acetaminophen (Tylenol) wixii xumad ama damqasho ah, hadii ay badbaado kuu tahay. Ka hubso dhakhtarkaaga ama farmashiilahaaga hadii aadan hubin.

Gudaha Alberta, Paxlovid iyo Remdesivir waa 2 daawo oo loogu talagalay dadka qaba COVID-19. Daaweyntan waxaa loogu talagalay dadka leh astaamaha fudud ama dhexdhexaadka ah kuwaas oo aan ku jirin isbitaalka (bukaan-socodka). Paxlovid waxay u baahan tahay in lagu qaato 5 maalmood gudahooda bilaabashada astaamaha. Remdesivir waa in la qaato 7 maalmood gudahooda kadib bilaabashada astaamaha.

Si aad wax badan uga ogaato oo aad u aragto cidda u qalanta daawada Paxlovid ama Remdesivir , booqo Daaweynta Bukaan-socodka ee loogu talagalay COVID-19 | (Adeegyada Caafimaadka ee Alberta) Alberta Health Services.

Dadka qaba COVID-19 ee ku jira isbitaalka ee leh astaamaha aadka halista u ah waxay helaan daawayn sida ogsijiinta, isteroydhyada, iyo caawinta neefsashada.

Maxaan sameeyaa haddii aan qabo COVID-19 ama aan leeyahay astaamaha COVID-19?

(What should I do if I have COVID-19 or have symptoms of COVID-19?)

Haddii lagaa helay COVID-19 ama aad leedahay astaamaha COVID-19, waa **inaad** isgo'doomisa. Si aad wax badan ugu ogaato booqo Sharuudaha isgo'doominta iyo karaantiilka.

Samee Isqiimeynta COVID-19 si aad u ogaato hadii aad u baahan tahay in lagaa baaro COVID-19.

Ka wac **Health Link** lambarka **811** sida ugu dhakhsaha badan marka aad yeelato astaamaha. Horey uga wac guriga adoo jooga ka hor inta aadan tagin goobta daryeelka caafimaadka, sida xafiiska dhakhtarka ama rugaha iska-socotada ballanta an lahayn.

Wac **911** haddii aad si aad ah u xanuunsan tahay oo aad u baahan tahay daryeel caafimaad oo degdeg ah. Waxa aad u sheegtaa in laga yaabo inaad qabto COVID-19.

Daryeelka dabagalka waa qayb muhiim ah oo ka mid ah daawayntaada iyo badbaadadaada. Hubi inaad sameyso oo aad ilaaliso dhammaan ballamahaaga daryeelka caafimaadka, oo wac dhakhtarkaaga ama Health Link 811 haddii aad dhibaato qabtid. Sidoo kale waa fikrad wanaagsan inaad ogaato natiijada baaritaankaaga oo aad hayso liiska daawooyinka aad qaadato.

Halkee ayaan macluumaad dheeraad ah ka ogaan karaa?
(Where can I learn more?)

Waxaad ka heli kartaa macluumaadka ugu dambeeyay ee COVID-19 ilahan:

- Alberta Health
- Alberta Health Services
- Government of Canada

Waxaa la iga helay COVID-19 ama waxaan isku go'doominayaa sababtoo ah waxaa laga yaabo in aan qabo COVID-19. Sideen ugu daryeeli karaa naftayda guriga?
(I have been diagnosed with COVID-19 or am isolating because I might have COVID-19. How can I care for myself at home?)

- Ku badbaad daawooyinka. U qaado daawooyinkaaga sida laguugu soo qoray. Ka wac dhakhtarkaaga ama Health Link 811 haddii aad u maleyneyso inaad dhibaato ku qabto daawadaada.
- Guriga joog. Ha aadin dugsiga, shaqada, ama meelaha dadwaynaha. Ha isticmaalin gaadiidka dadwaynaha (sida baska ama tareenka). Ka tag gurigaaga kaliya haddii aad u baahan tahay inaad hesho daryeel caafimaad. Horey uga wac guriga ka hor intaadan tagin xafiiska dhakhtarka. Waxay go'aansan karaan haddii daryeelka shakhsi ahaaneed ama daryeelka casriga ah (sida wicitaanka taleefoonka ama wicitaanka muuqaalka) uu adiga kuu fiican yahay. Hadii aadan lahayn dhakhtar qoys, booqo AlbertaFindADoctor.ca.
- Xiro maaskarada wajiga haddii aad leedahay astaamaha COVID-19 oo aadan ka fogaan karin dadka kale, sida gurigaaga gudihiisa ama marka aad rabto in aad raadsato gargaar caafimaad. Xirashada maaskaro waxay kaa caawin kartaa joojinta faafitaanka fayraska markaad qufacdo ama hindhiso.
- Xaddid u dhawaanshaha dadka gurigaaga jooga. Kaliya hal qof oo caafimaad qaba waa inuu ku daryeelaa. Haddii ay suurtogal tahay, joog qol jiif oo gaar ah oo isticmaal musqul gooni ah oo qof kale oo gurigaaga jooga uusan kula isticmaalin.
- Ku dabool afkaaga iyo sankaaga warqad istiraasho ah ama tiishuu marka aad qufacayso ama hindhisayso. Isla markiiba ku tuur qashinka dhexdiisa.
- Dhaq gacmahaaga badanaa, gaar ahaan markaad qufacdo ama hindhisto kadib. Adeegso sabuun iyo biyo, oo waxaad isku xoqdaa ugu yaraan 20 ilbidhiqsi. Hadii aanad haysan saabuun iyo biyo waqtigaas, waxaad isticmaashaa gacmo nadiifiyaha alkolada ku salaysan.
- Hala wadaagin dad kale alaabta guriga ee kuu gaarka ah. Kuwaan waxaa ka mid ah go'yaasha sariirta, shukumaannada, koobabka, weelasha wax lagu cuno, iyo aaladaha elektrooniga ah (sida taableetka iyo taleefoonada).

- Nadfiifi oo jeermis dil gurigaaga maalin kasta. Isticmaal agabka nadiifinta ee guryaha dhexdooda lagu isticmaalo iyo jeermis dilaha masaxaha ah ama buufiye. Samee taxadar gaar ah si aad u nadiifiso waxyaabaha aad gacmahaaga ku qabato. Kuwaan waxaa ka mid ah gacanta albaabka, rimoodka tvga, taleefanada, iyo gacmaha talaagada iyo mikrooweefka. Oo ha iloobin kabadhka sare, miiska korkiisa, suuliga iyo kiiboodhyada kombuyuutarka.
- Fadlan raac talooyinka lagu siiyay ee ku saabsan marka ay tahay amaan inaad kasoo baxdo aysoleeshinka. Haddii aadan hubin, ka wac Health Link 811.

Goormaan u wacdaa kaalmo?
(When should I call for help?)

Wac **911** waqti kasta oo aad u aragto inaad u baahan tahay kaalmo daryeel oo degdeg ah. U sheeg inaad qabto astaamaha COVID-19. Tusaale ahaan, wac hadii:

- Aad qabto dhibaato neefsashada oo aad u daran ama xabad xanuun.
- Si aad ah aad u dawakhsan tahay ama aanad sida caadiga ah u fikiraynin.
- Aad suuxdo (miyir beesho).

Ka wac dhakhtarkaaga ama Health Link 811 hadda ama doono daryeelka caafimaad isla markaba hadii:

- Aad yeelato mushkilad neefsi oo cusub ama ay kasii darto.
- Astaamahaaga ayaa ka sii xumaanaaya.
- Waxaad bilaabaysaa inaad soo roonaato kadibna waad kasii daraysaa.
- Waxaad leedahay fuuq-bax aad u daran. Astaamaha fuuq-baxa waxaa ka mid ah:
    - afka oo aad kuu qalalo
    - soo daynta kaadi yar oo kaliya
    - dareemida dawakhaad aad ah

Hadii aad leedahay astaamo iyo haddii kaleba, waxaa aad la hadashaa xafiiska dhakhtarkaaga **kahor** inta aadan bixin. Haddii aad leedahay astaamo, waxaa aad xaqiijisaa inaad xirato maaskarada wajiga marka aad aadayso dhakhtarka si aad u joojiso faafitaanka fayraska.

La xiriira Cudurka Coronavirus (COVID-19): Tilmaamaha Daryeelka
(Related to Coronavirus Disease (COVID-19): Care Instructions)

- COVID-19: Alberta Health Services
- Macluumaadka COVID-19 ee reer Albertan: Alberta Health
- Is-qiimeynta COVID-19

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 fiirshay: Febraayo 1, 2023
Qoraaga: Laga soo xigtay Healthwise

Qalabkani 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.