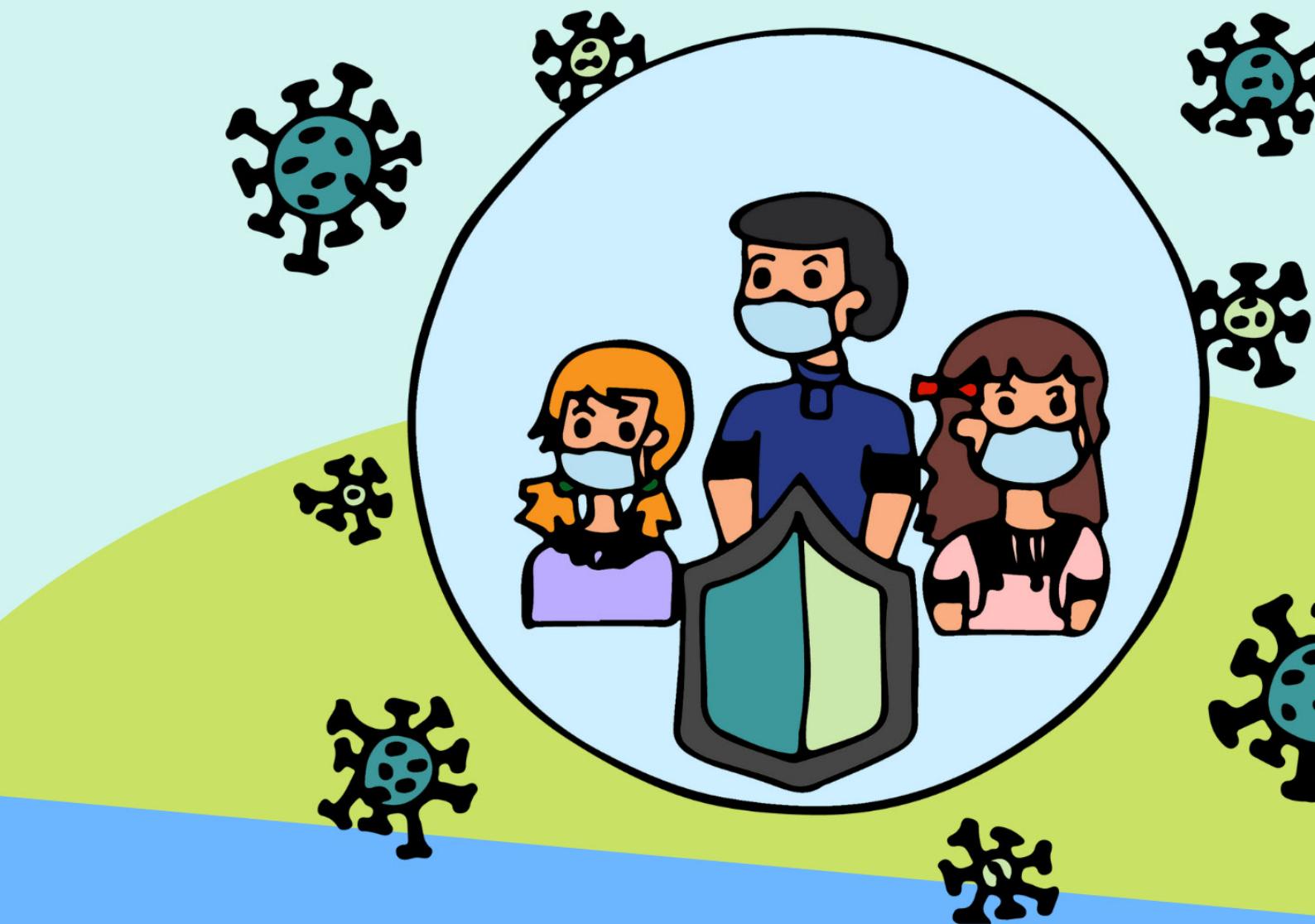


# Buuga elektoroonik - ga ah ee COVID-19



Waxyaabaha ay tahay inaad samayso si aad naftaada iyo dadka kaleba uga ilaaliso fayraska karoona (COVID-19)

# Hordhac

Waxaa la aasaasay 2007, Asylum Access Thailand (AAT) waa urur aan dawli ahayn waxayna qayb katahay qoyska Asylum Access.

Waxaan ka shaqeyneynaa sidii aan u xaqiijin lahayn xuquuqda aadanaha ee qaxootiga.

Waxaan aaminsanahay in dhammaan qaxootiga ay mudan yihiin fursad cadaalad ah oo ah nolol cusub.

## Waxa Aan Qabano



Caawinaadda Sharciga

Codsiyada magangalyo ee Thailand waxaa hadda maareeyaa Hay'adda Qaxootiga ee Qaramada Midoobay (UNHCR). Habku wuxuu noqon karaa mid dheer, dhib badan oo inta badan waxyeello leh. Waxaan macaamiisheena siinnaa taageero sharci iyo mid bulsheed si aan uga caawino inay hawshan maraan oo ay helaan xaalad qaxootinimo.

Waxaan xoojinnaa ad-adeyga waara ee bulshada qaxootiga ah iyada oo loo marayo taxanaha aqoonta wacyigelinta bulshada iyo tababar ku saleysan xirfadaha oo loogu talagalay kooxaha awood-siinta ee ay hoggaaminayaan qaxootiga.

Waxaan aasaasnaa fikradda SGBV (Dhibaatooyinka laxiriira galmada jinsiga) oo ay weheliso walaaca ilaalinta carruurta ee bulshada dhexdeeda. Si loo hubiyo helitaanka hantida horumarineed ee hab-nololeedka, waxaan xoojinnaa qaxootiga waxaanna martigeli-naa hal-abuurada bulshada hormuudka u tahay.

Awood-siinta Bulshada

Waxaan la shaqeynaa kooxaha kale ee xuquuqda aadanaha si aan ugu doodno isbeddel lagu sameeyo sharciga Thai-ga kaasoo soo celin doona amniga iyo sharafta qaxootiga gudaha dalka. Waxaan ku riixeynaa Thailand in dhammaan qaxootiga ay dareemi karaan ammaan oo ey dib u dhisi karaan noloshooda.

## Mesha lagala xiriiro:

Cinwaanka : 1111/151 Ban Klang Muang, Ladphrao Road, Chankasem, Chatuchak, Bangkok 10900

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# **Shaxda waxyaabaha uu kakoobanyahay**

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# COVID-19 iyo Noocyada

Dabayaaqadii 2019, Koronafeyras wuxuu markii hore kusoo ifbaxay meelo gaar ah kadibna si dhakhso leh ayuu ugu faafay adduunka oo dhan. Caabuqan oo bani-aadam ilaa bani-aadam isaga gudba wuxuu sababi karaa calaamado fudud ilaa kuwo daran. Tan iyo markii ugu horeysay uu dillaacay, COVID-19 wuxuu isu beddelay illaa shan qaabood oo kala duwan; qaab kastaa wuxuu leeyahay awooddiisa-gudbitaan, difaac iyo darnaanta caabuqa



## Alpha

- Markii ugu horraysay waxa laga helay Boqortooyada Ingiriiska, Sebtember 2020
- Darnaanta: Nooca Alpha wuxuu ku fidaa si ka sahlan sida noocii asalka ahaa.



## Beta

- Markii ugu horreysay waxa laga helay: Koonfur Afrika, Sebtember 2020
- Darnaanta: Noocani wuxuu leeyahay fursad sare oo uu ku keeni karo jirro daran ama dhimasho marka la barbar dhigo noocii ugu horeeyay ee fayraska



## Delta

- Markii ugu horreysay waxa laga helay: Hindiya, Diseembar 2020
- Darnaanta: Delta uu ka faafi ogyahay noocii assalka ahaa waxaana la helay inuu yahay midka ugu awoodda badan Thailand.



## Gamma

- Markii ugu horreysay ee laga helay: Brazil, Diseembar 2020
- Darnaanta: Noocan wuu kasii faafi ogyahay noocyada kale sidoo kale waxtarka tallaalka kahortagga Gamma aaya hooseeya.



## Lambda

- Markii ugu horreysay waxaa laga helay Peru bishii Diseembar 2020
- Darnaanta: noocani wuxuu leeyahay suurtogalmimada kordhidda awood-gudbineed ama iska caabinta tallaalka.

Sources:

1. European Centre for Disease Prevention and Control Sars-CoV-2 Variants of Concern as of 20 August 2021 (2021). <https://www.ecdc.europa.eu/en/covid-19/variants-concern>  
 2. Vejthani Hospital, 4 COVID-19 Variants of Concern that Worry the World (2021) <https://www.vejthani.com/2021/08/4-covid-19-variants-of-concern-that-worry-the-world/>  
 3. Science Focus, lambda Variant: All You Need to Know About the New UK Coronavirus Strain. (2021). <https://www.sciencefocus.com/news/lambda-variant/>

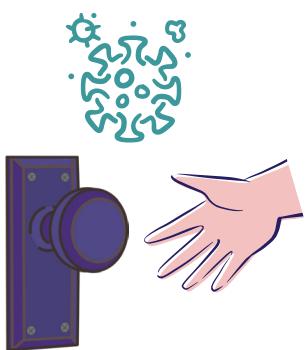
# Gudbin

Waxaa jira 3 qaab oo gudbinta COVID-19.



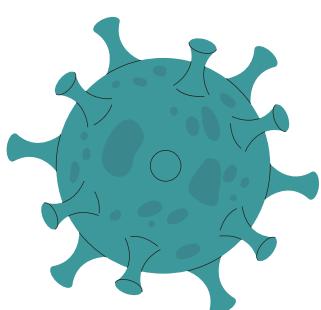
## 1. Dhobic

Dhibco dareere ah oo ah qaab candhuuf iyo xab ah oo soo baxa markaad qufacdo, hindhisto iyo marka aad hadasho. COVID-19 waxaa lagu kala qaadi karaa dadka dhexdooda afka, sinka, iyo indhaha.



## 2. Taabashada

Dhibicda ka timaadda dadka cudurka qaba waxay ku sii hari kartaa dusha alaabaha. Markay dadku taabtaan meelaha jeermisku saaranyahay, kadibna taabtaan afkooda, sankooda, ama indhahooda, COVID-19 wuu u gudbi karaa shaqsiyaadkaas.



## 3. Hawada

Qurubyo yaryar, oo kusoo baxa hadalka, kuwaasoo hawada ku sii jiri kara waqtidheer oo sii gudbi kara in ka dheer dhibcaha. Meesha halista ah ee hawo -mareenka waxaa loo arki karaa inay tahay gudaha, goobaha ciriiriga ah, iyo meelaha aan waasaca aheyn sida makhaayadaha, goobta kucelcelinta fanaaninta, jirdhisqa, meelaha lagu caweeyo habeenkii, xafiisyada, iyo goobaha cibaadada.

# 5ta Qiimeynood ee COVID-19

1

Joogtee isku jirka masaafu ugu yaraan 1-2 mitir u dhaxeeysa naftaada iyo dadka kale



Hubi qulqulka hawada gudaha qolkaaga oo ka fogow meelaha ciriiriga ah

2

3

Ku dabool afkaaga iyo sankaaga suxulkaaga mar kasta oo aad qufacdo ama hindhisto



Si habboon u xiro af-xirka wejigaaga ama qalab kasta oo ilaalin shakhsiyeed ah.

4

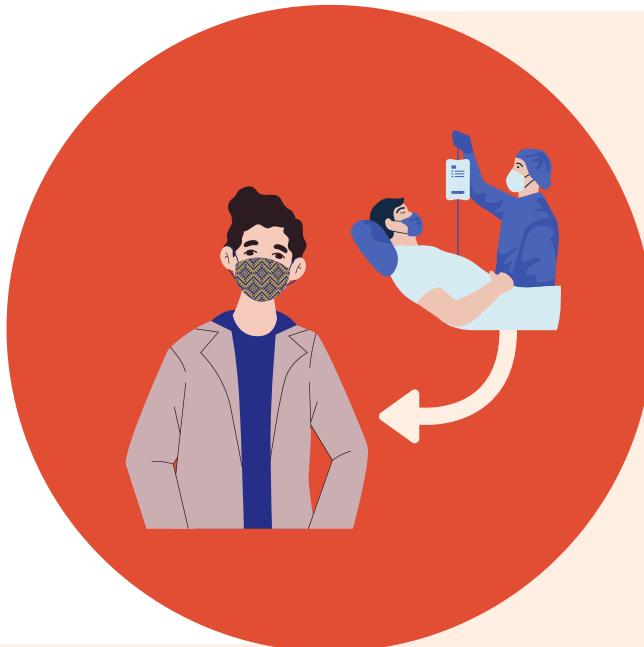


Inta badan gacmahaaga ku dhaq saabuun ugu yaraan 20 sekan ama si joogto ah gacmahaaga ugu nadiifi jeesha aalkolada.  
Hubi inaad dhaqdo ama nadiifiso gacmahaaga ka hor intaadan wax cunin ama taaban afkaaga iyo aagga sankaaga.

5

# Qiimeynta Khatarta

Miyaan khatar ugu jiraa inuu igu dhoco COVID-19 maxaana sameeyaa?



## Guduud

Shakhsiyadka kujira hal guri ama xiriir la leh qof cudurka qaba 1 mitir iyo in ka badan 5 daqiiqo ayaa halis weyn ugu jira inuu haleelo COVID-19.

## Maxaan sameeyaa

- Isla markiiba qaado baaritaanka COVID-19;
- Karantiil naftaada inta aad sugeyso natijada.
- Laxiriir khubarada caafimaadka si aad u hesho daaweyn dheeraad ah.

## Jaalle

Shakhsiyadka jir ahaan u taabta oo waqtii kula qaata dadka qaba COVID-19 1 mitir gudihiis iyo in ka badan 15 daqiiqo.

## Maxaan sameeyaa

- La soco natijada COVID-19 ee qofka;
- Haddii isaga/iyada laga helo COVID-19, isla markiiba iskarantiil oo tag baaritaanka COVID-19.



## Cagaar

Shakhsiyadka naftooda usoo bandhigay kooxda halista jaalaha ah.

## Maxaan sameeyaa

- La soco khatarta dadka cudurku kudhacay.

# Calaamadaha Nafsaani-Bulsheedka & Maareynta Walaaca

Xaaladda COVID-19 darteed, waxaa laga yaabaa inaad la kulanto walaac iyo walwal aad u daran kaas oo keena astaamo jireed iyo mid maskaxeed.

## Calaamadaha jirka

- Xanuun iyo cadaadis qoorta, garabka, iyo dhabarka
- Caloosha oo kacsan
- Murqo adayg
- Madax xanuun
- Laab culeys
- Daal ama dhibaato xaga hurdada

## Calaamadaha maskax ahaan

- Iney adagtahay in wax diirada lasaaro
- Si fudud u xanaaqid
- Inaanan lafadhin karin
- Hurdada oo adkaata
- Dareen murugo ama dambi
- Welwel iyo baqdin ku saabsan xaaladda
- Oohin
- Dareemid daal badan
- Dareen kalinimo

**Haddii aad la kulanto calaamadahan, halkan waxaa ah xeelado aad kumaareeyneyso walaacaaga.**



Samee wax kaa farxiya



Laxiriir saaxiibadaa iyo Qoyskaaga



Jimicsi



Hubi macluumaadka leh xaqiqida



Joogtee jadwalkaaga



Waqtii yar ku bixi shaashadda ama baraha bulshada



Ka fogow sigaar cabista iyo khamriga

***“Waa caadi inaad dareento murugo, walaac, wareer, cabsi ama xanaaq inta lagu jiro dhibka”***



# Baaritaanka difaac-sameeyaha (antigen)

Marxaladdii hore, haddii aad halis u tahay inaad qaaddo COVID-19 oo aad jeelaan lahayd inaad baarto, waxaad kusamayn kartaa gurigabaaritaanka antigen-ka (difaac-sameeyaha) (baaritaan degdeg ah kaasoo muujin doona natijada maalin gudaheeda).

## Xageen kaheli karaabaaritaanka antigen-ka (difaac-sameeyaha)

- Baaritaannada degdegga ah ee antigen-ka ayaa laga heli karaa farmashiye kasta oo kuu dhow.
- Hubi inaad gadatobaaritaanka guriga/nafsiga



## Sida loo isticmaalo бааритаанка antigen-ка: Diyaarin

1. Xirmo kasta, waxaa ku jiri doona shan qaybood oo qalab ah.



Qalabka бааритаанка ee ku jira xirmada almuuniyamka



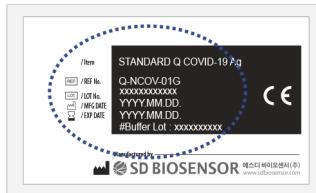
Tuubbada wax -soo -saaridda, daboolka, usha suufka



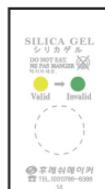
Tilmaamo

2. Fadlan hubi taariikhda dhicitaanka ee бааритаанка antigen-ка kaas oo ka muuqda dhabarka baakadda.

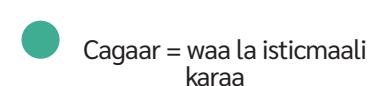
**HA ISTICMAALIN** xirmada dhacday.



3. Fur xirmada almuuniyamka si aad u hesho qalabyada бааритаанка oo hubi awoodda qalabka. Waxaa jiri doona aqoonsiga midabka xagga dambe ee xirmada бааритаанка.



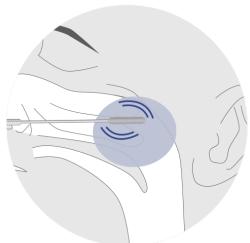
Jaale = lama isticmaali karo



Cagaar = waa la isticmaali karaa

## Sida loo mariyo

1. Geli usha suufka tuubbada sankaaga ilaa 2 sentimitir oo ku dul duub sagxadda sankaaga (marinka isku xira daloolka sanka iyo dhuunta ee dambe) adigoo ku warwareejinaya 5-10 jeer 15 ilbiriqsi.



\*Dhaq gacmahaaga oo xiro galooxyo ka hor marinta iyo бааритаанка



2. Marka xigta, gali suufka tuubbada wax soo saarka. Markaad galineyso, fadlan tuuji tuubbada dhuubar oo warwareeji usha suufka in ka badan 5 jeer.



3. Kasaar suufka markaad tuujinayso dhinaca tuubbada si aad dheecaanka uga soo saarto suufka oo furka si adag ugu riix tuubbada.



4. Furka si adag ugu riix tuubbada.



5. Ku shub 3 dhibcood oo saambalka suufka ah qalabka бааритаанка. Fadlan ku rid aagga qaabka goobaabinta, oo sug 15-30 daqiqiyo.



## Sida loo akhriyo natijada

### Qeexitaano

#### Laga helay :

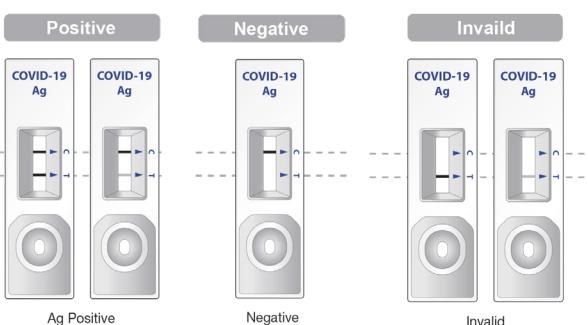
Waxaa kudhacay COVID-19

#### Laga waayay :

Kuma dhicin COVID-19

#### Aan la isticmaali karin

Natijada lama isticmaali karo oo suufku wuxuu u baahan yahay in dib loogu sameeyo qalab бааритаан oo cusub



**\*Alaabaha la isticmaalay waa qashin wasakhaysan (ha ahaadeen kuwo laga helay iyo in kale), hubi inaad ku riddo dhammaan qalabka la isticmaalay boorso gooni ah oo si fiican u xir intaadan tuurin.**

# Heerka Calaamadaha

## Cagaar

Kooxdan waxaa loo tixgeliya inay yihiin bukaano dhexdhexaad ah  
(majirto calaamad muuqata)



- Qandho (heerkul ah  $37.5^{\circ}$  ama ka sareeya)
- Qufac, dhuun xanuun, iyo diif
- Dhadhanka iyo urta oo lawaayo
- Finan kasoo baxa maqaarka ama midabka faraha ama suulasha oo badalma
- Indho guduudan ama cuncun
- Shuban
- Aan lahayn naqas adag ama calaamadaha waayitaanka neefsashada
- Majiro caabuqa sambabka
- Majirto xaalad caafimaad oo horey u jirtay

### Jawaabta Kooxda Cagaaran



Kooxdani waxay u qalmaan karantiilka guriga

## Jaalle

Kooxda jaalaha ah waxaa ku jira koox nugul oo ka weyn 60 jir iyo/ama qaba xaalad caafimaad oo horey u jirtay iyo/ama kuwa leh astaamaha soo socda:



- Feero xanuun
- Neefsashada oo ku adkaata waxqabad fudud
- Daal iyo wareer
- Caabuqa sambabka
- Shubanka in ka badan 3 jeer maalintii oo ay weheliso dareemid wareer

### Jawaabta kooxda jaallaha



Kooxdan waa in isla markiiba loo wareejiyaa isbitaal si looga hortago inay sii koraan calaamadaha daran.

## Guduud

Kooxda gaduudan waa calaamadaha ugu daran ee lagu muujiyey liiska hoose:



- Neefsasho la'aan iyo muujinta calaamado jahawareer maskaxeed sida ineysan dhammaystiri karin jumladda inta ey hadlayaan, kabuubyo, iyo jawaab gaabis ah.
- Laabta oo xanuunta mar walba
- Caabuqa sambabka
- Heerka ogsijiiinta oo hoos udhacda ( $SpO_2$ ) oo la mid ah ama ka yar 3%
- Sii socoshada dheecaan-ku-ururidda sambabada oo ey muujineyso raajada.

### Jawaabta Kooxda Guduudan



Isla markiiba ladhibayo isbitaal

Heerka calaamadaha COVID-19 way kala duwan yihiin qof kasta. Hal qof ayaa yeelan kara calaamado daran halka kuwa kale laga yaabaa in ay yeeshaan wax yar oo aan lahayn falcelin jireed. Heerka calaamaddu waa shuruudda loogu talagalay dhakhaatiirtu si ey ugu go'aamiyaan daaweynta caafimaad oo ay ku jirto in la seexiyo isbitaalka ama karantiilka guriga. Calaamadaha waxaa loo kala saaraa midabo kala duwan oo tilmaamaya heer kasta sida hoos ku qoran;

# Kooxda Nugul

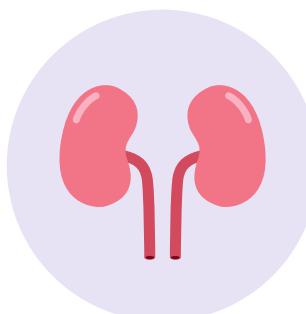
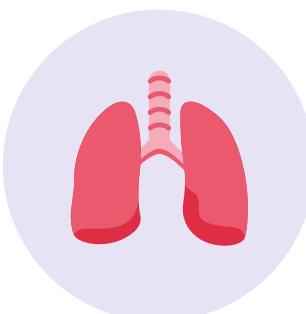
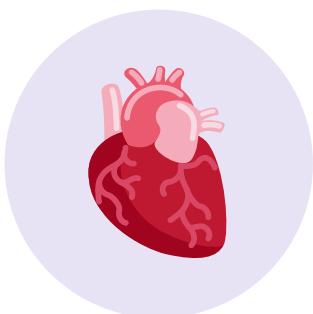
Kooxda nugul waxay u badantahay inay yeeshaan astaamo daran ee COVID-19.

Marka kooxda nugul uu ku dhaco COVID-19,  
waxaa loo kala saari doonaa inay yihiiin astaamo heer jaale ah.  
Kooxdan waxaa ka mid ah;

## 1. Waayeelka da'doodu ka weyn tahay 60 jir oo qaba ama aan qabin cudur lagu dhasho



## 2. Dadka qaba xaalado caafimaad oo horey u jiray ayaa ah sida soo socota.



Cudurada wadnaha iyo xididdada dhiigga

Cudurka neef -mareen-ka ee daba -dheeraada/ cudurka sanbabada

Cudurka Kelyaha ee daba -dheeraada

Cudurka maskasxda ama faaligga



Kansar

Macaan

Cayil

# Uurka iyo COVID-19

Dumarka uurka leh waa inay taxaddar dheeraad ah yeeshaan maxaa yeelay waxay u badantahay inuu cudur daran kaga dhoco COVID-19 marka loo eego dumarka aan uurka lahayn.



Haddii aad leedahay uur 24 toddobaad ah oo aadan qabin walaac daran oo aad kala tashato dhakhtar, fadlan ka feker inaad dib u dhigto ballantaada sida aad u aragto mid habboon.

**Fadlan si adag u raac ballanta dhalmada kana fogow inaad isbitaalka joogto waqtii dheer haddii aad soo galeyso mid ka mid ah qaybahan;**



- Wuxaan tahay 32 toddobaad oo uur ah ama ka badan
- Wuxaan leedahay uur halis badan: kayar 17-sano jir ama ka weyn 35-sano jir, oo sida ilmo badan, leh taariikh uur oo dhib badan, iwm.
- Wuxaan qabtaa cuduro dheeri ah; cadaadis dhiig oo sarreeya, sonkorowga, qanjo xanuun, xaaladaha wadhaha, neefta, cudurka sambabka ee joogtada ah, Cudurka kelyaha joogtada ah, iyo uurka difaaca jirku yaryahay.



Waxaa aad laguugula taliyay inaad ka fogaato noocyada ciriiriga ah ee gaadiidka dadweynaha iyo inaadan la safrin wax ka badan hal qof



Si habboon u xiro af-xirkaa oo qaado jelka aalkoloda oo badanaa gacmaha lagu nadiifiyo



Joogtee kala fogaanta bulshada (2 mitir) inta aad sugayso ballanta isbitaalka



Iska tuur af-xirkaa aad isticmaashay, iska dhaq gacmaha, dharkana beddel isla marka aad guriga ku noqoto

## Isla markiiba wargeli

isbitaalkaaga hooyada ee loogu talagalay haddii mid ka mid ah xaaladahaan aan caadiga ahayn ay dhacaan; barar, hoos u dhaca dhaqdhaqaqa uurjiifka, dhiig-bax xubinka taranka, inaad xanuun kadareento ilma-galeenka, dareere soo daata.



# Goormaad sameyn kartaa karantiilka guriga?

**Bukaanada sugaya in la seexiyo  
isbitaallada ama isbitaallada  
ku-meel-gaarka ah sidoo kale uu  
dhakhtar u fasaxay karantiilka guriga**



**Bukaanka joogay isbitaalka  
7 ilaa 10 maalmood oo bogsaday  
si uu dawo ugu qaato guriga.**



# Bukaanada uqalma karantiilka guriga

Kaliya waxey khuseysaa bukaanada (Cagaarka) aan astaamaha laheyn ama leh astaamo COVID-19 oo fudud (Cagaar), oo leh xaaladahan soo socda;



**Kuwa kayar da'da  
60 sano**



**Caafimaad wanaagsan**



**Oo keli nool ama la  
wadaaga guri wax  
aan ka badnayn  
hal qof**



**Aan cayilneyn  
(miisaankoodu  
kayaryahay 90 kiilogiraam)**

**Aan la ildarneyn xanuunada  
joogtada ah sida**

- Cudurka xira sambabada ee joogtada ah (COPD); cudurka sambabka.
- Cudurka kalyaha ee joogtada ah (heerka CKD 3,4)
- Cudurada wadnaha iyo xididdada dhiigga
- Cudurka maskaxda ama faaligga
- Sonkorow halis ah
- Xaalado kale oo ay dhakhaatiirtu u arki karaan inay halis yihiin.



**Kiisaska noocan oo kale ah  
waa inay u soo gudbiyaan  
rabitaankooda  
ikhtiyaariga ah habka  
loo wajahayo**



**Bukaanka aan buuxin  
shuruudaha u qalmitaanka ee  
kor lagu soo sheegay, laakiin  
xaddigooda uu qiimeeyay oo  
fasax ka haysta dhakhaatiirta  
si ey u galaan nidaamka  
“Karantiilka Guriga”**





# Nidaamyada loogu talagalay bukaannada inta lagu jiro karantiilka guriga

# Joog guriga

WAA INAAD joogtaa guriga taas oo la micno ah  
inaad ka baxdo gurigaaga ama ey kula joogaan  
dad kusoo booqda waa mamnuuc

# Dhex joog qol gaar ah

Haddii ay suuragal tahay, ka joog xubnaha qoyska qol gooni ah oo leh daaqado hawadu socoto. Haddii aysan ahayn, u qoonddee aag ka mid ah guriga oo ugu yaraan 3 tallaabo ka fog dadka kale.



## Ka fogow wadaagista alaabaha gaarka ah

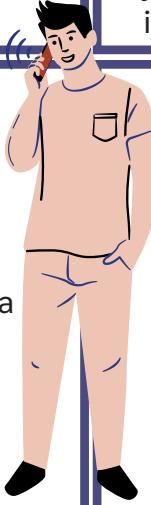
Hala wadaagin cunooyinka iyo alaabaha shahsiyed dadka kale

# Dhaq gacmaahaaga

Si joogta ah in gacmaha lagu dhaqo saabuun iyo biyo ugu yaraan 40 ilbiriqsi ama lagu nadiifiyo jelka aalkolada. Hubi inaad nadiifiso sagxad kasta oo gudaha qolka ah oo inta badan la taabto (Dusha miisaska, , sakatuurooyinka, sidooyinka, iwm.).

## **Qaado nasiino iyo dareere kugu filan**

Naso oo cab cabitaanno badan si aad u jooqteeyso biyo jirka kufilan.



## **La xiriir rugta caafimaadka**

Isla markiiba la xiriir rugta caafimaadka ee masuulka ka ah kiiskaaga si loo sameeyo kormeer caafimaad oo dhow ama gudbin, haddii astaamahaagu si daran unoqdaan sida soo socota; wajahis neefta oo adkaatta, inaadan awoodin hoos u dhigista dareeraha, fuuqbax, qandho dheeraata ama heerkul sare.

## Ku dhaqan kala fogaanshaha bulshada

Iska ilaali inaad xiriir dhow la yeelato xubnaha qoyska ama marwalba kala fogadaa ugu yaraan 2 mitir.



## Isticmaali musqul gooni ah

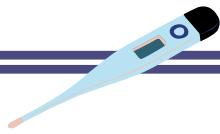
Waa inaad isticmaashaa musqul gooni ah, haddii la heli karo. Haddii aad la wadaagto musqusha xubnaha qoyska, musqusha la wadaagay waa in la nadiifiyaa isticmaalka kadib.

## **Markasta xiro af-xirka wajiga**

Xiro af-xirka mar walba haddii aad u baahantahay inaad la joogto dadka kale. Beddel Af-xirka kadib 8 saacadood oo la isticmaalo ama kahor haddii ay qoyaan ama si muuqata u wasakhoobaan.

## **Udhaq dharka si gooni ah**

Dharka, go'yaasha, shukumaannada, sidoo kale alaabaha kale waa in si gooni ah looga dhaqaa kuwa kale saabuun ama oomo.



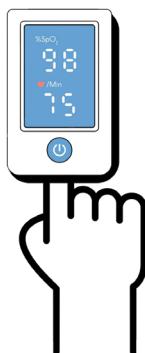
## Si dhow ula soco caafimaadkaaga

Si dhow ula soco caafimaadkaaga oo ay ku jiraan heerkulka, heerka oksijiinta, qandhada, iyo daalka.

## Ka fogow ku safarka gaadiidka ciriiriga ah

Ku safridda gaadiidka ciriiriga ah lagulama talinayo sida basaska ama tareenada mar kasta oo ay tahay inaad aaddo isbitaalka. Marwalba xiro af-xir mar kasta oo aad dibadda u safrayso oo hubi inaad safarto daaqadaha oo furan ama isticmaal marwaxadaha qaariqa si aad u hesho wareeqqa hawo cusub.

# Sida loo isticmaalo Qiyaasaha Oksijiinta?



- Shid Qiyaasaha-Oksijiinta. Hubi in tirooyinka ay ka muuqdaan shaashadda
- Geli farta dhewe ama murugsatada Qiyaasaha-Oksijiinta. U oggolow dhowr ilbiriqsi Qiyaasaha-Oksijiinta si uu u helo garaaca wadnaha una muujiyo heerka oksijiinta (SpO2)
- SpO2 (Heerka oksijiinta): waxaa loo arki karaa boqolkiiba (%)
- Qaado cabirka oo qor heerka oksijiintaada
  - Caadi: SpO2 waa inuu ahaadaa 95% ama in kasareysa

**Haddii SpO2 kahooseeyo 95 %, markaa qofka waa in isla markiiba  
loo gudbiyo saraakiisha caafimaadka**

- Ku nadiifi farta loogu talagalay nadiifiye ama tirtire aalkolo ah isticmaalka kadib
- Si aad uga fogato akhrin khaldan, haku tijaabin far cidiyaheedu midabeyso sanyhiin

## Sidee heerkulka loogu cabbiraa heerkulbeegga?

### Isticmaalka heerkulbeegga afka ee elekterooniga

- Ku nadiifi caaradda biyo qabow iyo saabuun, kadibna biyo raaci
- Waxna ha cunin waxna ha cabin ugu yaraan shan daqiqo kahor intaadan qaadin heerkulkaaga maxaa yeelay heerkulka cuntada ama cabitaanka ayaa sababi kara natijo aan sax ahayn
- Shid heerkulbeegga.
- Dhig caaraada carrabkaaga hoostiisa, xagga dambe ee afkaaga
- Ku xir bishimahaaga hareeraha heerkulbeegga oo ku hay heerkulbeegga ilaa 40 ilbiriqsi ama ilaa uu dhawaaqo ama iftiimo.
- Hubi heerkulka shaashadda oo qor heerkulkaaga.



**Qandho: Heerkul kasta oo ah 100.4 F (38° digrii)  
ama ka sareeya waxaa loo tixgeliyaa qandho**

- Ku raaci Heerkulbeegga biyo qabow, ku nadiifi aalkolo oo mar kale biyo raaci.



### Isticmaalka heerkulbeegga bistooladda

- Shid heerkulbeegga bistooladda oo hubi inay diiwaangelineyo heerkulka saxda ah
- Kuhay heerkulbeegga bistooladda calaancasha masaafo (6 inji) ujirta foodda oo riix badhanka si aad u diiwaangeliso heerkulka
- Akhri lambarka ku yaal “Shaashadda” oo qor heerkulkaaga.

**Qandho: Heerkul kasta oo 100.4 F (38° Digrii)  
ama ka sareeya waxaa loo tixgeliyaa qandho.**

- Ku nadiifi heerkulbeegga bistooladda nadiifiye ama tirtire aalkolo leh isticmaalka kadib ama marka bistooladda loo dhiibo qof kale.



# Sida loola macaamilo naftaada inta lagu jiro karantiilka guriga ?

## Haddii aad leedahay qandho leh heerkulka jirka oo ka sarreeya 37.5 digrii Celsius

- Qaado nasasho badan; inaad seexato ugu yaraan 7-8 saacadood habeen kasta
- Cab cabitaanno badan.
- Lasoco midabka kaadidaada; midab jaalle barax ah micnihiisu waa inaadan u badnayn inaad fuuqbaday, halka midabka madow uu ka dhiganyahay iney tahay inaad cabto biyo badan.
- Qaado qiyaasta barastamool 4-6 saacadood kasta.
- Si aad u yareeyso heerkulka jirkaaga; saar isbuunyo qubays leh biyo qabow meelahaaga aadka u kulul sida kilkilooinka, qoorta iyo gumaarka.

## Haddii aad leedahay qufac

- Useexo dhinacaaga ama barkin kor uqaadan dusheeda oo iska ilaali inaad si siman ugu seexato dhabarkaaga.
- Qaado dawooyinka qufaca ama dheecaannada dhuunta si aad qufaca uga yarayso.
- Cab biyo diirran uu wehliyo malab (Ha siin carruurta ka yar 12 bilood)



## Haddii aad leedahay shuban ama matag

- Ka fogow waxyaabahaan soo socda; waxyaabaha caanaha laga sameeyo (tusaale. Yoogar iyo caano), miraha cusub iyo cuntooyinka ku adag dheefshiidka.
- Si joogto ah u kabbo dareeraha fuuq-celinta afka (ORS) oo lagu qasay biyo la karkariyey oo nadiif ah maalintii oo dhan (bukaannada qaba cudurada kalyaha ama wadnaha waa inay la hadlaan dhakhtar ka hor inta aysan qaadan ORS).
- Haddii uu amateedka kaa xirmo, isku day inaad cunto qayb yar laakiin marar badan.



## Haddii aad la kulanto neeftoo kugu adkaata ama naqaska oo kudhibaya

- Fur daaqadda ama joog qol hawo fiican leh.
- Si tartiib ah oo qoto dheer hawo uga qaado sinkaaga iyo afkaaga.
- Si toos ah kor ugu fariiso iyadoo garbahaagu dabacsan yihiin, laakiin aan foorarsi iyo wareeg midna aheyn.
- Wax yar u janjeer xagga hore, si tartiib ah xusulladaada u dul dhig jilhibaaga oo qaado neef qoto dheer si ay kaaga caawiso inaad si fudud u neefsato.
- Isku day inaadan walaacin oo aadan argagixin.
- Qaabka hurdada: u seexo dhinacaaga ama barkin sare loo qaaday.

# Qaabka Hurdada

Qaababka jiifsiga ee soo socda waxay kaa caawinayaan yareynta astaamaha daran ee sanbabada ee kaaga yimaada saamaynta COVID-19 sida neefsashada oo adkaata ama neefta oo kudhibta iyo daal.

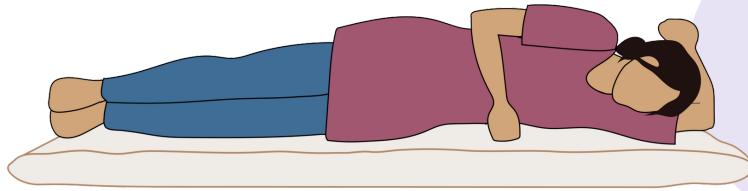
1

U jiifso wajigaaga qaabka ugu raaxada badan 30 daqiiqo ilaa 2 saacadood



3

Kadibna kor loo fariisto 60-90 digrii 30 daqiiqo ilaa 2 saacadood



5

Kadib, u jiifso dhanka wajiga oo kor u qaad hal lug 30 daqiiqo ilaa 2 saacadood.



2

Waxaa ku xiga dhinac-u-jiifsashada dhanka midig 30 daqiiqo oo kale ilaa 2 saacadood



4

Marka xigta, ujiifso bidixdaada 30 daqiiqo ilaa 2 saacadood.

**Markaad dhameyso  
qaababka kore,  
waad ku celin kartaa  
qaabka koowaad oo ay  
raacayaan tilmaamo kale  
sidey u kala horreeyaan.**

# FAH TALAI JONE (ANDROGRAPHIS PANICULATA)

*Fah Talai Jone waa daawo dhir ku saleysan oo si weyn looga isticmaalo Thailand oo loogu talagalay astaamaha fudud (tusaale ahaan qandho, cuna xanuun, iyo qufac) iyo bukaanada aan astaamaha laheyn.*

*Si kastaba ha noqotee, si rasmi ah umaysan xaqijin  
Ururka Caafimaadka Adduunka (WHO) ama adduunkaba si loogu daaweeyo ama looga hortago caabuqa COVID-19.*

\*Maadaama ay jiraan cilmi-baaris socota, fadlan la soco wararka ugu dambeeyay.



## Taxaddarro



Ka fogow kula qaadashada Faah Talai Jone daawooyinka kaa caawinaya kahortagga xinjirowga dhiigga (xinjirowga lidka ku ah), kajoojiya unugyada dhiigga ku jira inay isku dhegaan (lid ku ah unugyo isku dhaga) iyo daawooyinka cadaadiska dhiigga sida Warfarin iyo Aspirin maxaa yeelay waxay keeni karaan saameenno wadajir ah.



Uurka, uurka iman kara iyo/ama naas -nuujinta lagulama talinayo isku uruuridda ilmo -galeenka darteed taasoo keeni karta dhicin, dhalis aan xilligeeda gaarin, ama cillado dhalasho.



Lagulama talinayo kuwa qaba xaalado caafimaad oo horey ujiray sida cudurka sambabka ee joogtada ah, xaalado wadne oo daran, dhiig-kar, sonkorow ama cudurka beerka.

# Qiyaasta

- Dadka waaweyn

Qaado wadar dhan 180 mg andrographolide maalintii dhowr maalmood oo isku xiga

\* Fadlan ogow in mid walba shirkadaha soo saaraa ay leeyihii xaddi kala duwan oo andrographolide ah. Si taxaddar leh u akhri sumadda daawada oo raac tilmaamaha dhakhaatiirta ama farmashiistaha.

- Carruurta miisaankoodu ka hooseeyo 50kg:

Qaado 3-3.5mg 1kg kasta ee miisaanka jirka maalintii. Haddii miisaanku yahay 50kg ama wax kasareeyaa, isticmaal qiyaas leeg ta dadka waaweyn

\* Ha qaadan Fah Talai Jone in ka badan  
5 maalmood oo xiriir ah

Miisaanka jirka	Xaddiga Andrographolide
20	60 mg/ maalintii
30	90 mg/ maalintii
40	120 mg/ maalintii



Tilmaamo

- Si taxaddar leh u akhri sumadda dawada sababtoo ah xaddiga andrographolide waa lagu kala duwanaan karaa shirkad kasta oo dawooyinka
  - Waxaa lagu talinaya in la qaato hal mar xilli-cunneed kasta kadib si looga hortago lallabbo iyo matag
  - Waxaa lagugula talinaya inaad qaadato Fah Talai Jone 72 saacadood gudahood (3 maalmood) mar haddii laqaa helo covid-19

# Saameeynta

- Jooji qaadashadeeda haddii aad yeelato calaamadaha soo socda oo daran; Amateetka oo kaa xirma, shuban, lalabo, matag, madax xanuun, wadna garaac, iyo daal.
  - Waxaa lagula talinayaay inaad fariisato ama jiifsatto haddii aad dareento wareer ama aad miyir daboolmi rabto. Haddii astaamuhu ay ku tagi waayaan 30 daqiqiyo gudaheed, fadlan la tasho dhakhaatiirta.
  - Marka qiyaasta ka badan la qaato ama la qaato waqtii ka dheer intii la faray, Fah-Talai-Jone waxay sababi kartaa kabuubyo ama tabardarri lugaha iyo gacmaha, iyo saameenno kale oo aan la rabin
  - Qaar baa laga yaabaa inay yeeshaan fal-celin xasaasiyadeed; firiric, finan iyo barar wajiga. Haddii aad lakulanto astaamahan, jooji qaadashada Fah Talai Jone, isticmaal dawooyinka xasaasiyadda si aad isla markiiba u yarayso astaamaha xasaasiyadda, la tasho dhakhaatiirta oo ha isticmaalin markale

# Cusbada Fuuq-celinta Afka (ORS) iyo COVID-19

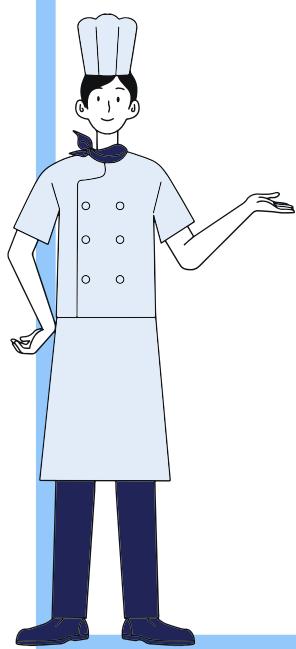
Oo ay weheliso qandho, dad badan oo qaba COVID-19 waxay yeeshaan astaamaha caloosha waxayna la kulmaan lallabbo, matag, iyo shuban. Shubanku wuxuu sababi karaa fuuqbax kaas oo dhaca marka jirkaagu uusan Lahayn dareere badan ama intii uu u baahnaa. Fuuqbaxu wuxuu noqon karaa mid halis ah wuxuuna sababi karaa dhimasho haddii la xallin waayo ama aan si ku filan loola tacaalin. Inta aad sugayso in lagu seexiyo isbitaalka, waxaa lagula talinayaan in aad cabto kabbashooyin cusbada fuuq -celinta afka ah (ORS) si aad u dhameystirto dheecaannada aad ku weysay shuban dartiis.

\* Cabbitaanada isboortiga lagulama talinayo kuwa qaba qandhada, shubanka ama matagga sababtoo ah tirada cusbada iyo sonkorta kujirta cabitaanka isboortiga wey ka duwan tahay ORS-ta waxayna sii xumeyn kartaa xaaladahaaga.

## Hab-sameyntha Cusbada fuuq-celinta Afka (ORS)

Waxyaabaha isku dhafan waa sida soo socota:

- Laba qaaddo oo sonkor ah (24 garaam)
- Qaaddo haafkeeda oo cusbo ah (3 garaam)
- Hal litir oo biyaha la cabbo ama biyo la karkariyey oo nadiif ah kadibna la qaboojiyey (750 cc.)



**Walaaq isku-darka ilaa  
miliixda iyo sonkorta  
isku milmaan**

# Xirmada Gargaarka Degdeegga

Isbitaallo badan ayaa xaddida tirada bukaan-socodka intii uu cudurku dillaacay iyadoo ay ugu wacan tahay kheyraadka iyo alaabta qalabka ilaalinta oo xaddidan. Waxaa lagula talinayaan inaad ka fogaato tagista isbitaallada haddii eysan lagama maarmaan aheyn. Intaad guriga joogto, waxaa muhiim ah inaad guriga ku dhix haysato xirmo gargaarka degdeegga ah oo kugu filan si aad u daaweyn karto dhibaatooyinka caafimaad ee yaryar, shilalka iyo dhaawacyada.

Xirmadaada gargaarka degdeegga ee aasaasiga ah ee COVID-19 ayaa ka koobnaan karta:

## Qandho iyo xanuun baabi’iyaal

- Kiniinada Barastamolka ee loogu talagalay dadka waaweyn
- Sharoobada Barastamoolka ee loogu talagalay caruuqa



## Shubanka

- Cusbada Fuuq-celinta Afka (ORS)
- Dhuxusha Kaarboonka



## Qufaca iyo cuna xanuunka

- Kiniinka iyo dhibcaha qufaca



## Xaaladaha xasaasiyadda sida sankaa oo dareera

- Chlorpheniramine



## Kaabayaasha cuntada si kor loogu qaado nidaamkaaga difaaca

- Multivitamins
- Vitamin D
- Vitamin C
- Vitamin B complex



## Daawooyinka kale waxaa ku jiri kara

### Il-ma aragto-dilayaasha iyo jeermis -dileyaasha

- Betadine (Povidone-iodine)



- Walaxda Il-ma aragto dilaha iyo jeermis dilaha (Chloroxylenol)



- Isopropyl alcohol

### Alaabaha nadiifinta iyo jeermis dilidda

- Gacmo nadiifiye
- Alaabaha nadiifinta



# Is-nadiifinta- Alaabta nadiifinta

Meesha lagu noolyahay ayaa noqota meesha COVID-19 lagu qaado maadaama laga yaabo inaad adigoon is ogeyn u qaaddo fayraska gurigaaga.

Waxaa muhiim ah inaad ku hubiso nadaafadda goobtaada alaab si sahal ah looga heli karo dukaammada kuugu dhow.

**Sida loo qaso alaabadaada jeermis-dilaha ee Iskaaga Usameysada ah.**

1 Isku darka ugu fiican oo leh 2 fur oo warankiilo ah 2-dii litir oo biyo ee kasta



2 HAKU QASIN warankiilada alaabaha kale ee nadiifinta

## Tilmaamaha Nadiifinta



- Xiro qalabkaaga ilaalinta shahsiga ah (PPE) sida galooiyada, Ookiyaalaha, ama Okiyaalaha amaanka si aad oga taxadarto bad-qabka sidoo kale u yarayso taabashada tooska ah ee sagxadaha

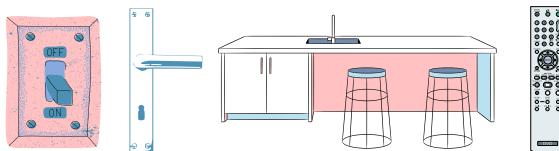


- Hubi hawo ku filan sida furidda daaqadaha ama albaabada



- Badanaa nadiifi sagxad kasta ee gudaha gurigaaga ah marka ay u muuqato iney wasakh tahay.

- Hubi inaad ku nadiifiso meelaha loogu taabasho badanyahay sida sakatuurooyinka, rumuudyada hagista, miisaska, sidooyinka, daare damiyeyaasha, iyo dusha miisaska alaabtaada jeermis-dilaha ee iskaaga usameysada ah ama 70% alaabaha aalkolada ee nadiifinta.



# Tilmaamaha Nadiifinta

- Sagxadda, waxaad u isticmaali kartaa alaabaha nadiifinta gurigaaga, saabuun ama oomo iyo biyo. Adigoo kabiliaabaya meelaha ugu wasakhsan ilaa meesha ugu yar, hubi inaad iska ilaalso inaad ku celceliso isla meesha. Intaas kadib, isticmaal alaabahaaga jeermis-dilaha ee iskaaga uqabso iyo 70% alaabaha aalkolada ee nadiifinta ama warankiilo si aad u dhammayso hawsha nadiifinta.



- Musqulaha, ku bilow alaabaha nadiifinta musquusha kadibna jeermiska kadiil aagagga adoo marinaya alaabtaada jeermiska ee iskaaga uqabso oo katag ugu yaraan 10 daqiqiyo kahor intaadan biyo kuraacin. Hubi inaad ku nadiifiso sagxadaha sida joogtada loo taabto sida gacanka albaabka, tubooyinka qubeyska, dusha miisaska, muraayadaha, iyo saabuun-shubtada ee taalla musquusha alaabahaaga jeermiska ee iskaaga uqabsada ah ama 70% alaabaha aalkolada ee nadiifinta.



## Taxaddarro gaar ah

- Ka fogow buufinta alaabaha nadiifinta sababtuna tahay suurtogalnimada faafidda jeermiska.
- Sida ugu wanaagsan ee loo isticmaalo isla marka aad diyaariso alaabahaaga.
- Ha u isticmaalin galoofyadaada nadiifinta ujeeddooyin kale si aad uga fogaato faafidda jeermiska.
- Iska ilaali inaad taabato aagga wajiga (indhaha, sanka, iyo faruuryaha) markaad nadiifinayso ama/yo isticmaalayso galoofyada nadiifinta.
- Saameynta; alaabaha nadiifinta badankoodu waa alaabaha warankiilada oo keeni kara cuncun iyo gubasho daran ee maqaarkaaga. Hubi inaad ka fogaato taabashada tooska ah ama taabashada agagaarka indhahaaga.



# Sida loo tuuro af-xirka



1

Iska saar af-xirka.



2

Isku laab af-xirkaga aad isticmaashay bar ama duuduub.



Af-xirka aad isticmaashay ku rid bac oo si fiican ugu xir.

3

# Meesha lala xiriiro

Calaamadaha jirka, fadlan la xiriir::

## XARUNTA QAXOOTIGA BANGKOK (BRC)

- Wixii xaaladaha caafimaadka gaarka ah, BRC waxay bixin kartaa daryeelka lacag-celinta caadiga ah.
- Wuxaad kala xiriiri kartaa BRC lambarradan sida hoos ku taxan
  - 02-512-5632-4 inta lagu jiro saacadaha xafiiska
  - 086-010-4117- lambarka qadka tooska ee xaaladaha degdega ah saacadaha shaqada kadib kaasoo shaqeeya maalin kasta laga bilaabo 07: 00-23: 00

## Tzu Chi

- Tzu Chi waxey siisaa xirmooyinka caafimaadka (lacag la'aan) bukaannada astaanta cagaaran ee COVID-19, fadlan la xiriir iyaga si aad u hesho macluumaaad dheeraad ah adiga oo adeegsanaya macluumaaadka hoos ku taxan
- Facebook: Tzuchithailand
- Line: Tzuchithailand
- Tel: 080-558-5892 (Ingiriis), 02-328-1161-63 & 062-8471388 (Thailand)

Wixii taageero nafsaani -bulsho/nafsiyadeed iyo la tacaalidda walaaca, fadlan la xiriir:

## Adeegga Qaxootiga Jesuit (JRS)

- Tel : 084-427-4136, 062-540-5456, 094-371-7834
- Adeegga rugta caafimaadka dhimirka waxey furantahay Isniinta, Talaadada iyo Khamiista





# Nidaamyada kahor intaan lagu dhigin isbitaalka

Waxaa jira waxyaabo gaar ah oo ay tahay inaad diyaariso kahor inta aan lagu dhigin isbitaalka, waxaad ka arki kartaa liiska hoos



**Kaarka aqoonsiga oo ay ku jiraan kaarka UNHCR, ama baasaboor**



**Kaarka caymiska (haddii aad mid leedahay)**



**Taleefonka gacanta, jaajarka taleefonka, xeedho la qaadan karo iyo lambarka lala xiriirayo xaaladaha degdega ah**



**Warqadda dawada shaqsiyed oo loogu talagalay xaaladaha caafimaad ee kale oo wata magaca isbitaalka iyo dhakhtarka joogtada ah**



**Waxyaabaha uu shakhsii ahaanta u leeyahay qofka oo ay ku jiraan istiraashada nadaafadda iyo xafaayadda (haddii aad leedahay ilmo), iyo tiishka musqusha**



**Hal joog oo dhar ah (maalinta aad ka baxeysa isbitaalka)**



**Lacag, kaarka ATM, kaarka debit, iyo kaarka deynta**



**Jeelka aalkolada iyo af-xir**



**Bac ama boorso aad ku qaadaneysa alaabtaada**



## Tallaalka iyo saameynta

### Ma heli karaa tallaalka isla marka laiga helo COVID-19?

Maya, waa inaad sugtaa ugu yaraan 90 maalmood kadib markaad ka bogsato COVID-19 si aad u hesho tallaalka.

### Ma inaan qaataa tallaal xitaa haddii aan ka bogsaday COVID-19?

Waa inaad qaadataa tallaal haddii ay suurtogal tahay maxaa yeelay khubaradu ma xaqijinayaan inaadan mar kale qaadi doonin waxyar kadib markaad ka bogsato COVID-19. Waxaa intaa dheer, tallaalku wuxuu siiyaa xoojin xoog leh xagga ilaalinta dadka ka bogsaday COVID-19.

### Ma igu dhici karaa COVID-19 xitaa haddii aan horey u qaatay tallaalka?

Haa, waad qaadi kartaa. Tallaallada COVID-19 waxay kaa caawinayaan kordhintu difaacaaga waxayna yareeyaan halista ah inuu kugu dhaco xanuunka iyo cawaqibtiisa. Hase yeeshee, ma bixiyo difaac buuxa oo ka dhan ah cudurka.



# Yey tahay inuu latashado dhakhtar kahor inta uusan qaadan tallaalka COVID-19?

- Dadka horey fal-celino xasaasiyadeed oo daran ugu lahaa maadooyin kasta oo ku jira tallaalka.
- Dadka fal-celino xasaasiyadeed oo daran kuleh cirbadda koowaad ee tallaalka COVID-19.
- Dadka laga helay COVID-19 10-kii maalmood ee ugu dambeeyay gudahood.
- Carruurta iyo dhallinyarada ka hooseeya da'da 18.
- Dadka uurka leh ama naas-nuujinaya ama qorsheynaya uurka
- Dadka qaba HIV ee tirada CD4 ay ka hooseeyso 200.
- Dadka hadda jirran ama xaaladoodii caafimaad kasii dartay.
- Dadka qaba sonkorowga oo leh heerarka sonkorta dhiigga oo sarreeya ama leh dhiig-kar aan la xakamayn karin inta lagu jiro mudadaas.
- Dadka qaba hab-dhiska difaaca oo liita.
- Dadka dhiig ama/iyu balaasma lagu shubay in ka yar 90 maalmood.
- Dadka dhawaan ka bogsaday xanuun mudo gaaban oo hadda ka soo baxay isbitaalka wax kayar 14 maalmood.
- Dadka qaba jirro joogto ah taasoo aan weli la xakamayn karin oo leh calaamado aan daganayn.
- Dadka qaba tirada xinjiraha ee hooseeya (hoos u dhaca xinjiraha dhiiga oo dhexdhedaad ah) ama/iyu xinjiro dhiig oo aan caadi ahayn



# Isdiyaarinta kahor tallaalka

## Diyaar noqosho

- Hurdo badan seexo oo naso
- Ka fogow qaadashada khamriga tallaalka kahor
- Noqo qof Caafimaad qaba oo aan lahayn qandho ama calaamado aan caadi ahayn
- Ka waantow jimicsiga culus ama waxqabadyada 2 maalmood kahor iyo kadib tallaalka
- Cun cunto oo cab xoogaha biyo ah
- Ka fogow cabitaan ay ku jiraan kafeyn sida kafee, shaah, iyo Kokakolla maalinta aad qaadaneyso tallaalka ama haddii ay suurtogal tahay, ugu yaraan 6 saacadood kahor waqtiga jiifka
- Daawooyinka joogtada ah ayaa loo qaadan karaa sida loo qoray.
- Xiro toob oo si fudud looga heli karo gacanta sare



## Maalinta tallaalka

### Hubi inaad heysato;

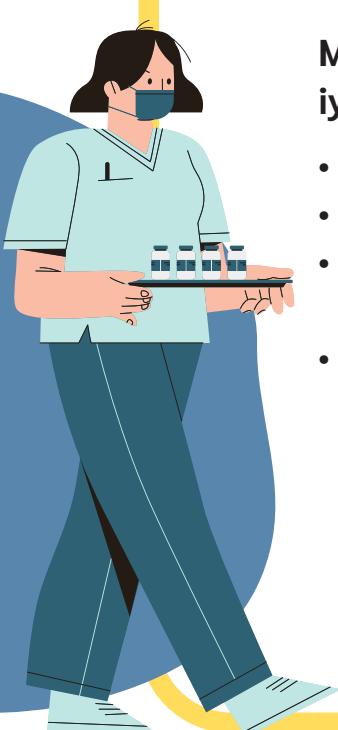
- Af-xir daboolaya sankaaga iyo afkaaga (si adag ugu habboon oo raaxo leh)
- Gacmo nadiifiye
- Heerkulka jirka oo kahooseeya  $38^{\circ}\text{C}$  maalinta tallaalka
- Ogaysiiska aad heshay oo ku saabsan ballantaada
- Kaararkaaga aqoonsiga
- Ilaali Kala fogaanshaha bulshada

**Macluumaadka muhiimka ah ee u baahan in la wargeliyo dhakhtarka iyo shaqaalaha caafimaadka kahor tallaalka waxaa ka mid ah;**

- Dareen-celin xasaasiyadeed oo horey kuugu dhacday
- Heerkulka jirka oo ka sarreeya  $38^{\circ}\text{C}$  maalinta tallaalka
- Jiritaanka nabar, dhiig -bax aan caadi ahayn ama isticmaalka dawada xinjirowga lidka ku ah sida warfarin.
- Dhammaan saameennada soo baxa qiyasta koowaad ee tallaalka kadib

### Haddii aad dareento walwal ama walaac;

- Xusuusnow inay tahay muditaan yar oo badbaadin karta naftaada
- Si tartiib ah u qaado neef qoto dheer
- Ka jeedso irbadda



# Tallaalka Kadib

Marka lagu tallaalo kadib waxaad u baahan doontaa inaad ku sugnaato goobta baaritaanka 30 daqiiqo. Tani waa si loola socdo dareen-celintaada tallaalka iyo in la hubiyo inaadan la kulmin saameyno daran.

## Ufiirsasho: saameynta caadiga ah



- Gacan xanuun, guduudasho, barar (dusha gacanta meesha aad tallaalka ka qaadattay)
- Qandho dhexdhedaad ah
- Daal
- Madax xanuun
- Murqo xanuun ama xanuun kalagoysyada
- Lalabbo
- Cuncun



## Sida loo yareeyo saameennada?



- Uqaado daawooyinka si waafaqsan calaamadahaaga sida barastamool-ka loogu talagalay qandhada iyo ORS oo loogu talagalay shubanka
- Dul mari istiraasho nadiif ah, qabow, oo qoyan meesha xanuunka iyo danqashada.
- Iisticmaal ama jimicsi usamee gacantaada haddii ay suurtogal tahay
- Cab dareero badan
- U labbisoo si raaxo leh



**\* Haddii aad leedahay calaamado daran oo ka baxsan kuwa kor lagu soo sheegay oo aysan kasoo reynaynin, waa inaad la xiriirtaa khubaro caafimaad si intaas in kabadan laguu daweeyo.**

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# **Wear a mask, clean your hands, and keep a safe distance.**

We are all in this together.  
Stay safe and stay connected.

Produced by:  
Community Outreach Team, Asylum Access Thailand  
First Publish August 2021