

## Cudurka Korona Fayras (COVID-19) (Coronavirus Disease (COVID-19))

### Xirashada maaskaro si loo joojiyo faafitaanka (Wearing a mask to stop the spread)

Xirashada maaskaro waa hab fudud oo looga hortagi karo inuu faafo COVID-19. Markaad xirato maaskaro waqtiyada ku habboon oo aad qaadato tallaabooyin kale oo muhiim ah, waxaad gacan ka geysanaysaa inaad ilaaliso naftaada iyo dadka kugu xeeran. Sidoo kale waxaad tusaale fiican u noqotaa dadka kale

Maaskarooyinku waxay joojiyaan COVID-19 iyo cudurrada kale inay faafaan maxaa yeelay waxay:

- ka joojiyaan gobo'da sankaa iyo afkaaga ka timaado inay hawada gasho
- kaa celiyaan inaad taabato wejigaaga (Markaad taabatid wejigaaga, jeermiska waxaad gaarsiisaa wejigaada. Waxaad sidoo kale faafisaa jeermiska markaad taabato wejigaada kadibna aad taabato dadka ama sagxadaha adigoon gacmahaaga nadiifin.)

### Maxaa kale oo aan sameyn karaa oo weheliyo maaskarada?

(What else can I do along with wearing a mask?)

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

- ku nadiifinta gacmahaaga inta badan gacan -ruge aalkolo leh (gacan-nadiifiye) ama saabuun iyo biyo
- kala fogaansaha jireed (u jirsashada ugu yaraan 2 mitir dadka kale)
- joogista guriga markaad jirran tahay
- iyadoo la raacayo amarrada caafimaadka dadweynaha, xeer-hoosaadyada deegaanka, iyo xeerar kasta ee caafimaad iyo badqab ee ka jira dhismayaasha

Markuu qof walba sameeyo waxyaabahaan, waxay gacan ka gaysanaysaa qof walba inuu badbaado.

### Miyay maaskaradu ku caawin kartaa marka kala fogaanshaha jireed uu adag yahay?

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

Xirashada maaskaro iyo nadiifinta gacmahaaga waxay kaa caawineysaa inaad qof walba dhawrto markaad 2 mitir u jirto qof kale muddo gaaban. Had iyo jeer ku xiro maaskaro goobaha la wadaago ee bannaanka dhismaha sida:

- xafiisyada dhakhtarka
- gaadiidka dadweynaha



- dukaamada cuntada iyo dukaamada tafaariiqda
- farmashiyasha
- bukiyeeriyada timaha

## **Maxaa ka egaa Maaskarada aan qadanayo?**

**(What should I look for in a mask?)**

Maaskaro nadiif ah ee mid caafimaad ahayn ama maaskaro caafimaad oo si habboon u daboolo afka, sanko iyo garka ayaad qaadan karaa. Ha xiran maaskaro leh duleelka neef-qaadasho (bar furmato marka aad neefsato), maxaa yeelay gobo'da ayaa ka baxda marinka waxayna faafin kartaa jeermiska.

Maaskaro aan mid caafimaad ahayn ayaa noqon kara mid la tuuri karo (waxaad ku dhex tuuri kartaa qashinka kadib isticmaalka) ama dib ayaa loo isticmaali karaa. Haddii maaskaradaada dib loo isticmaali karo yahay mid guriga lagu sameeyo, waxaa fiican inuu leeyahay 3 lakab, oo uu ku jiro lakab sifeeye ah.

Maaskaradaadu waa inay:

- istareex lahaataa
- si fiican kuugu xirantaa si aad ugu baahan inaad inta badan toosiso
- kuu ogalaataa inaad si fudud u neefsatid
- lahaataa qool ama dheg-gashi si aysan u dhicin

## **Sideen u xirtaa maaskarada?**

**(How do I put on my mask?)**

Si aad u xirato maaskaradaada:

1. ku nadiifi gacmahaaga aalkolo ku saleysan gacmo dhaqe ama saabuun iyo biyo.
2. Fur maaskarada oo dhan si aad wajigaaga ugu daboosho sankoaga ilaa garkaaga hoostiisa.
3. Xiro maaskarada adigoo isticmaalaya qoolasha ama sidoooyinkiisa. Haddii maaskaradu leedahay sanqaroor-haye, ku dhaji geesaha sankoaga.
4. Mar alla markaad xiran tahay, ha taaban dhanka hore ee maaskarada ama wejigaaga ka hooseeyo maaskarada.

## **Sideen iskaga bixiyaa maaskarada?**

**(How do I take off my mask?)**

Si aad iskaga bixiso maaskarada:

1. ku nadiifi gacmahaaga gacan-ruge aalkolo leh ama saabuun iyo biyo.
2. Isticmaal qoolasha ama sidoooyinka maaskarada si aad iskaga bixiso. Ha taaban dhanka hore ee maaskarada.
3. Ku tuur maaskarada la tuuri karo isla markiiba qashinka. Uga tagista maaskaradaada dhulka, daaqada ama meel kasta oo kale ayaa faafin karta jeermiska.
4. ku nadiifi gacmahaaga gacan-ruge aalkolo leh ama saabuun iyo biyo.

Wixii maaskarada dib loo isticmaali karo ah, waa fikrad fiican inaad qaadatid bac si aad si badqab leh ugu keydiso maaskarada la isticmaalay ilaa intaad guriga kaga dhaqi karto. Sidoo kale, qaado bac ay ku jiraan dhowr maaskaro oo nadiif ah. Mar kasta nadiifi gacmahaaga kadib markaad iska bixiso maaskaradaada dib loo isticmaali karo iyo kahor inta aadan ka bixin maaskaro nadiif ah bacda.

### **Sideen u nadiifiyaa maaskaro dib loo isticmaali karo?**

**(How do I clean reusable masks?)**

Raac tilmaamaha dhaqista iyo qalajinta ee maaskarada dib loo isticmaali karo. Haddii aysan jirin tilmaam, ku dhaq maaskaro dib loo isticmaali karo qasaalada ama gacanta adoo adeegsanayo saabuun iyo biyo. Waad ku qallajin kartaa qallajiyaha ama ha qallajiso hawada. Maaskarooyinka dib loo isticmaali karo waa inay qaabkooda isbeddelin kadib marka la dhaqo oo la qallajiyo.

### **Immisa jeer baan beddelaa maaskaradayda?**

**(How often should I change my mask?)**

Haddii maaskaradaada qoydo ama wasakhawdo, nadiifi gacmahaaga oo mid cusub gasho. Xiro maaskaro cusub ugu yaraan maalin kasta.

### **Maxaan ugu baahanahay inaan beddelo maaskarada markaan aadayo xarunta Alberta Health Services (AHS)?**

**(Why do I need to change my mask when I go to an Alberta Health Services (AHS) facility?)**

Xarumaha AHS (sida isbitaalada) waxay ku siin doonaan maaskaro heer caafimaad oo cusub oo aad xirato maxaa yeelay tani waa siyaasadda AHS.

### **Sideen uga joojiyaa ookiyaalahaaga inuu uumi yeesho marka aan xirto maaskarada?**

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

Ookiyaalahaaga ayaa uumi yeelan karo markay hawada diiran ee aad neefsanayso ay ka soo muuqato dusha maaskarada oo qooyso quraaradaha. Iskuday tallooyinkan si aad uga joojiso ookiyaalahaaga inuu uumi yeesho:

- Ku nadiifi ookiyaalahaaga saabuun iyo biyo ama isticmaal badeecada ka hortagga uumiga. Ha qallajiso hawada ama si tartiib ah ugu qalaji maro jilicsan.
- Ka saraysii muraayadaha indhaha ama sanqaroor-yaha ookiyaalahaaga maaskaraha.
- Ku hagaaji dahaarka sankaa ee ookiyaalahaaga leeyahay si qalfoofka wax yar ugu jiraan wejigaaga.

### **Maxaa dhacaya haddii aanan xiran karin maaskaro?**

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

Dadka badankood way awoodaan inay xirtaan maaskaro, laakiin dadka qaarkood ma xiran karaan maaskaro sababo caafimaad awgood. Maaskarada sidoo kale uma wanaagsano carruurta ka yar 2 sanno jir.

Haddii aadan xiran karin maaskaro, waxaa ugu wanaagsan inaad ka fogaato meelaha ay dadku isugu yimaadaan maxaa yeelay maaskaro la'aantu waxay khatar gelin kartaa dadka kale. Haddii aad u baahan tahay daryeel caafimaad oo degdeg ah, waad heli doontaa daryeelka aad u baahan tahay. Haddii ay suurtagal tahay, u sii sheeg dhakhtarkaaga ama xarunta daryeelkaaga caafimaadka kahor intaadan booqan inaad xiran karin maaskaro. Waxaa laga yaabaa inaad u baahato inaad tagto qol gaar ah ama meel gaar ah markaad timaado.

Si aad wax dheeraad ah uga ogaato xirashada maaskarada aan mid caafimaad ahayn si ay gacan uga geysato joojinta fiditaanka COVID-19, eeg Alberta Health ee [COVID-19: Mask Requirements](#).

Lifaaqyada La Xiriira

(Related Links)

[Alberta Health: Help prevent the spread \(COVID-19\)](#)

[AHS poster: Masks required at this site](#)

[Alberta Health Services novel coronavirus \(COVID-19\)](#)

[Fitting an adult mask for a child \(video\)](#)

[Health Canada: Non-medical masks and face coverings](#)

**Wixii talo kaalkaaliye caafimaad ah iyo macluumaadka caafimaadka guud ee 24/7 kala hadal Health Link lambarka 811.**

**Wakhtigan laga bilaabo:** Noofember 30, 2020

**Qoraaga:** Ka Hortagga iyo Xakameynta Caabuqa, Alberta Health Services

Xogtan waxaa loogu talagalay ujeedooyin macluumaad oo kaliya. Ma ahan in loo adeegsado beddelka talo, tilmaam ama daaweyn caafimaad. Haddii aad qabto su'aalo, kala hadal daryeel-bixiyahaaga caafimaad.