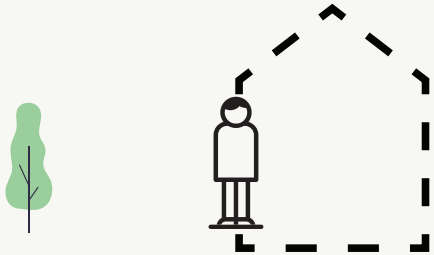


Farqiga u dhexeeya karantiilka iyo gooni-u-bax guriyeed

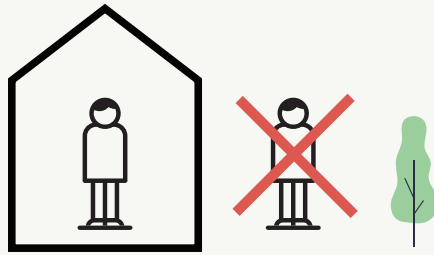
Haddii aad u dhawaatay qof la ogaaday inuu qabo covid-19 ama haddii aad timid Norway adoo ka yimi waddan "cas", waxaad ku jirtaa:

KARANTIIL



Haddii aad lagaa helay cudurka covid-19 waxaad ku jirtaa:

GOONI-U-BAX GURI



- ✗ Ha aadin iskuul ama shaqo.
- ✗ Ha isticmaalin gaadiidka dadweynaha.
- ✗ Iska dhaaf booqashada dadka kale ama in marti kuugu timaado guriga.
- Waad aadi kartaa socod, laakiin waa inaad ka fogaataa in ka badan 1 mitir dadka kale.
- Waad aadi kartaa dukaanka raashinka ama farmashiyaha haddii ay lagama maarmaan tahay.
- Dadka isla guriga ku wada nool waxaad u wadi dhaqmi kara sida caadiga ah. Dadka aad la nooshahay kuma jiraan karantiil.
- Haddii aad isku aragto astaamaha infekshinka neef-mareenka, waa inaad gooni-u-baxdo oo aad isla markaana is baartaa.
- Haddii baaritaanku sheego in lagaa helay waa inaad gasho gooni-u-bax guriyeed

- ✗ Ha ka bixin gurigaaga
- Si buuxda uga fogog dadka kale ee gurigaaga ku nool.
- Isticmaal qol iyo musqul gooni ah haddii ay suurogal tahay.
- Marar badan dadiifi dusha alaabaha iyo gudaha guriga
- Weydiiso qof kale inuu kuusoo adeego.
- Kala hadal dhakhtarkaaga sida aad ula socon karto caafimaadkaaga
- Dadka aad la nooshahay waa inay karantiil galaan.



Macluumaad ku saabsan COVID-19



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)

Ka hortagga faafida COVID-19



Si wacan u dhaq/nadiifi gacmaha badanaa



Joog guriga marka aad jiran tahay



Ugu yaraan masaafu 1 mitir ah ka fogow dadka kale



Mararka qaarkood waxa lagu weydiin karaa inaad isticmaasho af-daboolka (marka ay suurtagal ahayn in aad dadka kale ka fogaato masaafu 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 dhawaaday qof laga helay covid-19 ama markay Norway ku soo noqdaan ka dib markuu ay 10 kii maalmood ee u dambeeyey safar ku aadeen waddan ama gobol cudurku ku badanyahay*
3. 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 elektoroonig ahaan.
2. Bogga internetka ee degmada aad joogto ka akhriyo 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. Baaritaanku waa bilaash.

Natiijada baarista ee HelseNorge.no

Gal HelseNorge adoo adeegsanaya aqoonsi elektiroonig ah si aad u eegto natiijada baarista:

<https://www.helsenorge.no/provesvar>
(af-noorweyji)

<https://helsenorge.no/coronavirus/test-results>
(af-ingiriisi)

sKala fogaanshaha dadka

Tilmaamaha iskugu imaanshaha guryaha gaarka loo

leeyahay (tallaabooyinka maxalliga ahi way kala duwanaan karaan)

- Xaddid tirada dadka kuu soo dhawaanaya (Ha yeelanin marti badan ama dad badan oo kala duwan hala dhaqmin).
- Ugu yaraan masaafu 1 mitir ah
- Iska dhaaf hab isa siinta iyo salaanta gacanta
- Joogtee nadaafadda gacmaha iyo anshax qufac. Martidaada u fududee inay dhaqdaan/nadiifiyaan gacmahooda, marka ay imaanayaan iyo inta booqashadu socotoba
- Kaliya dadka caafimaadka qaba waa inay goobjoog ahaadaan.
- Qoro dadka jooga maadaama loo baahan karo in raadraac lagu sameeyo faafitaanka

*Kala soco www.fhi.no

TELEFOONKA XAALADDA DEGDEG AH

- Haddii aad yeelato qandho sare iyo dhibaatooyin xagga neefsashada ah, la xiriir dhakhtarkaaga ama cisbitaalka degdegga ah (legevakt) sida ugu dhakhsaha badan ee suurtagalka ah. Lambarka taleefoonka **116 117**
- Haddii nafta ama caafimaadku halis ku jiro, wac **113**

