

# Baaritaannada Lid-jidh-dhaliyaha Degdegga ah ee COVID-19: Sida Loo Qaado Muunad (Sambal)

Si loo qaado sambal loogu talagalay baaritaanka lid-jidh-dhaliyaha degdegga ah (RATs), adeegsadyaasha waa in ay raacaan tilmaamaha lagu qeexay dokumentiga la socda xirmada.

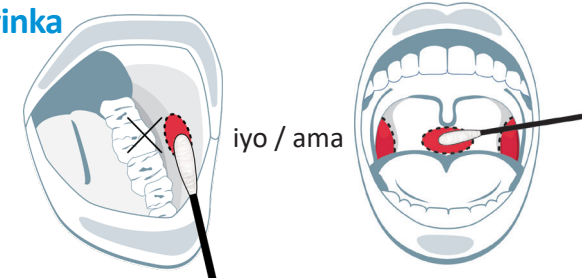
Waxaa intaa dheer ikhtiyaarka habka qaadista ee ay ansaxisey Wasaaradda Caafimaadka ee Kanada (sida lagu qeexay dokumentiga la socda xirmada), adeegsadyaashu waxay dooran karaan in ay qaadaan isku-darka sambalka afka iyo sanka madaama ay kordhin karto dareenka baaritaanka.

Qoddobadan soo socda waxay iftiiminayaan tallaabooyinka guud ee loogu talagalay qaadista sambal iyadoo la adeegsanayo midkood habka isku-darka afka iyo sanka ama habka sanka.

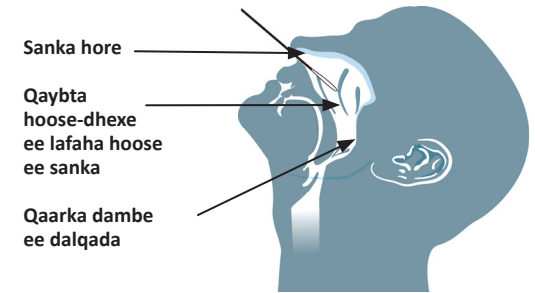
## Haddii suuf yar lagu soo xoqayo afkaaga iyo sankaaga (habka isku-darka sanka iyo afka)

1. Wax HA cunin, cabbin, xanjo ha calaanjinin, ha cabbin sigaar, ama shiishad muddo ugu yaraan 30 daqiiqo ah ka hor inta aadan qaadin sambalka.
2. Haddii aad heli karto weji-tire ama waraaq jilicsan oo lagu tirtirto, diifka isaga tir baaritaanka ka hor.
3. Gacmahaaga dhaq oo keliya qabo dhammaadka suufka yar ee ka soo horjeedka foodda hore ee suufka ee jilicsan
4. Geli foodda hore ee suufka jilicsan inta u dhaxeysa dhabbanada gudaha iyo cirridyada hoose ka-dibna dhowr jeer ku warwareeji suufka yar.
5. Ka-dibna, ku xoq foodda hore ee jilicsan ee suufka carrabkaaga ilaa iyo cunahaaga inta aad nafis ama raaxo ku qabto.
  - Ikhtiyaari: Beddelkii aad ku xoqi lahayd suufka dhabbanadaada gudaha iyo carrabkaaga, waxaad dooran kartaa in aad suufka ku xoqdo xagga dambe ee cunahaaga iyo daldaloollada sankaaga. Waxaad isticmaali kartaa muraayad si ay kaaga caawiso in aad aragto halka aad suufka ku xoqeyso.
6. Madaxaaga gadaal u liici ka-dibna si buuxda u geli foodda hore ee suufka jilicsan tooska gadaale (kor ma ahan) ee sankaaga ilaa iyo inta aad ka gaareyso wax ku celiya (ilaa 2.5 sm). Hubso in foodda hore ee suufka ee jilicsan in ay si buuxda ugu jirto sanka gudahiisa.
7. Dhowr jeer ku war-wareeji suufka derbiga sanka oo dhowr ilbiriqsi haku jiro si uu u soo dhuuqo dheecaanada sanka.
8. Suufka sankaaga ka soo bixi, adiga oo adeegsanaya isla suufkaasi, ku celi daloolka kale ee sankaaga.
9. Isla-markiiba suufka geli gudaha dhuunta hubsashada adiga oo raacaya tilmaamaha xirmada.

## Tallaabooyinka 4 - 5



## Tallaabada 6aad



## Haddii aad keliya suufka ku xoqey sid sankaaga (habka sanka)

1. Haddii aad heli karto weji-tire ama waraaq jilicsan oo lagu tirtirto, diifka isaga tir baaritaanka ka hor.
2. Gacmahaaga dhaq oo keliya qabo dhammaadka suufka yar ee ka soo horjeedka foodda hore ee suufka ee jilicsan.
3. Madaxaaga gadaal u liici ka-dibna si buuxda u geli foodda hore ee suufka jilicsan tooska gadaale (kor ma ahan) ee sankaaga ilaa iyo inta aad ka gaareyso wax ku celiya (ilaa 2.5 sm). Hubso in foodda hore ee suufka ee jilicsan in ay si buuxda ugu jirto sanka gudahiisa.
4. Dhowr jeer ku war-wareeji suufka derbiga sanka oo dhowr ilbiriqsi haku jiro si uu u soo dhuuqo dheecaanada sanka.
5. Suufka sankaaga ka soo bixi, adiga oo adeegsanaya isla suufkaasi, ku celi daloolka kale ee sankaaga.
6. Isla-markiiba suufka geli gudaha dhuunta hubsashada adiga oo raacaya tilmaamaha xirmada.

