

Xanuunka Neef Mareenka: Xirashada maaskaro si loo joojiyo faafitaanka (Respiratory Illness: Wearing a mask to stop the spread)

Xirashada maaskaro ayaa ah qaab fudud oo lagu joojiyo faafitaanka xanuunka neef mareenka. Xanuunnada neef mareenka waxaa kamid ah qaboowga, hargabka, COVID-19, iyo xanuunnada kale ee saameeya neeftaada.

Maaskarooyinka ayaa ka shaqeeya joojinta in xanuunka neef mareenku faafo waayo waxay:

- ka hor istaagaan fananada kasoo baxaaya sanakaaga iyo afkaaga inay hawada raacaan
- kaa hor istaagayaan inaad taabato wajigaaga (Marka aad taabato wajigaaga, waxaad jeermiska gaarsiinaysaa wajigaaga. Waxaad sidoo kale faafinaysaa jeermiska marka aad taabato wajigaaga kadibna aad taabato dadka ama meelaha adiga oo aan nadiifin gacmahaaga.)

Haddii aan qabo astaamaha xanuunka neef mareenka, maxaa kale oo aan samayn karaa marka lagasoo tago xirashada maaskarada?

(If I have respiratory symptoms, what else can I do along with wearing a mask?)

Maaskarooyinka ayaa sida ugu haboon u shaqeeya marka aad sidoo kale qaado talaabooyin kale. Kuwaan waxaa ka mid ah:

- inaad si joogto ah gacmahaaga ugu nadiifiso gacmo sifeeye ka samaysan aalkolo (gacmo sifeeye) ama saabuun iyo biyo
- kala fogaanshaha jirka ee dadka (ka fogaanshaha ugu yaraan 2 mitir dadka kale)
- joogista guriga marka aad xanuunsan tahay
- raacida amarada caafimaadka dadwaynaha, sharciyada maxaliga ah, iyo xeerar kasta oo dhanka caafimaadka iyo Badqabka ah oo ka jira dhismeyaasha

Marka qof kasta sidaan sameeyo, waxay ka caawinaysaa qof kasta inuu badbaado.

Maaskaradu ma i caawinaysaa marka ay adag tahay inaan dadka ka fogaado?

(Will a mask help when physical distancing is difficult?)

Xirashada maaskarada iyo nadiifinta gacmahaaga ayaa ka caawinaysa qof kasta inuu badbaado marka aad wax ka yar 2 mitir u jirto qof kale muddo kooban. Waxaa lagaa codsan karaa inaad doorato inaad xirato maaskaro marka aad joogto goobaha gudaha ah ee la wadaago sida:

- xafiisyada dhakhtarka
- gaadiidka dadwaynaha
- dukaannada adeegga iyo dukaannada tafaariiqda
- farmashiyaasha
- koofeerada

Ma u baahan nahay inaan xidho maaskaro haddii aan qaatay talaalka COVID-19 ama hargabka?

(Do I need to wear a mask if I've had the COVID-19 or influenza vaccine?)

Sii wad inaad raacdo talooyinka marka ay tahay inaad maaskaro xirato, xataa haddii aad qaadatay talaalka COVID-19 ama hargabka.



Maxay tahay inaan ku doorto maaskarada?

(What should I look for in a mask?)

Maaskarada nadiifta ah ee aan ahayn tan caafimaadka ama maaskarada caafimaadka oo si fiican u daboolaysa afkaaga, sankaa, iyo garka ayaa ku haboon inta badan goobaha. Ha xiran maaskaro leh shabaq (duleel furmaaya marka aad neefsato), waayo faniinada ayaa ka baxaaya duleelka kadibna faafin kara jeermiska.

Maaskaro aan ahayn mid caafimaad ayaa noqon karta mid dib loo isticmaali karo ama qashinka lagu tuuri karo (aad ku tuurayso qashinka kadib marka aad isticmaasho). Haddii maaskaradaada dib loo isticmaali karo guriga lagu sameeyay, waxaa ugu fiican inay ka kooban tahay 3 lakab, uuna ku jiro lakab shabaq ah.

Maaskaradaadu waa inay tahay:

- mid raaxo leh
- si fiican kuu le'eg si aadan ugu baahan inaad hadba dhan u jiido
- aad si fudud uga neefsan karto
- ay leedahay xadhig ama qool dhagta la surto kaasoo maaskarada meesha ku haynaaya

Sidee ayaan u gashanayaa maaskaradeyda?

(How do I put on my mask?)

Si aad u gashato maaskaradaada:

1. Ku nadiifi gacmahaaga gacmo sifeeye ka samaysan aalkolo (gacmo sifeeye) ama saabuun iyo biyo.
2. Si fiican u kala fidi maaskarada si ay u daboosho wajigaaga laga bilaabo sanko ilaa hoosta garkaaga.
3. Gasho maaskarada adoo adeegsanaaya xadhiga ama qoolasha. Haddii maaskaradu leedahay qayb la isku laabanta, ku dhaji tiirka sanko.
4. Marka aad xirato, ha taaban qaybta hore ee maaskarada ama wajigaaga ka hooseeya maaskarada.

Sidee ayaan iskaga bixinayaa maaskaradeyda?

(How do I take off my mask?)

Si aad iskaga bixiso maaskaradaada:

1. Ku nadiifi gacmahaaga gacmo sifeeye ka samaysan aalkolo (gacmo sifeeye) ama saabuun iyo biyo.
2. Adeegso xadhiga ama qoolasha maaskarada si aad iskaga bixiso. Ha taaban qaybta hore ee maaskarada.
3. Ku rid qashinka maaskarada la tuuro isla markaba.
4. Ku nadiifi gacmahaaga gacmo sifeeye ka samaysan aalkolo (gacmo sifeeye) ama saabuun iyo biyo.

Maaskarooyinka dib loo isticmaalo, waxaa haboon inaad sidato bac aad ku rido maaskarada la isticmaalay ilaa aad ka dhaqayso marka aad guriga tagto. Sidoo kale, qaado bac ay ku jiraan dhawr maaskaro oo nadiif ah. Mar kasta farxalo marka aad iska bixiso maaskaradaada dib loo isticmaali karo iyo kahor intaadan maaskaro nadiif ah kalasoo bixin bacda.

Sidee ayaan u nadiifinayaa maaskarooyinka dib loo isticmaali karo?

(How do I clean reusable masks?)

Raac tilmaamaha dhaqista iyo nadiifinta maaskarooyinka dib loo isticmaali karo. Haddii aysan jirin wax tilmaamo ah, ku dhaq maaskarada dib loo isticmaali karo mashiinka dharka dhaqa ama gacantaada adoo adeegsanaaya saabuun iyo biyo. Waxaad ku qalajin kartaa qalajiyaha ama waxaad ku haawin kartaa banaanka. Maaskarooyinka dib loo isticmaali karo waa inay lahaadaan isla qaabkooda marka la dhaqo lana qalajiyo kadib.

Sidee ayaa u badelayaa maaskaradeyda?

(How often should I change my mask?)

Haddii maaskaradaadu wasaq ama dhiiqo yeelato, farxalo kadibna xiro mid cusub. Xiro maaskaro cusub ugu yaraan maalin kasta.

Miyaan u baahan nahay inaan xidho maaskaro marka aan booqanaayo qoyska ama saaxiibada ku jira xarunta Alberta Health Services (AHS)?

(Do I need to wear a mask when I visit family or friends in an Alberta Health Services (AHS) facility?)

Ehelada iyo martida soo galaysa xarun ay leedahay AHS waxaa laga codsanayaa inay gacmahooda ku nadiifiyaan gacmo sifeeye aalkolo ka samaysan ama saabuun iyo biyo. Waxaa lagaa codsan karaa inaad xirato maaskaro dhammaan goobaha gudaha dhismaha. Waxaad xiran kartaa maaskaradaada gaarka ah ee la tuuri karo, nadiif ah, oo ku le'eg marka aad galayso dhisme ay leedahay AHS.

Sidee ayaan uga ilaalin karaa ookiyaalahayga in caad qayiro marka aan xiranahay maaskaro?

(How do I stop my glasses from fogging up when I'm wearing a mask?)

Ookiyalaahaaga ayaa qayirmi kara marka hawada diiran ee aad neefsato ay kor ugasoo baxdo maaskarada kadibna ookiyalaaha isku daboosho. Adeegso farsamooyinka si aad uga difaacdo in ay qayirmaan ookiyalaahaagu:

- Kudhaq ookiyalaahaaga saabuun iyo biyo ama adeegso maadooyinka ka difaaca qayirmida. Hawada ku qalaji ama si dartiib ah ugu qalaji maro jilicsan.
- Saar fuqa hore ee ookiyalaahaaga dusha maaskaradaada.
- Kore u dhig fuqa hore ee ookiyalaahagaa si fareemku horey ugasoo baxo wajigaaga waxyar.

Ka waran haddii aanan xiran karin maaskaro?

(What if I can't wear a mask?)

Inta badan dadka ayaa awooda inay xidhaan maaskaro, laakiin dadka qaar ayaan xiran karin maaskaro sababo caafimaad awgood. Maaskarooyinka ayaan sidoo kale loo xiri karin ilmaha kayar 2 sano.

Haddii aad u baahan tahay daryeel caafimaad oo degdeg ah, waxaad heli doontaa daryeelka aad u baahan tahay. Haddii ay suuragal tahay, u sheeg dhakhtarkaaga ama xarunta caafimaadka kahor intaadan booqan inaad xiran karin maaskaro. Waxaad u baahan kartaa in lagu geeyo qol gaar ah ama goob gaar ah marka aad timaado.

Si aad xog badan uga ogaato xirashada maaskarooyin aan ahayn kuwa caafimaadka si ay gacan uga gaystaan kahortaga faafida COVID-19, akhri Alberta Health's COVID-19: Shuruudaha Maaskarada.

La xiriira: Xirashada maaskaro si loo joojiyo faafitaanka

(Related to: Wearing a mask to stop the spread)

- Korona fayraska cusub ee Alberta Health Services (COVID-19)
- Maaskarooyinka iyo difaaca indhaha ee qasabka ah
- U xirista maskarada qof wayn ilmo yar (muuqaal)
- Health Canada: Maaskarooyinka iyo gafuur xidhada aan ahayn kuwa caafimaadka
- Sida loo taageero xirashada maaskarada
- COVID-19: Sida loo xidho maaskarada ama gafuur xirka marada ah

Si loo helo tallada kalkaalisada oo 24/7 ah iyo xogta kale ee caafimaadka guud ka wac Health Link lambarka 811. Haddii aad u baahan tahay turjumaan, keliya sheeg luuqada aad u baahan tahay.

Taariikhdiis ugu danbaysay ee la muraajaceeyay: May 1, 2023

Qoraaga: Kahortaga iyo Xakamaynta Caabuqa, Alberta Health Services

Macluumaadkan badal uma ahan talada dhakhtarka xirfada leh. Qalabkaan waxaa loogu talagalay xog guud keliya waxaana loogu talagalay qaabka "sida ay tahay", "meesha ay tahay". Inkastoo dedaallada macquulka ah la sameeyay si loo xaqiijiyo saxnaanta xogta, Alberta Health Services cidna uma samayso matalaad ama damaanad, hadal ahaan, qoraal ahaan ama sharci ahaan, marka laga hadlaayo saxnaanta, u qalmida, dhamaystirka, waafiqida ama dhisnaanta jirka sababo gaar ah gaar ah oo la xariira oo xogta noocaas ah. adeegyada caafimaadka ee Alberta waxay iska bari-yeelaysaa dhammaan waxyeelada ka imaan karta isticmaalka xogtaan, iyo sheegashooyin, ficilo, dalabaad iyo dacwado kasta oo ka dhalan kara isticmaalka noocaas ah.