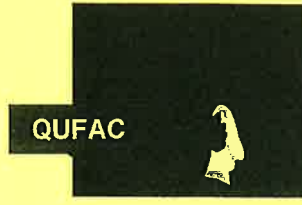


## Koronafayraska 2019 (COVID-19)

Koronafayraska 2019 waa cudur neef-mareenka ku dhaca oo uu sababay fayras cusub. Fayraskaan dadka ayaa si fudud u kala qaadi kara si fudud.

### Waa maxay astaamahu?

Astaamaha soo socda wuxuu qofku dareemi karaa 2 maalmood ilaa 14 maalmood kadib markuu qofka soo gaaro fayrasku.



\*Hadii aad ka midtahay dadka halistooda ay badantahay oo da'daada ama cafimaadkaaga u sababtahay, aad ayay muhiim u tahay inaad qaadatid talaabooyinka yareenkaro halistaada inaad qaado koronafayras.

### Yaa halis ugu jira koronafayraska 2019?

Dadkii ugu horeeyay oo laga helay koronafayras waxaa laga ogaaday in dad gaar ah halis ugu jiraan ineey fayraska qaadaan.

Kuwaas oo ah:

- Dadka qaba cudurada joogtada ah:
  - Cudurka wadnaha
  - Cudurka sanbabaha
  - Sonkorta/macaanka
  - Cudurka beerka
  - Cudurka kiliyaha
  - Uur hada ah ama uur mudo laba usbuuc ka soo wareegatay
  - Cudurada maskaxda
- Dadka da'da weyn

### Sidee buu ku faafa koronafayraska?

Fayraskan oo sababa cudurka koronafayras wuxuu u badanyahay in ay dadku isu gudbiyaan.

- Dadka isku jirsada wax ka yar 2 mitir ama (6 feet)
- Dadka qaba koronafayras hadii ay qufacaan ama hindhisaan, hawada qufacooda ama hindhisadooda oo dadka kale gaarta

### Sidee baan uga hortagi karnaa faafida koronafayras?

Ma jiro talaal daaweyn kara koronafayras. Sidaas darteed, waa muhiim inuu qofkasta ku dadaalo sidii uu uga hortagi lahaa faafida koronafayras.

### Sidee baan isku difaaci karaa si aanan u qaadin koronafayras?

Waxaad qaadi kartaa talaabooyin aad uga hortagi kartid sidaad uga hortagtid koronafayras, talaabooyinkaas oo la mid ah kuwa aad uga hortagi kartid hargabka ama durayga.

Talaabooyinkaas oo ah:

- Gacmahaaga inaad marwalba ku dhaqidid saabuun iyo biyo
- In aadan taabanin indhaaga, sankaa, iyo afkaaga
- Inaad ka fogaato dadka jirran

#### Sources:

MDH - <https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>;

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

