

CORONAVIRUS: **Cabsi la'aan** **Tusaha Caawinta**



IMPACT SOLUTIONS
IDEAS THAT ELEVATE BRANDS



Si deggan u diyaar garoow, balse ha biqin

Waa kuwan jawaabaha su'aalaha inta badan la iska weydiiyo caabuqa Corona taasoo ku saleysan wadahallo aan la yeelanay khubaro kala duwan oo ka kala socda machadyo sare iyo falanqeynta hagayaasha CDC, WHO iyo MoHFW





Ugu horeyn Asaasiga

COVID-19 waa xanuun la iska qaado, taasoo la micne ah inuu ugu faafi karo, si toos ah iyo sidadban intaba, min qof ilaa qofka kale.

- Wuxuu ku lug leeyahay qaybta sare ee marinka neefta (sanka, dhuunta, marinnada hawada, sambabada).
- Waxaa sababa caabuqa mar dhow la ogaaday ee coronavirus, ee loogu yeero novel corona virus, markii ugu horeysay waxaa laga helay magaalada Wuhan ee dalka Shiinaha, bishii Diseembar ee 2019-kii.





Ilaa intee ayuu laayaan yahay Coronavirus?

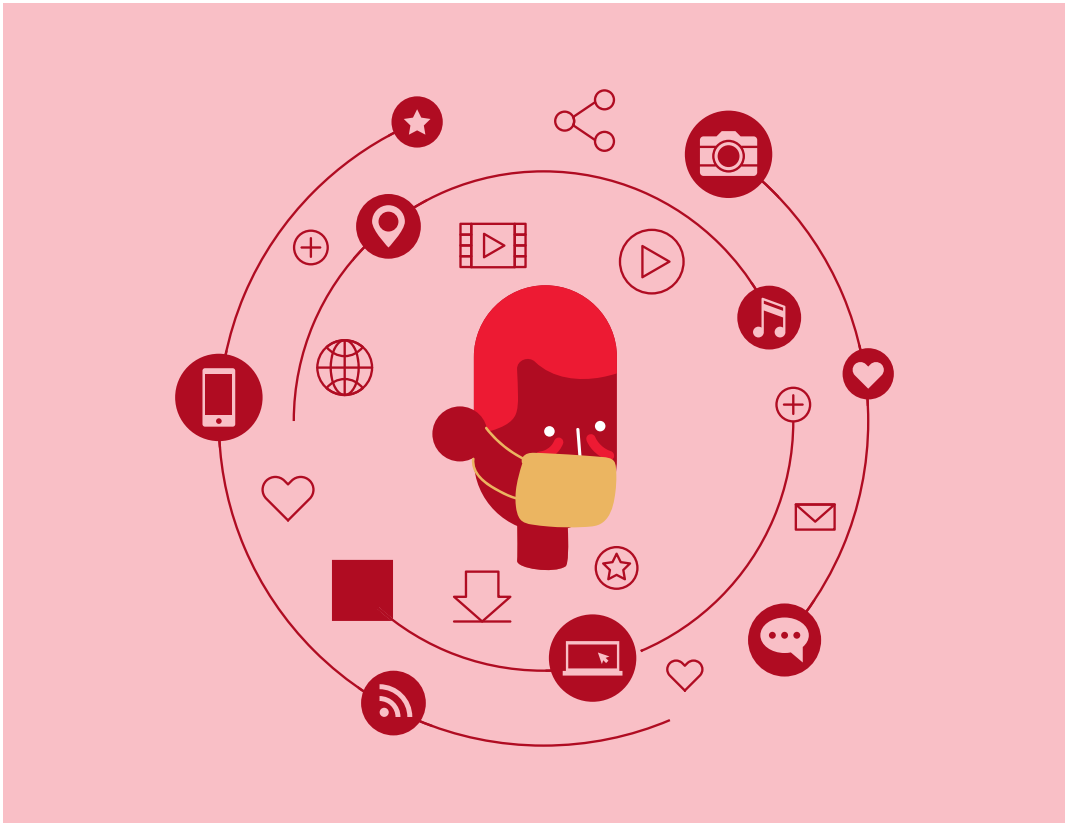
Coronavirus wuxuu leeyahay “faafitaan sarreeya laakiin dhimasho yar”

- Heerka dhimashadu waxay u dhaxeysaa 2-3%. Aad bay uga yar tahay dhimashadii cuduradii horay u dilaacay ee 2003 SARS (HDH: 10%) ama MERS (HDH: 35%).
- Khatarta dhimashadu waxay kaliya sarreysaa dadka da'da ah (wixii ka sarreeya da'da 60 sano) iyo dadka xaaladaha kale ee caafimaad leh.





Maxay tahay cabsida badani?



- La'aanta xaqiiqooyin la hubo iyo wararka been abuurka ah ayaa loo aaneynayaa argagaxan. Waxaa ugu muhiimsan waa marka uu caabuqu cusub yahay, ma ogaan karno sida uu dadka u saameyn karo





Miyaan dhimanayaa haddii uu cudurkani igu dhaco?!

Maya.

- Ku dhowaad 80% dadku waxay leeyihiin calaamado fudud, wayna ka bogsadaan cudurka laba todobaad gudohood.
- Astamaha inta badan waa la daaweyn karaa haddii daryeel caafimaad dhaqso lala gaaro.

Tirada Guud Ee Kiiska la xaqiijiyey	Tirada Dhimashada	Tirada Bukaanada Soo kabtay	Tirada Kiisaska Taagan ee la daaweenayo
171,105	6,526	77,791	86,788





Yaa u xanuunsada sideese u xanuunsan karaa?



- Dadka da'da ah waxay laba jeer u badan tahay in ay yeeshaan xanuunka daran ee COVID-19.
- Xanuunada uu keeno coronavirus way fudud yihiin guud ahaan, gaar ahaan caruurta iyo dadka da'da yar.





Sidoo kale ilmuhu halis miyay ugu jiraan caabuqa coronavirus?

COVID-19 wuxuu u egyahay mid aad ugu yar uguna fudud caruurta dhexdeeda.

- Kaliya in ka yara badan 2% inta laga helay cudurkan ayaa ka yar da'da 18 sano.
- Kuwaasoo, in ka yar 3% laga helay astaamo halis ah ama daran.

Marka, waa sidee sida saxda ah ee uu ku faafo Coronavirus?

Qofka qaba cudurkan wuxuu gaarsiin karaa qofka fayooow.

- Iyadoo uu u sii marinayo **indhaha**, **sanka iyo afka** dhibco kasoo baxaya qofka marka uu qufacayo iyo marka uu hindhisayo.
- **Ku dhawaanshaha** qofka qaba xanuunka.
- **Taabashada oogada uu gaaray caabuqa**, waxyaabaha, ama aaladaha gaarka loogu isticmaalo.





Xanuunka novel coronavirus ma laysu marin karaa cunnada?

Maya.

Wali lama hayo cadeyn sidaa ah.

- Khibradaha kale ee loo leeyahay caabuqyada kale ee corona sida SARS iyo MERS waxay sheegayaan dadku inaysan isugu gudbineynin xanuunadaan dhanka cunnada.





Cunidda digaaga & ukunta ma sababi karaan caabuqa coronavirus?

Maya.

Wali lama hayo cadeyn sidaa ah.

- Caabuqa coronavirus laguma yaqaanno in uu si toos ah ugu gudbo wax-soo-saarka digaagga. Laakiin khubradu waxay leeyihiin qaab fiican ayay noqon kartaa in la isticmaalo hilib sifican loo kariyay oo kaliya.





Ma waxaa ihaya corona-virus haddii aan qufacayo ama hindhisayo?



Waad ka shakin kartaa in uu ku hayo Coronavirus, kaliya haddii aad leedahay astaamaha (qandho, qufac, neefsiga oo yaraada ama ku dhiba) + mid ka mida astaamahan:

- Sooyaalka safarka ee goobaha uu saameeyay caabuqa Coronavirus (sida Shiinaha, Iiraan, Talyaaniga, Jamhuuriyadda Kuuriya iwm).
- Xiriir dhow oo lala yeesho qof uun.
- Booqo xarunta caafimaad / sheybaarka halka bukaanka coronavirus lagula tacaalayo.

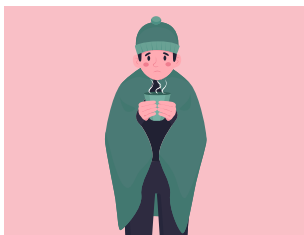




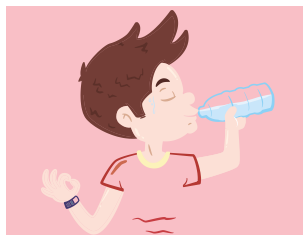
La soco waxa ay astaamahaagu yihiin.

Coronavirus waxa uu kuu keeni karaa astaamaha sida qandho, qufac, neefsiga oo yaraada, waxa uu badanaa la mid noqon karaa qufaca caadiga ah ama hargabka waxaana laga yaabaa inuu muuqdo 2-14 maalmood. Xanuun daran ayay dadku ku kala duwanaaan karaan oo si fudud ku billawda ilaa uu gaaro astaamaha daran.

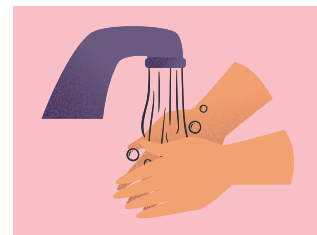
Haddii aad leedahay qandho, hargab ama dhuun xanuun, ha argagixin. Sii naftaada daryeel fican.



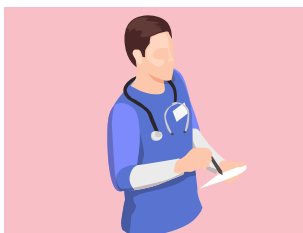
1- Is-uumi 2-3 jeer maalinkii si aad caburka u nadiifiso.



2- Biyo fican cab nasiino kugu filanna qaado.



3- gacmahaaga oo aad si joogta ah u dhaqdo waxay yareeyn kartaa faafitaanka caabuqa.



4- dhaqtarka booqo haddii xaaladdu xumaato ama aadan helin waqti fican.



5- Qaado dawada uu dhaqtarku kugula taliyo.





Qufac vs Hargab vs Coronavirus

Haddii aad leedahay dhuun xanuun waxa ay aad ugu badan tahay inuu yahay qufac marka loo eego hargab ama coronavirus, sida badan.

	QUFAC	HARGAB	CORONAVIRUS
Waqtiga u dhexeeya marka uu qabanayo iyo waqtiga uu soo muujinayo astaamaha	1-3 maalmood	1-4 maalmood	2-14 maalmood
Billawga astaamaha	Tartiib-Tartiib	Dhaqsi	Tartiib-Tartiib
Ilaa goorma ayay astaamuhu dhammaan-ayaan	7-12 maalmood	3-7 maalmood	Kiisaska fudud:- 2 asbuuc. Xanuunka daran ama adag: 3-6 todobaad.

Astaamaha ugu waawayn

Qandho	Marmar	Guud	Guud
San-dareen	Guud	Marmar	Ma badna
Dhuun xanuun	Guud	Marmar	Ma badna
Qufac	Guud	Marmar	Guud
Kor xanuun	Naadir, haddii ay dhacdo, mid fudud	Guud	Ma badna
Neefsiga oo adag	Naadir	Naadir	Guud





Ma waxaan iska baaraa Coronavirus haddii aan leeyahay qandho aad u sarreeysa, qufac iyo neefta oo adag? Mise laygu samayn karaa baaritaanka coronavirus si aan isu qanciyo?

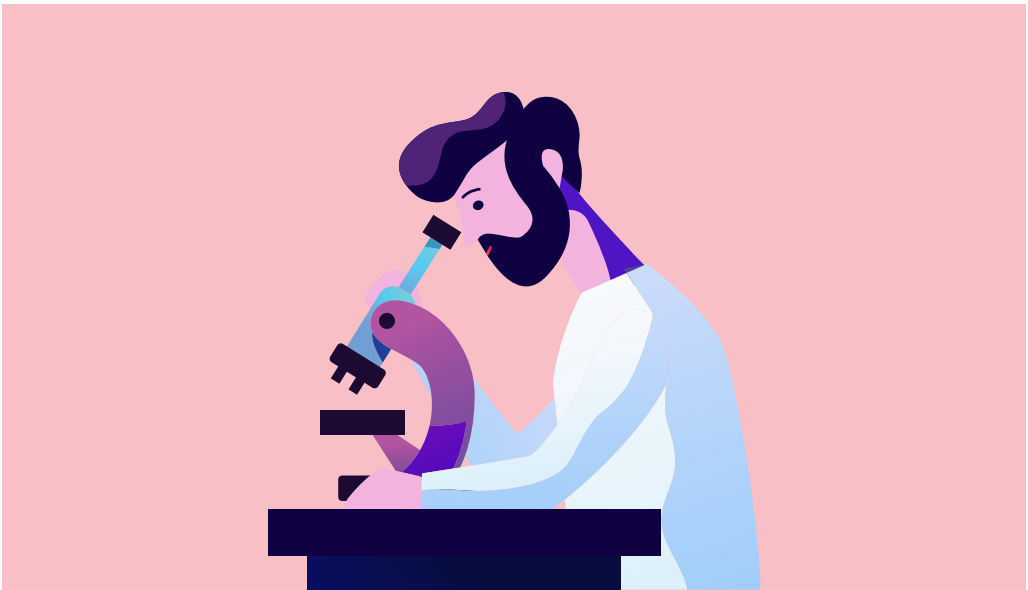
Maya.

Baaritaanka coronavirus waxa kaliya la samayn doonaa marka ay dhaqaatiirtu ku taliyaan, kaliya haddii uu qof galo qeexitaanka “Kiis laga shakiyay”.





Waa maxay sababta sheybaar-rada loogu tala galay oo kali-ya u baari karaan coronavirus? Maxaan u heli waayay agab guri lagu sameeyo baaritaanka coronavirus?.



Sababtoo ah caabuqan aad ayuu u gudbaa wax-aana lagu baari karaa kaliya sheybaarro u gaar ah oo u diyaarsan in ay wax ka qabtaan jeermisyada faafa. Illaa iyo hadda sheybaarrada leh biosafety heerka 4aad (BSL4) ayaa wax ka qaban kara munadda ama samballada COVID-19.





Qofka uu coronavirus ku dhaco si dhammaystiran ma uga soo kaban karaa, mase noqon karaa mid aan gudbinayn?

Haa

- Dhab ahaan, qiyaastii 80% dadka waxa ay kasoo kabsadeen xanuunka iyagoo aan u baahan daawayn gaar ah.





Caabuqa coronavirus mala daawayn karaa?

Haa

- Daryeel dawo oo ku salaysan astaamaha cudurka ayaa la bixiyay, waxayna muujisay inay waxtar leedahay.
- Wali ma jiro daawayn gaar ah iyo tallaal la heli karo oo loogu tala galay Coronavirus.





Cunitaanka toontu maka hortegi kartaa caabuqa coronavirus?

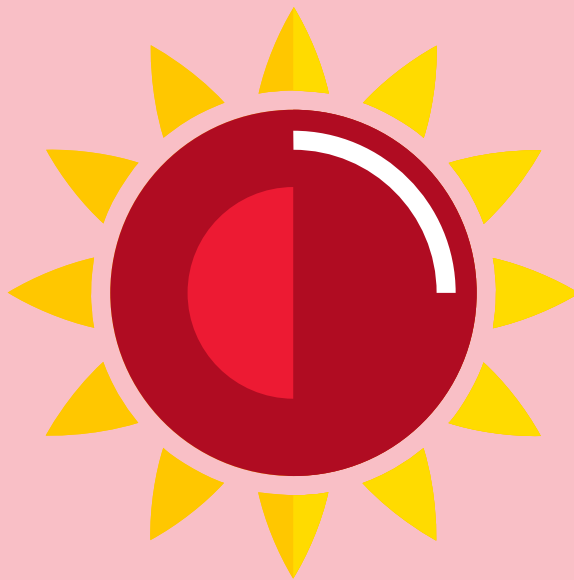


- Ma jiraan caddaymo ku salaysan cilmiga oo muujinaya awooddeeda ka hortagaya caabuqa coronavirus.





Cimilada diirani ma joojin kartaa faafitaanka COVID-19?



- Sida ay sheegeen khuburada goobta jooga, kuleylka iyo cimilada diirani waxa ay u badan tahay inay hoos u dhigto faafitaanka COVID-19.





Muddo intee la eg ayey begteeriyada Corono ku noolaan kartaa walxaha korkooda?



- **8 ilaa 10 saacadood** ayey begteeriyada ku noolaan kartaa sagxadaha wax gudbiya (sida waraaqadaha, alwaaxyada, kartoonaada, isbuunyada iyo dunta). Waxa aysa intaa in wax yar ka badan ku dul-noolaan kartaa kuwa aan wax gudbin (muraayadda, caagga, birta, alwaaxyada la habeeyay)





Si qofka uu uga taxaddaro xannuunka Coronavirus, maxay tahay inuu wajiga ku xirto?



- Maskarka **mar-isticmaalka qalliinnada lagu galo ee 3-dab-aqle ah**, oo ku wanaagsan xaddidista feyraska Corona.
- Maskarada N-95 ama N-99 ma aha kuwo waajib ah inaad heysato.





Miyay tahay inaad xannuunka dillaacay ee Coronavirus uga baqato xayawaanada guri-joogta iyo kuwa dibad-joogtaba?

Illaa haatan wax xaywaan ah oo qaba xannuunka COVID-19 lama haayo.

- Waxaan weli ku talineynaa in aad **gacmahaaga dhaqdid kolkaad taabatid xayawaankaaga guri-joogta**, maadaama aadan ogeyn in dhogortisu leedahay begteeriyo.





Walaaca ugu wayn: Sidee u faafaa?

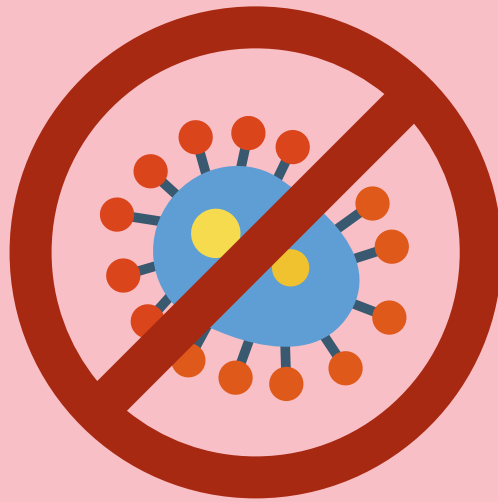


- Feyraska sababa COVID-19 ayaa u muuqda mid si joogta ah oo fudud ku faafaya.
- In xannuunkaan uu ku dhex faafo bulshada, waxey juqraafi ahaan ka dhacday Shiinaha, Kuuriya, Iran, Talyaaniga, Honk Kong, IWM.





3^{da} La iskaga difaaci karo Coronavirus?



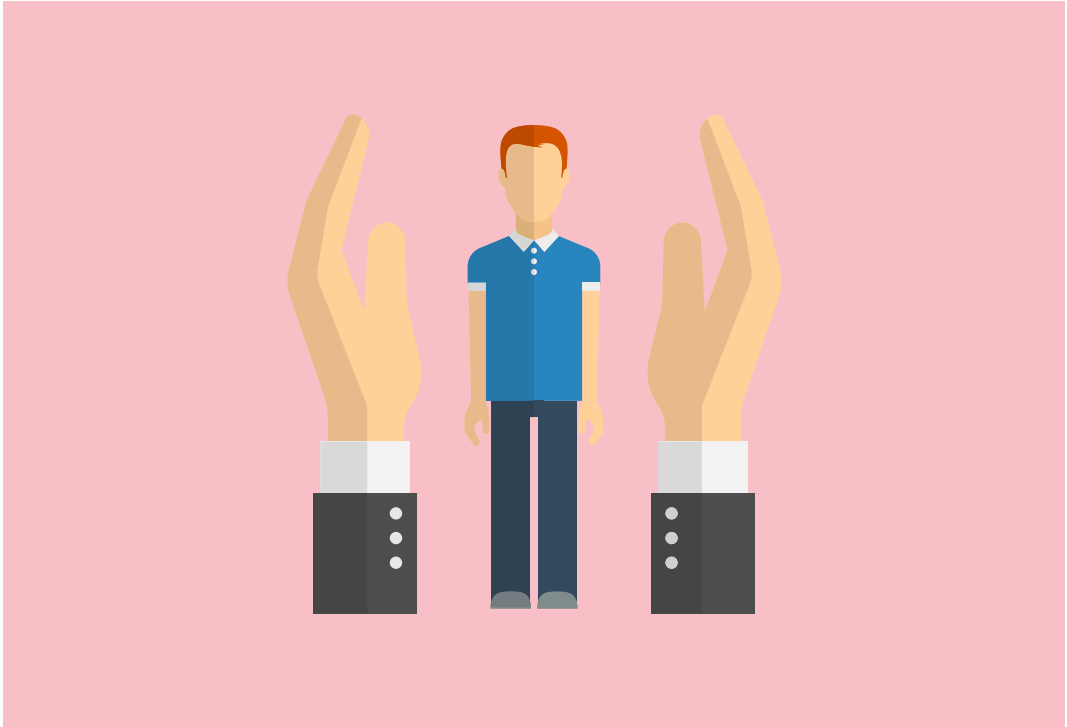
Walwalkaada uga gudub 3-daan qodob.

1. Naftaada ilaali
2. Dadka aad daneeyso ilaali
3. Bulshadaada ilaali





Naftaada ilaali:

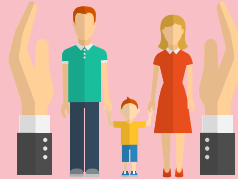


- Mar waliba gacmahaaga ku dhaq saabuun iyo biyo
- Diyaarso maaddooyinka aalkolada leh ee nadaafadda, marka aanad heli Karin biyo iyo saabuun.
- Gacmahaaga oo wasaq ah ha ku taabanin sankaa, afkaaga iyo indhahaaga.
- Hal mitir ka fogow qofka qunfacaaya ama hindhisaaya.
- Qofna ha taaban, adna yuusan ku taaban. Waxaad doorbiddaa **salaanta Hindida ee (Namaste)**, ama gacmaha uun isku haatiya.



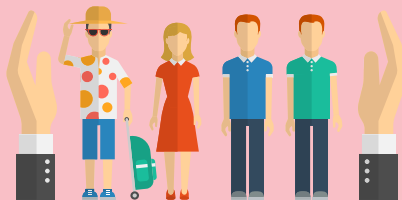


Ilaali dadka aad jeceshahay:



- Gacmahaaga ka ilaali qufaca iyo hindhista. Waxaad isticmaashaa tiish isla markaana tuur, ama waxaad ku hindhistaa xagasha xusulkaaga.
- Ha safrin ama ha tagin goobaha la isugu yimaado, haddii aad xannuunsantahay.
- Maskaro xiro haddii aad qabto xanuunka ama aad daryeeleyso qof qaba

Bulshadaada ilaali



- haddii aad xanuunsan tahay, dhaqtarka kuugu dhaw la xiriir
- haddii aad qandheysantahay, qufaceysid, ama neefsiga uu ku dhibaayo gurigaaga haka bixin. Waxaad la xiriirtaa isbitaalka kuugu dhaw taladoodana raac.
- Ha faafnin farriin kasta oo lagu soo gaarsiiyo. Keliya sii gudbi warbixinnada la hubo ee kaa soo gaara khubarrada caafimaad.





Qirid

Dhamaan wacaalka iyo lambarrada waa la cusboonaysiiyey Maarso 16, 2020.

Afeef: Qaybtan waxaa loogu tala galay wargelin oo qura, biddaal uma noqonayso talada dhakhtarka ama talo kasta oo uu bixiyo xirfadle caafimaad.

Walxaha ku qoran bug-yarahan waxaa asliyan lasoo dhigay 1mg Website, Impact Solutions iyadoo lala kaashanayo Jamciyadda Dhakhaatiirta Soomaaliyeed oo xogtan u turjuntey af Soomaali.

Wixii xog ah oo dheeraad oo ku saabsan **COVID-19** fadlan la xiriir rugta caafimaad ee kuugu dhow.

Tixraac:

<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

Harvard Medical School. Coronavirus: Many questions, some answers.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/>





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