

March 8: Safarka iyo Coronavirus

Maaddaama qoysasku ay ka soo noqonayaan nasashada badhtamaha, waxaan rabnaa inaan la soconno farriinteenaa ugu horreysa ee ku saabsan coronavirus-ka cusub (COVID-19) oo aan la-talin ka helayno Xarunta Xakamaynta Cudurrada (CDC). Waxaa muhiim ah inaad ogaato in haddii adiga ama ardaydaadu aad u safarteen 14-kii maalmood ee la soo dhaafay inaad u safartaan waddamada ay CDC u xilsaartay inay tahay halis sare: Shiinaha, Iiraan, Talyaaniga, ama Kuuriyada Kuuriya, waa inaad si dhakhso leh u ogeysiisaa dugsigaaga iyo MAYA ku laabashada dugsiga iyadoo la sugayo tilmaamaha dheer ee laga helo degmada dugsiga. Dardaaranka lama eegeyn in adiga ama qof kasta oo reerkaaga ka tirsan aad la kulmaysid astaamo.

Fadlan hoos ka fiiri tilmaamaha dheeraadka ah ee CDC-da.

- Hoygaaga joog 14 maalmood laga bilaabo markii aad ka tagtay waddankaagii. Ha u dhowaan qof kasta.
- Haddii aad ku xanuunsato qandho, qufac, ama dhibaato xagga neefsashada ah raadso daryeel caafimaad oo wac ka hor intaadan aadin xafiiska dhakhtarka ama qolka gargaarka degdegga.
- Ha safrin inta aad jiran tahay.
- Ku dabool afkaaga iyo sankaaaga warqad ama gacantaada (gacmahaaga haku xirna) marka aad qufacayso ama aad hindhisayso.
- Gacmahaaga ku nadiifi badanaa adigoo ku maydh saabuun iyo biyo ugu yaraan 20 sekan ama adoo isticmaalaya gacmo nadiifiye alkolo leh oo ay ku jiraan ugu yaraan 60% -95% aalkolo isla marka aad qufacdo, hindhisto ama duufiso. Saabuun iyo biyo waa in la isticmaalaa haddii gacmuhu ay muuqdaan wasakh.

La-talinta CDC ee socotada: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Xaaladdani weligeed way is beddelaysaa, had iyo jeer waxaan ku siin doonaa wararkii ugu dambeeyay ee aan ka soo qaadanno