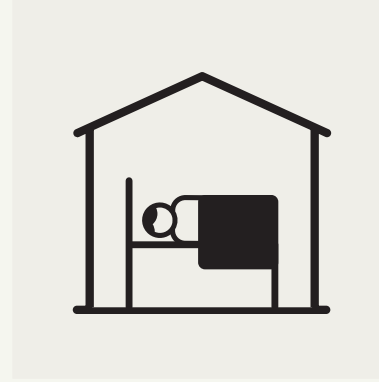


Macluumaad ku saabsan COVID-19

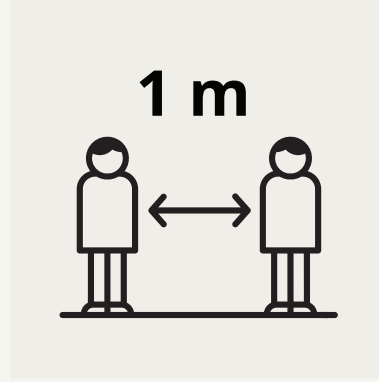
Ka hortagga faafida COVID-19



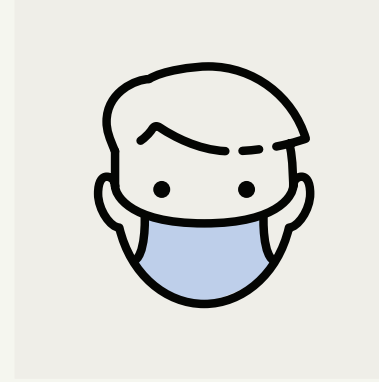
Si wacan u dhaq/nadiifi
gacmaha badanaa



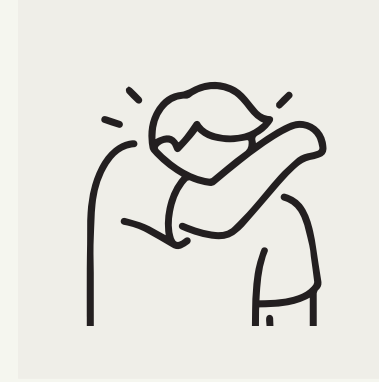
Joog guriga marka aad jiran
tahay



Ugu yaraan masafo 1 mitir ah
ka fogow dadka kale



Mararka qaarkood waxa lagu
weydiin karaa inaad isticmaas-
ho af-daboolka (marka ay
suurtagal ahayn in aad dadka
kale ka fogaato masafo dhan
1 mitir)



Sanka iyo afka ku dabool
suxulkaaga oo laaban ama
tiish markaad qufacayso ama
hindhisayso



Astaamaha

Astaamaha caadiga ah:

Qandho, qufac iyo neefsashada oo ku adkaata. Luminta
urta iyo dhadhanka ayaa sidoo kale noqon kara astaan.

Astaamaha halista ah:

Dadka qaarkiis waxaa ku dhaca caabuq sambab,
neefsashada oo ku adkaata ama cudurro
kale oo daran.

Baarista

Qofkee?

1. Dadka qaba astaamaha infekshinka neef mareenka
ama astaamo kale oo uu sababi karo covid-19
2. Dadka laga yaabo in la qaadsiiyay fayraska, ama u dha-
waaday qof laga helay covid-19 ama markay Norway
ku soo noqdaan ka dib markii ay 10 kii maalmood
ee u dambeeyey safar ku aadeen waddan ama gobol
cudurku ku badanyahay*

Qof kasta oo ka shakisan inuu qaaday covid-19.

* Wadamada faafitaanka sare leh waxa laga dhigay "casaan".
Macluumaadka cusub kala soco www.fhi.no.

Sidee?

1. Haddii aad xanuunsanayso oo u baahantahay caawin
dhakhtareed, ama u baahantahay talo caafimaad oo
kuu gaar ah, dhakhtarkaaga kula xiriir telefoon ama
elektroonig ahaan.
2. Bogga internetka ee degmada aad joogto ka akhriso
macluumaad ku saabsan samaynta baarista. Waa
inaad xarunta baarista ka samaysatid balan intaanad
aadin.
3. Tag xarunta waqtigaaga lagu siiyay oo qaado baarista.
Dhakhtarkaaga ama cisbitaalka degdegga ayaa ku siin
doona macluumaad ku saabsan sida amaanka ah ee
baaritaanka loogu sameeyo xarunta baaritaanka. Baa-
ritaanku waa bilaash.

Macluumaad dheeraad ah ka eeg:

Bogga internetka ee KIA NORGE (macluumaad ku qoran 39 luqadood): kianorge.no/covid-19 • Telefoonka macluumaadka ee Helse Norge: 815 55 015 (isniinta-jimcaha saacadaha 08:00-15:30)

TELEFOONKA XAALADDA DEGDEG AH

• Haddii aad yeelato qandho sare iyo dhibaa-
tooyin xagga neefsashada ah, la xiriir
dhakhtarkaaga ama cisbitaalka degdegga
ah (legevakt) sida ugu dhakhsaha badan ee
suurtogalka ah. Lambarka taleefoonka
116 117

• Call 113 when life is in danger or if life
threatening injury.