






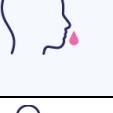

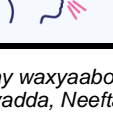




COVID-19: Aqoonsiga Calaamadaha

Calaamado		COVID-19	Durey	Hargab	Xasaasiyado*
		Calaamaduhu waxay u kala baxaan kuwo sahlan iyo kuwo ba'an	Tartiib u bilaabitaanka calaamadaha	Si kedis ah u bilaabitaanka calaamadaha	Laga yaabee kedis ama tartiib inay u bilawdaan calaamado
Qandho		Caadi	Dhif	Caadi	Maya
Qufac		Caadi	Caadi	Caadi	Neef
Cune Xanuun		Mar-mar	Caadi	Mar-mar	Mar-mar (Cuncun cunaha iyo dhabxanagga)
Neef Qabatin		Mar-mar	Maya	Maya	Caadi (neef)
Daal		Mar-mar	Mar-mar	Caadi	Mar-mar
Burbur & Xanuun		Mar-mar	Maya	Caadi	Maya
Madax-xanuun		Mar-mar	Caadi	Caadi	Mar-mar
San Da'aya ama Cabudhsan		Mar-mar	Caadi	Mar-mar	Caadi
Shuban		Dhif	Maya	Mar-mar, gaar ahaan carruurta	Maya
Hindhiso		Maya	Caadi	Maya	Caadi

Waxaa laga soo qaatay waxyaabo ay soo saartay WHO; Xarunta Xakamaynta iyo Kahortagga Jirrada; iyo Akademiyada Ameerika ee Xasaasiyadda, Neefka iyo Difaaca Jirka. * Xasaasiyado Qaab-neefsiga waxa ku jira xasaasiyadda rhinitis (qandhada hargabka), iyo xasaasiyadda neefka. Calaamadaha kale ee caadiga ah ee qandhada hargabka waxa ku jira cuncunka sanka iyo ka indhaha oo ilmeeya. Waa adag tahay sida loo kala garto calaamadaha COVID-19, ifilada iyo hargabka. Haddii aad qabto calaamadaha faafa ama neefsiga (sida cune xanuun, madax xanuun, qandho, neef qabatin, murqo xanuun, qufac ama sanka oo da'aya) ha tegin shaqada. Waxaad u baahan tahay in aad is-karantiinto oo uu ku eego xirfadyahan caafimaad. Waxa laga yaabaa inaad u baahato in lagaa baaro COVID-19. Waa in aanad shaqada ku noqon illaa inta uu xirfadyahan caafimaad kuu fasaxayo. Waa inaad hubisaa in dadka aad danaynaysa inay dhawrsiin yihiin oo yihiin ammaan. Dadka qaba calaamadaha xasaasiyadda neefsiga sida xasaasiyadda rhinitis (qandhada hargabka) iyo xasaasiyadda neefka waa inay guriga joogaan oo laga tijaabiyaa COVID-19 bilowga calaamadahooda oo haddii ay isku arkaan calaamado aan la filayn, ka duwan ama ka ba'an kuwii caadiga ahaa, ama aanay raadcelin daawaynta caadiga ah.