



# Iskuulka/Xannaannada Carruurta

## MACLUUMAADKA COVID-19 EE WAALIDKA IYO MASUULKA

(SCHOOL AND CHILD CARE COVID-19 INFORMATION FOR PARENTS AND GUARDIANS)

### Sidee baan ilmahayga uga ilaalin karaa COVID-19?

- **Iska hubso in ay qoyskaagu wada qaataan tallaallada la iska rabo ee COVID-19.** Tallaallo ah COVID-19 oo cusub ayaa loo hayaa qof kasta oo gaaray 6 bilood ama ka weyn. Waxaa muhiim ah in la wada qaato tallaallada COVID-19 si looga helo difaac aad u fiican.
- **Iska hubso in ilmahaagu u isticmaalo gafuurxir ah nooca caafimaadka meelaha uu Sarreeyo Heerka Bulshada ee COVID-19 marka ilmuhu gaaraan 2 jir.** Gafuurxir ayey ilmuhu xiran karaan haddii ay suurtoobeyso, iyada oo aan loo eegin Heerka Bulshada ee COVID-19.
- **Waa in aad ilmaha ka soo baarto COVID-19.** Haddii aad calaamado ku aragto ilmaha, waa in aad isla markiiba soo baarto. Haddii ilmahaaga la soo qaadsiiyo COVID-19, waa in la soo baaro ugu yaraan 5 maalmood ka dib markii la qaadsiiyey.
- **Iska hubso in ay ilmuhu gacmaha ku dhaqdaan mar kasta saabuun iyo biyo ugu yaraan 20 ilbiriqsi ama waa in ay isticmaalaan jeemis-dile ay u jirto 60% aalkolo.**
- **Iska hubso Heerka Bulshada ee COVID-19 ka hor marka aad qoyskaaga go'aan u gaareyso.** Waxaad heerka bulshada deegaankaaga ka eegi kartaa [www.dhs.wi.gov/covid-19/data.htm](http://www.dhs.wi.gov/covid-19/data.htm).

### Ma khasab baa in ay ilmahaygu isticmaalaan gafuurxir?

- **Wisconsin Department of Health Services (Waaxda Adeegyada Caafimaadka) waxay ku talineysaa in uu qof kasta gafuurxir isticmaalo mararka qaarkood iyo bannaanka:**
  - Meelaha gudaha ah oo dhan marka uu sarreeyo Heerka COVID-19 ee Bulshada
  - Goobaha daryeelka caafimaadka, sida xafiisyada kalkaaliyeyaasha iskuulka, iyada oo aan la tixgelineyn Heerka Bulshada ee COVID-19
  - 10 maalmood ka dib marka lagu qaadsiiyo COVID-19
  - Ugu yaraan 10 maalmood ka dib bilowgii calaamadaha ama in lagaa helay COVID-19. Dadku waxay isticmaali karaan baarista dheecaanka si loo yareeyo wakhtiga aad isticmaaleyso gafuurxirka ka dib markaad is gooni yeesho. Faahfaahinta ka eego [www.dhs.wi.gov/covid-19/ Diagnosed.htm](http://www.dhs.wi.gov/covid-19/ Diagnosed.htm).
- **Gafuurxirka lagama rabo carruurta ka yar 2 jirka iyo dadka qaba wax naafanimo ah.** Xaaladahaas markay jiraan, waa in la hagaajiyo dhuumaha hawada gudaha iyo kala-fogaanshaha dadka si looga hortago faafitaanka COVID-19 iyo in la is qaadsiiyo.

- **Haddii uu liito difaaca ilmahaaga ama uu qabo naafanimu ku sii xumeyneysa halista COVID-19, weydii dhakhtarka haddii ilmuhu gafuurxir ku xiranayo iskuulka gudihiisa.**
- **Iskuulka ayaa ardeyda ku khasbi kara gafuurxir gudaha fasallada ama marka lagu jiro waxbarashada si loo yareeyo khatarta loogu jiro in aad loogu xanuunsado COVID-19.** Ardeyda ay shuruudahaas qabanayaan waa in aan la gelin fasallo gaar ah ama haddii kale waa in aan laga soocin ardeyda kale. Macluumaad iyo caawimaad ka eego [sites.edu.gov/idea/](https://sites.edu.gov/idea/).

## Maxaa dhacaya haddii ilmahaaga la qaadsiiyo COVID-19?

- **Gafuurxir ha isticmaalo ilmahaagu marka uu dad kale la joogo guriga,** goobaha dadweynaha, iyo iskuulka ilaa 10 maalmood ka dib marka xanuunka la qaadsiiyo.
- **La soco calaamadaha** sida qufac, qandho, iyo calaamadaha kale ee COVID-19. Haddii aad ilmahaaga ku aragto calaamadaha, waa in ay ka dhex baxaan dadka oo dhan intii suurtagal ah oo waa in laga soo baaro COVID-19.
- **Waa in aad ilmaha soo baarto 5 maalmood ka dib marka la qaadsiiyo COVID-19.** Haddii laga soo helo xanuunka, waa in lagu gooni yeelo guriga.
- **Booqo [www.dhs.wi.gov/covid-19/close-contacts.htm](https://www.dhs.wi.gov/covid-19/close-contacts.htm)** to si aad uga hesho faahfaahinta ah waxa la sameynayo ka dib marka lagu qaadsiiyo COVID-19.

## Ka warran haddii ilmahaagu xanuunsado?

- **Haddii aad ilmaha ku aragto calaamadaha COVID-19, waa in ilmuhu gafuurxir ku isticmaalo guriga gudihiisa, oo waa in la soo baaro.** Haddii xanuunka laga helo, waa in ilmuhu guriga joogo ugu yaraan 5 maalmood oo ka dibna xirto gafuurxir markuu la joogayo dadka kale ilaa 5 maalmood oo dheeraad ah.
- **Haddii ilmaha laga waayo COVID-19,** waa in ilmuhu guriga joogo ilaa ay ka ba'do qandhada ugu yaraan 24 saac iyada oo aan la siin daawada qandhada oo waa in aysan jirin calaamado kale oo ah matag iyo shuban. Haddii ilmaha markii hore guriga looga soo waayey xanuunka dheecaan ahaan, macnuhu waa in uusan jirin COVID-19, balse mar dambe ayuu ku soo bixi karaa. Haddii aad ilmaha ku aragto calaamadaha COVID-19, mar kale ka baar 48 saac ka dib wakhtiga baaristii ugu horreysay ee aad xanuunka ka weyday.
- **Booqo [www.dhs.wi.gov/covid-19/diagnosed.htm](https://www.dhs.wi.gov/covid-19/diagnosed.htm)** si aad uga hesho macluumaad ah waxa aad sameyneyso haddii aad ilmaha ku aragto calaamado ama laga soo helo COVID-19.