



Dadka mudo dheer qaba astaamaha COVID

Macluumaad ku saabsan astaamaha COVID-19 ee weli socda
(COVID-19-sii daba-dheeraaday) 21 Abriil 2021

Ujeedo

Qoraalkan hagitaanka ah wuxuu talo siinayaa qof kasta oo uu ku dhacay COVID-19 ama laga yaabo inuu ku dhacay COVID-19 (ama daryeelayaashooda) isla markaasna ka walaacsan inay wali qabaan calaamadihii lagu yaqaanay caabuqa. Astaamahaan caabuqa ee weli haya waxaa loogu yeeraa 'COVID daba-dheeraaday.'

Qodobbada muhiimka ah

- COVID daba-dheeraaday waa marka aad leedahay calaamadihii lagu yaqaanay caabuqa toddobaadyo ama bilo badan ka dib caabuii hore ee COVID-19.
- Calaamadaha la arko kadib COVID-19 way ku kala duwanaan doonaan dadka.
- Waxaa laga yaabaa inay u daran yihiin dadka qaar waxaana laga yaabaa inaysan ku xirnayn sida uu u xumaa ama u darnaa caabuqaagii COVID-19 ee horay kuugu dhacay.
- Caddaymaha hadda jira waxay na tusinayaan in dadka intiisa badani ay ka soo kaban doonaan waqti ka bacdi isla markaasna heerka soo-kabashada waa ay ku kala duwan yihiin shaqsiyaadka.
- Haddii aad dareemeysid inaad leedahay astaamaha COVID sii daba-dheeraaday la hadal dhakhtarkaaga caadiga ah (dhakhtarka guud ama GP), waxay kaa caawin karaan inaad maarayso calaamadahan inta aad saaran tahay wadadaada soo kabsashada.

Waa maxay COVID daba-dheeraaday?

COVID sii daba-dheeraaday waa magaca loo bixiyay astaamaha ay dadka qaar la kulmaan toddobaadyo ama bilo kadib caabuii hore ee COVID-19. Waxaa sidoo kale loo yaqaan 'Covid-19 kii ka dambeeyay kii hore ee darnaa'. In kasta oo dadka qaar ay sii lahaan doonaan astaamaha, astaamaha dhabta ah way ku kala duwanaan karaan dadku. Astaamaha COVID ee sii daba-dheeraaday waxay ku dhici karaan dadka aan weligood la xanuunsan caabuqoodii COVID-19.

Waa maxay astaamaha/calaaadaha COVID daba-dheeraaday?

Calaamadaha ugu waaweyn waxaa ka mid ah:

- neefta oo ku qabata
- qufac
- tabar yari/daal
- arrimaha foajignaanta/dhibaatooyin xusuusta ah
- isbeddellada niyadda - welwel, niyad -jabka, walbahaarka, dareen ah eed-sheegashada
- ur ama dhadhanka oo kaa luma
- madax xanuun
- hurdo xumo
- garaaca wadnaha/garaaca/garaaca wadnaha/laab xanuun
- finan maqaarka ka soo baxa
- muruq xanuun iyo xanuun kala goysyada ah

Si kastaba ha ahaatee, waxaa jira calaamado kale oo la soo sheegayo sidaa darteed liiskan kuma jiro calaamad kasta oo aad isku aragtid. Astaamahaagu waxay yeelan karaan sababo kale marka laga reebo COVID daba-dheeraaday.

Maxaan sameeyaa haddii aan qabo calaamadihii oo wali socda oo aan ka walwalsanahay inaan qabo COVID daba-dheeraaday?

Ballan ka sameeyso dhakhtarkaaga caadiga ah (dhakhtarka guud ama dhakhtarka guud), kaas oo ka jawaabi kara su'aalahaaga kuna baari doona. Dhakhtarkaagu wuxuu kaloo awoodi karaa inuu kuu gudbiyo meelo aad caawimaad joogto ah ka heli karto, haddii loo baahdo.

Miyaan waligay lahaan doonaa COVID daba-dheeraaday?

Dadka intiisa badani si buuxda ayay u bogsadaan, laakiin waxay qaadataa waqti dheer oo isbeddeli kara. La soco calaamadahaaga oo raadi caawimaad haddii aadan soo ka raynayn. Dhakhtarkaaga joogtada ah ayaa kaa caawin kara go'aannada ku saabsan ku noqoshada shaqada iyo hawlaha kale.

Si aad u heshid macluumaad dheeraad ah oo ku saabsan coronavirus iyo sida looga badbaadi karo booqo

[DHHS.vic – coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus) <<https://www.dhhs.vic.gov.au/coronavirus>>

Haddii aad u baahan tahay turjubaan, wac coronavirus (COVID-19) khadka taleefanka 1800 675 398 oo riix 0.



Macluumaad ku qoran luqado kale, iskaan koodka QR ama booqo

[DHHS.vic – Macluumaad la fahmay - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>



Wixii suaal ah

Khadka coronavirus 1800 675 398 (24 saac)

Fadlan u isticmaal Saddex Ebar (000) xaaladaha degdega ah oo kaliya

Si aad u heshid dukumeentigan asagoo qaab kale ah wac 1300 651 160 adiga oo adeegsanaya Adeegga Gudbinta Qaranka (National Relay Service) 13 36 77 haddii loo baahdo, ama iimayl u dir [Project Management Office Communications](mailto:COVID-19PMO-Communications@dhhs.vic.gov.au) <COVID-19PMO-Communications@dhhs.vic.gov.au>.

Waxaa oggolaaday oo daabacay Dowladda Fiktooriya, 1 Treasury Place, Melbourne.

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Waxaa laga heli karaa: [DHHS.vic – coronavirus disease \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus) <<https://www.dhhs.vic.gov.au/coronavirus>>