

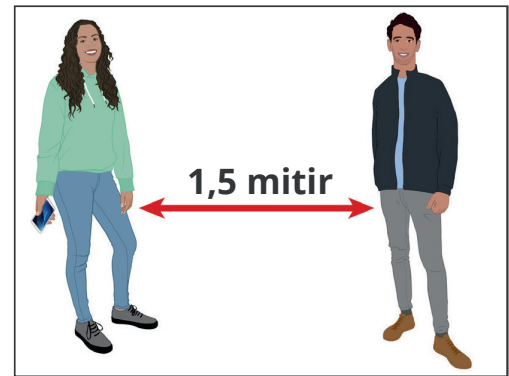
Fayruska-Corona

Halkaan waxaad ka aqrisataa:

- Maxey yihiin nidaamka
- Xanuunadee ayaad qabi kartaa
- Sidee ayaa loo baarayaa

Talloyinka gudaha iyo banaanka

- Waa inaad mar walba ka fogaataa 1,5 mitir dadka kale.
- Ilmaha ilaa 13 jir wey isu dhawaan karaan iyo dadka weyn weyn u dhawaan karaan.
- Sida ugu badan guriga joog.
- Ka shaqey guriga, ilaa haddii aysan si kale suuroobin.
- Guriga ugu badnaan 2 qof ayaa ku soo booqan kara.
- Guriga banaankiisa 1 qof ayaa ugu badnaan kula ballami kartaa.



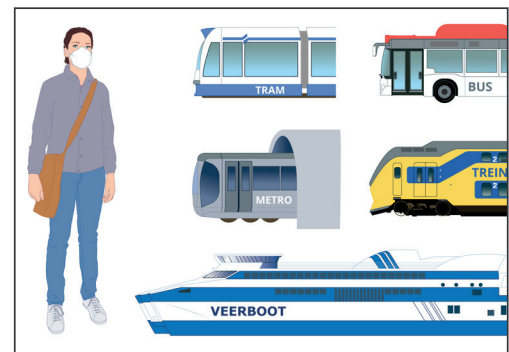
Maskarka afka: waa waajib qof walba laga bilaabo 13 jir

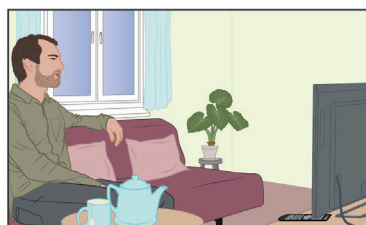
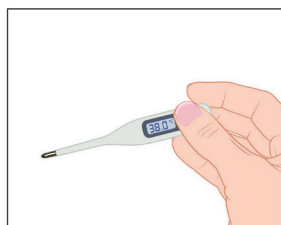
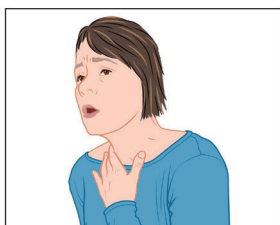
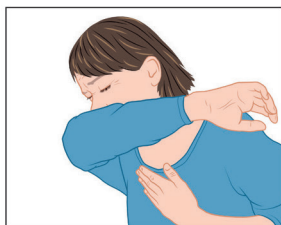
- Xiro maskarka afka dhismooyinka gudahooda. Tusaale ahaan dukaamada iyo istaashoonka gaadiidka dadweynaha.
- Xiro maskarka afka iskuulka dhexdiisa. Waxaa keliya aad maskarka afka fureysaa markaad casharka ku jirto.



Safarka:

- Waxa keliya aad gaadiidka dadweynaha raacdaa hadii ay lagama maarmaan tahay.
- Xiro maskarka afka. Waxaa lagu ganaaxi karaa € 95 haddii aadan xiranin maskarka afka.
- Ha aadin waddan kale, ilaa hadii ay lagama maarmaan tahay.





Markaad jiran tahay: waxaad sameysaa baaritaan iyo joog guriga

Waxaad sameysaa baaritaan-Corona iyo joog guriga haddii 1 ama ka badan calaamadahan qabto:

- **xumada** (ka badan 37,5 darajo)
- **neefsashada ku dhibeyso.**
- **mar keliya carfiska iyo dhadhamiska kaa tago.**
- **qufaca**
- **hindhiska**
- **diif sankaa ah**
- **dhuun xanuun**

Markuu jiro **xumad** ama **neefsashada ku dhibeyso** waa in qof walba oo gurigaaga deggan, guriga **joogaan**. Haddii aadan xanuun lahayn ha **sameynin** baaritaanka. Markaa baaritaanka looma baahna.

Baaritaanka

Baaritaanka- Corona waa lacag la'aan

Waxaad ballan u sameysan kartaa 2 qaab:

1. Combiyutarka: Aad www.coronatest.nl. waxaad u baahan tahay DigiD-gaaga.
2. Telefoonka: Wac **0800-1202**.

Guriga joog ilaa aad natiijada ka hesho GGD.

Laguuma oggola in lagu soo booqdo ilaa aad natiijada hesho.

GGD ayaa kuu sheegeysa markaad banaanka aadi karto.

Dhaqtarka qoyska

Waa muhiim markaad xanuuno Corona leedahay aadan **aadin** dhaqtarka qoyska. Waa inaad horta wacdaa .

Waxaad websaytka www.Thuisarts.nl ka heleysaa warbixin dheeraad oo Corona ku saabsan.



Ma qabtaa su'aalo kale oo ku saabsan Corona fayruska:

La xariir **0800-1351**