

## Talooyinka ka hortagga kala qaadista cudurka covid-19 marka la gadayo ama wax lagu beddelanayo galmada

Talooyinku waxay ku salaysan yihiin talooyinka meheradaha ee Machadka caafimaadka dadweynaha ee cudurka faafa ee koroonaha (la daabacay 13-kii oktoobar 2020). Machadka caafimaadka dadweynaha iyo Agaasinka caafimaadka ayaa gacan ka geystay talooyinka ka hortagga kala qaadista cudurrada.

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### Fayraska, cudurka iyo sida loo kala qaado

Covid-19 waxaa keena fayraska SARS-CoV-2, oo loo yaqaanno fayraska koroonaha. Fayrasku wuxuu infakshan halistiisu kala duwan tahay ku dhalin karaa hawo mareennada. Waxaana sida caadiga ah lagu kala qaadaa dhibcaha. Qofka cudurka qaba ayaa sii daaya fayraska oo dhibco yaryar ah kuwaas oo uu ka sii daayo sanko ama afka marka uu hadlayo, qufaco ama hindhiso – dhibcahaas ayaa gaara gudaha indhaha, sanko ama afka qof kale. Waxaa kale oo cudurka la qaadi karaa haddii uu fayraska gacmaha qofka ka soo raaco shay uu qof kale taabtay oo fayrasku gaaray kaddib na gacmuhu gaarsiiyaan gudaha indhaha, sanko ama afka (cudur laga qaaday meel la taabtay).

Shummiska ayaa lagu kala qaadi karaa fayraska koroonaha. Ilaa hadda lama oga in fayraska koroonaha galmada lagu kala qaadi karo. Qofku cudurka wuu qabi karaa, oo dadka kale waa u gudbin karaa ayada oo aysan wax calaamado ah ka muuqan.

Fayrasku uma adkaysan karo saabbuunta iyo biyaha – sidoo kale uma adkaysan karo in aalkolo lagu nadiifiyo iyo heerkulka ka sarreeya 60°C ka sarreeya midna. Si mararka kale ka degdeg badan ayuuna fayrasku dibedda ugu dhintaa.

### Dadka loogu tala galay iyo hadafka

Yaa hagaha loogu tala galay, muxuuse ku saabsan yahay?

Hagaha waxaa loogu tala galay dadka jinsi kasta leh ee iibiya ama wax ku beddesha galmo ee Norway jooga, ayada oo aan loo eegayn nooca oggolaasho joogitaan ee ay haystaan. Iibinta iyo wax ku beddelashada galmada ee halkan laga hadlayo waa mid mehered ah.

Haguhu wuxuu khuseeyaa keliya iibinta iyo wax ku beddelashada galmada ee ay iibsadaha iyo gatuhu qof ahaan u kulmayaan.

### **Hadafka hagaha**

Haguhu wuxuu talo kaa siinayaa sidii aad uga taxaddari lahayd is-qaadsiinta cudurka. Hadafku waa in adiga iyo macaamiishaada laga difaaco in ay cudurka qaadaan. In kasta oo tillaabooyinka la raaco, haddana weli waa dhici kartaa in covid-19 la qaado. Haddii aad raacdo tillaabooyinka lagu taliyay waxaad gacan ka geysanaysaa xaddidaadda cudurka.

### **Mas'uuliyadda**

Dhammaan dadka Norway jooga mas'uuliyad isku mid ah ayaa ka saran in ay gacan ka geystaan sidii loo yarayn lahaa faafidda cudurka ayaga inta cudurku jiro oo dhan raacaya tillaabooyinka aasaasiga ah ee ka hortagga is-qaadsiinta cudurka. Talooyinka muhiimka ah waxaa ka mid ah in aad guriga joogto haddii aad xanuunsato, aad dadka ka fogaato oo gacmaha iska dhaqdo. Qayb muhiim oo ka mid ah istaraatiijiyadda qaranka ayaa ah tijaabin, gooni u soocid, raadraacidda cudurka iyo karantiil (TISK).

Sharciyada iyo xeerarka dadka oo dhan khuseeya, heer qaran ama heer deegaan, ayaa ka sarreeya talooyinka lagu bixinayo hagahaan. Xeerarka heer qaran iyo kuwa deegaanka waa in la raaca. Xeerarka oo la jebiyo waxay keeni karaan in lagu ganaaxo.

Looma baahna in aad iibiso ama wax ku beddelato galmo qofka lala kulmayo haddii aad karantiil ku jirto, gooni lagu soocay, xummad ku hayso ama aad isku aragtay calaamado infakshanka hawada.

Adiga ayaa mas'uul ka ah in aad galmada u iibiso/wax ugu beddelato hab waafaqsan shuruudaha aasaasiga ah ee ka hortagga faafidda cudurka.

Halkaan ayaad ka helaysaa xeerarka heer qaran:

<https://www.helsenorge.no/koronavirus/oversikt-over-regler-og-anbefalinger/#nasjonale-regler>

Sidoo kale baro go'aammada ka hortagga is-qaadsiinta cudurrada ee degmada aad joogto.

Waxaad ka helaysaa: <https://www.helsenorge.no/koronavirus/lokal-koronainformasjon/#>

### **Talooyin**

Hoos waxaa ku yaalla talooyin, haddii aad raacdo, kaa caawinaya in aad galmada u iibiso/wax ugu beddelato hab waafaqsan ka hortagga is-qaadsiinta cudurrada. Waan og nahay in ay xaaladaha bulsho iyo kuwa dhaqaale adkayn karaan in talooyinka oo dhan loo raaco sida ay yihiin. Isku day in aad raacdo ilaa iyo inta suurtaggalka ah marka xaaladdaada la eego. Mar kastana si joogto ah isu tallaal.

### **Talooyinka guud ee ka hortagga is-qaadsiinta cudurka**

- Masaafu fiican u jirso dadka kale - ugu yaraan hal mitir ama labo
- Ku qufac warqad istiraasho ah ama laabka suxulka
- Gacmaha marar badan si fiican ugu dhaqo saabbuun iyo biyo qandac ah ama marso aalkolada gacmaha
- Samayso habab kale oo aad ku beddelato salaanta gacanta iyo hab isa siinta
- Baaji ballanti aad macmiillaha la lahayd haddii aad isku aragto qufac, xummad ama sanko oo ku dareeraya

**Marka aad macmiillaha la ballamayso**

- Marka aad macmiillaha la ballamayso u sheeg xeerarkaaga ka-hortagga is-qaadsiinta cudurrada oo hubi in macmiilluhu fahmo oo ixtiraamo
- Macmiillaha weydii in uu dhowaan tagey dalka dibeddiisa
- Macmiillaha weydii in uu ku jiro karantiil, gooni isu soocid, in ay xummad hayso ama uu isku arkay calaamadaha infakshanka hawo mareennada
- Macmiilka weydii in uu u dhowaaday dad qaba ama looga shakisan yahay in ay qabaan covid-19
- U sheeg macmiillaha in aadan u qaban karin adeeg aad kulmaysaan haddii uu ku jiro karantiil, gooni isu soocid, xummad hayso ama uu isku arkay calaamadaha infakshanka hawo mareennada
- Markiiba hal macmiille oo keliya qaabbil – adiga iyo macmiillaha oo keliya jooga qolka adeegga lagu bixinayo
- Ogow dadka aad isla jooqteen si loo wargeliyo haddii fayraska koroonaha lagaa helo

**Ka hor inta uusan macmiilluhu kuu imaannin**

- Meelaha oogada kore ah oo dhan ku nadiifi saabbuun iyo biyo kulul, isticmaal aalkolada lagu nadiifiyo meelaha oogada kore ah
- Qubayso oo nadiif ahow
- Gogosha sariirta iyo shukummaannadu nadiif ha ahaadeen, isticmaal shukummaan kuwa halka mar la isticmaalo ah
- Si fiican u layri qolka lagu bixin doono adeegga galmada ah

**Marka uu macmiilluhu kuu yimaado**

- Macmiillaha ka codso in uu iska laabto haddii ay ka muuqdaan calaamado sida qufac, xummad ama sanko oo dareeraya
- Macmiillaha marka uu soo galo ka codso in uu gacmaha dhaqdo ama isticmaalo aalkolada gacmaha
- Gacmaha iska dhaq ama isticmaal aalkolada gacmaha marka aad taabato lacag, dharka macmiillaha ama shay-yaal kale – macmiilluhu waa in uu sidaas oo kale sameeyaa
- Macmiillaha ka codso in uu qubeysto marka uu yimaado
- Af-dabool isticmaal marka ay habboon tahay
- Ila iyo inta ay suurtaggalka tahay iska ilaali in ay wejigaaga iyo midka qofka kale is taabtaan
- Isku day in aadan taaban indhahaaga, sankaga ama afkaaga
- Ku qufac laabka suxulkaaga ama afka iyo sanko saaro warqad istiraasho ah. Islamarkiiba gacmaha dhaqo
- Ka fogow in aad dadka la wadaagto cunto, cabbitaan, sigaar, poppers, qalabka galmada ee aan la dhaqi karin inta u dhexaysa labadii jeer ee la isticmaalayo, beebka lagu dhuuqo mukhaaddaraadka, sigaarka elektaroonigga ah, joints, piper, beeb iwm.
- Marka galmada la samaynayo ma ahee inta kale dadka ka fogow oo hal mitir ama labo u jirso

**Marka aad macmiillaha u tageyso**

- Ballanta baaji haddii ay macmiillaha ka muuqdaan calaamado sida qufac, xummad iyo sanko oo dareeraya. Taas hore ugu sii wargeli.

- Markaad soo gasho gacmaha iska dhaq ama isticmaal aalkolada gacmaha. Macmiillahana ka codso in uu sidoo kale sameeyo
- Gacmaha iska dhaq ama isticmaal aalkolada gacmaha marka aad taabato lacag, dharka macmiillaha ama shay-yaal kale – macmiilluhu waa in uu sidaas oo kale sameeyaa
- Macmiillaha ka codso in uu layriyo qolka lagu bixin doono adeegga galmada ah
- Macmiillaha ka codso in uu qubeysto
- Af-dabool isticmaal marka ay habboon tahay
- Ila iyo inta ay suurtaggalka tahay iska ilaali in ay wejigaaga iyo midka qofka kale is taabtaan
- Isku day in aadan taaban indhahaaga, sankaa ama afkaaga
- Ku qufac laabka suxulkaaga ama afka iyo sankaa saaro warqad istiraasho ah. Islamarkiiba gacmaha dhaqo
- Ka fogow in aad dadka la wadaagto cunto, cabbitaan, sigaar, poppers, qalabka galmada ee aan la dhaqi karin inta u dhexaysa labadii jeer ee la isticmaalayo, beebka lagu dhuuqo mukhaaddaraadka, sigaarka elektaroonigga ah, joints, piper, beeb iwm.
- Marka galmada la samaynayo ma ahee inta kale dadka ka fogow oo hal mitir ama labo u jirso
- Gacmaha iska dhaq ama isticmaal aalkolada gacmaha/waraaqaha infakshanka dila marka aad ka soo tagto guriga macmiillaha

#### **Marka aad macmiillaha kula kulmayso dibedda ama gaariga**

- Gacanka albaabka gaariga iwm tirtir – oo ilaa iyo inta ay suurtaggalka tahay ku nadiifi waraaqaha infakshanka dila
- Gacmaha marso aalkolada gacmaha/waraaqaha infakshanka dila – wejigana waraaqaha la isku tirtiro ee qoyan
- Aalkolada gacanta/waraaqaha infakshanka dila isticmaal kaddib marka aad lacag taabato
- Af-dabool xiro marka ay habboon tahay
- Ila iyo inta ay suurtaggalka tahay iska ilaali in ay wejigaaga iyo midka qofka kale is taabtaan
- Isku day in aadan taaban indhahaaga, sankaa ama afkaaga
- Ku qufac laabka suxulkaaga ama afka iyo sankaa saaro warqad istiraasho ah. Islamarkiiba gacmaha marso aalkolada gacmaha/waraaqaha infakshanka dila
- Ka fogow in aad dadka la wadaagto cunto, cabbitaan, sigaar, poppers, qalabka galmada ee aan la dhaqi karin inta u dhexaysa labadii jeer ee la isticmaalayo, beebka lagu dhuuqo mukhaaddaraadka, sigaarka elektaroonigga ah, joints, piper, beeb iwm.
- Gacmaha iskaga dhaq aalkolada gacmaha/waraaqaha infakshanka dila, wejigana waraaqaha la isku tirtiro ee qoyan marka aad ka baxdo gaariga macmiillaha

#### **Marka macmiilluhu tago**

- Haddii ay suurtaggal tahay qubayso, dharkana iska beddel
- Dhaq dhammaan dharkii aad taabateen, shukumaannada iyo gogosha sariirta mar kale ha isticmaalin
- Qalabka galmada dhaq oo ku nadiifi aalkolada jeermiska disha

- Tirtir gacanka albaabbada, demiye-daarayaasha nalalka, qubeyska, musqusha iyo aagagga kale ee aad taabateen
- Nadiifinta kaddib gacmaha si fiican iskaga dhaq in kasta oo aad gacma-gashi qabtay
- Si fiican u layri qolki lagu baxshay adeegga galmada ah

Warbixin muhiim ah

Machadka caafimaadka dadweynaha

<https://www.fhi.no/sv/smittsomme-sykdommer/corona/>

[Agaasinta caafimaadka](#)

<https://www.hesledirektoratet.no/tema/beredskap-og-krisehandtering/koronavirus>

[Caafimaadka Norway](#)

<https://www.helsenorge.no/koronavirus/rad-for-koronahverdagen/>

### **Xiriirro wanaagsan**

Goobaha hoose waxay caawiyaan dadka jinsi kasta leh ee iibiya ama wax ku beddesha galmo ee Norway jooga, ayada oo aan loo eegayn nooca oggolaasho joogitaan ee ay haystaan. Waxay bixiyaan adeegyo caafimaad- iyo bulsho, wadhadallo qofka lagu caawinayo, talo iyo hagiis. Waxaad sidoo kale halkan ka heli kartaa xeerarka ka hortagga is-qaadsiinta cudurka ee markaas jira iyo xeerarka soo gelidda dalka – iyo kondom, kareem iyo aalkolada gacanta oo bilaasha ah.

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<https://kirkensbymisjon.no/albertine/>

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<https://kirkensbymisjon.no/fri-tiltak-for-ofre-for-menneskehandel/>

Nadheim, Oslo: Tlf: +47 2205 2880

<https://kirkensbymisjon.no/nadheim/>

Nadheim, Trondheim: Tlf: +47 4587 7819 / WhatsApp <https://kirkensbymisjon.no/nadheim-trondheim/>

PION, Ururka danaha dadka jirkooda gada ee Norway, Oslo: Tlf: +47 9006 3558 / WhatsApp eller +47 9181 2248 / WhatsApp

<http://www.pion-norge.no/>

Pro Sentret, Oslo: Tlf: +47 2310 0200 / WhatsApp: +47 4764 9177 ama +47 4767 0542

<https://prosentret.no/>

Waxyaalihi la beddelay