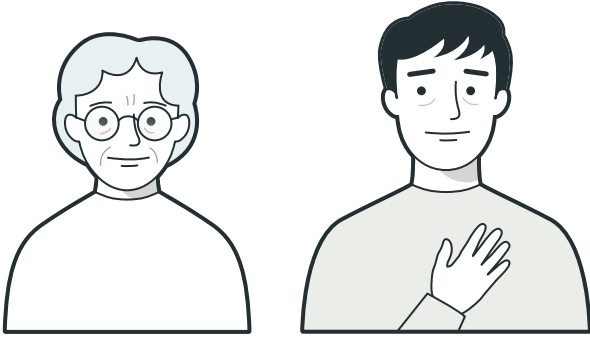


Talaalka koroonada oo si fudud loo sheegay

Macluumaad kooban oo ka socda Machadka Caafimaadka Dadweynaha oo ku saabsan talaalka xanuunka koroonada ee Covid-19.

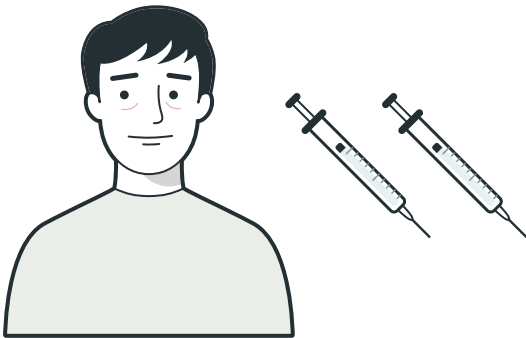


Qofkee heli doona fursadda talaalka koroonada?

Dhammaan dadka la soo jeediyo in la siiyo.

Talaalku waa bilaash

Sidee loo samaynayaa talaalka?

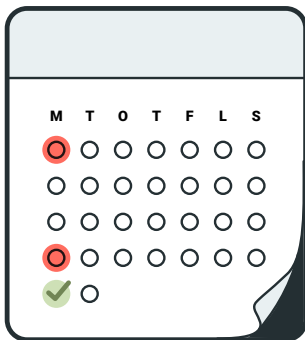


Talaalka waxa laga qaadnayaa cududda (gacanta qaybta sare).

Talaalka waxa la qaadnayaa labo goor oo ay u dhaxayso dhowr usbuuc.

Xasuuso inaad sheegtid haddii aad qabto xasaasiyad (alerji), isticmaasho dawooyin ama aad xanuunsanayso.

Intee leeg yahay waxtarka talaalku?



Talaalku waxa uu qofka ka difaacayaa xanuunka korooda ee Covid-19.

Dadka intooda badan waxay difaac helaan 1-2 usbuuc kadib qaadashada labaad ee talaalka.

Waxa wacan in dadka qaatay talaalku weli ku dhaqmaan xeerarka caadiga ah ee ka hortagga faafitaanka.

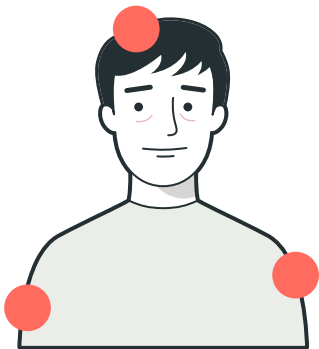


Sidee talaalku u shaqeeyaa?

Talaalku waxa uu jidhka barayaa inuu aqoonsado oo ka difaaco fayrusta koroonada.

Waxyaalaha ku jira talaalku si dhakhso ah ayey uga baxayaan jidhka.

Laakiin jidhku wuxu xasuusanaya qaabku uu isaga difaaci doono fayrusta.

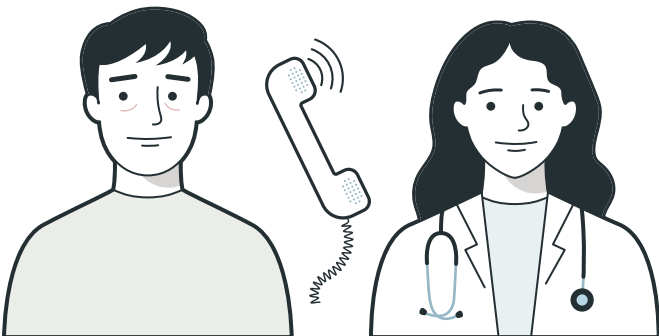


Cilladaha iman kara

Talaalka waxa lagu tijaabiyey daraasado cilmiyeed oo badan oo ay ka qaybgaleen kumanaan dad. Cilladaha caadiga ah waa:

- meesha la mudo oo xanuunta
- daal
- madax-xanuun
- jidhka oo qofka xanuuna
- dareen qabow ah ama qandho

Cilladahaasi waa kuwo qofku dhibsado, laakiin ka tegayaa maalmo yar kadib.



Cilladaha aann caadiga ahayn

La xiriir dhakhtar ama shaqaale caafimaad haddii ay calaamado caadi ahayn, xoog weyn ama muddo soconayaa kugu yimaadaan talaalka kadib.