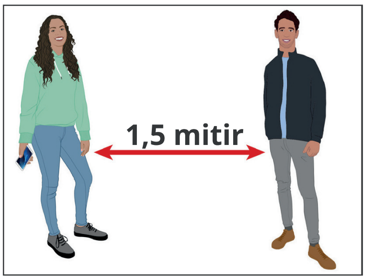
Fayruska-Corona

Halkaan waxaad ka aqrisataa:

• Nidaamka dowlada • Xanuunada corona leedahay • Baarista • Tallaalka

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 wey u dhawaan karaan.
- Sida ugu badan guriga joog.
- Ka shaqey guriga, ilaa haddii aysan si kale suuroobin.
- Waxaa la oggol yahay ugu badnaan 2 qofood maalintii iney ku soo booqdaan.
- Waxaa ugu badnaan aadaa 1 jeer maalintii qof hadaad soo booqaneyso.

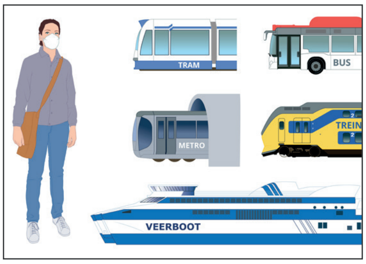


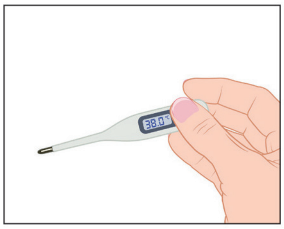
Maskarka afka: waa waajib qof walba laga bilaabo 13 jir

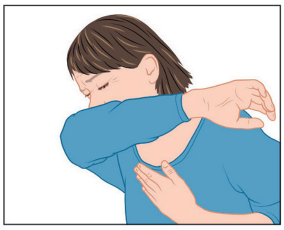
- Xiro maskarka afka dhismooyinka gudahooda. Tusaale ahaan dukaamada iyo istaashoonka gaadiidka dadweynaha.
- Xiro maskarka afka iskuulka dhexdiisa. Waxaa keliya aad maskarka afka fureysaa markaad casharka ku jirto.
- Waa inaad maskarka afka xirataa markaad gaadiidka dadweynaha raaceyso.

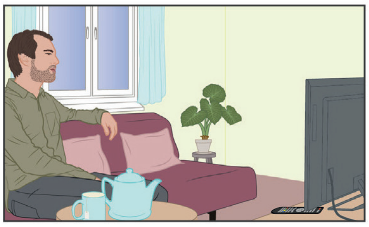
Safarka:

- Waxa keliya aad gaadiidka dadweynaha raacdaa hadii ay lagama maarmaan tahay. Waa inaad maskarka afka xirataa.
- Ha aadin waddan kale, ilaa hadii ay lagama maarmaan tahay.









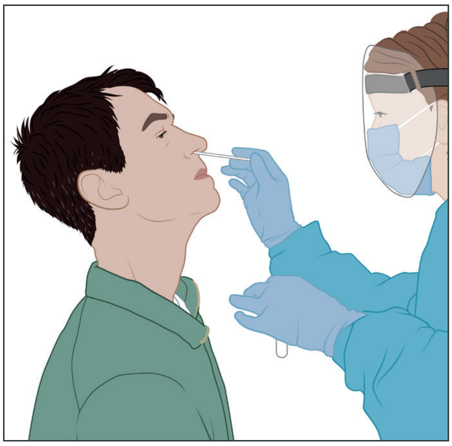
Markaad jiran tahay: waxaad sameysaa baaritaan iyo joog guriga

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

- **ka badan 37,5 darajo**
- **neefsashada ku dhibeyso.**
- **mar keliya carfiska iyo dhadhamiska kaa tago.**
- **qufaca**
- **hindhiska**
- **diif sanka 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. Xumad waa marka ay xaraarada ka badan tahay 38 darajo.

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 markaaad banaanka aadi karto.

Tallaalka
Tallaalka ka hortaga Corona wuxuu kaa badbaadinaayaa fayrus-ka-Corona.
Waxaa tallaalka u qaadaneysaa cirbad ahaan oo garabka ah.
Tallaalka ka dib kuma xanuunsaneysid fayruska ama wax yar ayaa ku xanuunsanaysaa.

Waxaa Nederland dadka ka weyn 18 jir loo soo diraayaa ballan tallaalka ah.
Ma suuroobeyso in dadka dhamaan mar la wada tallaalo.
Haddii dowrkaaga la gaaro, guriga ayaa warqad ballanta ah lag-uugu soo diraayaa.

Waxaa websaytka Pharos ku qoran warbixin dheeraad oo tallaalka ku saabsan.

Dhaqtarka qoyska
Waa muhiim markaad xanuuno Corona leedahay aadan **aadin** dha-qtarka 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**

Deze begrijpelijke informatie is gebaseerd op de adviezen van Rijksoverheid.nl en Thuisarts.nl en is getest met taalambassadeurs van Stichting ABC.
28 april 2021 - versie 25

PHAROS
EXPERTISECENTRUM GEZONDHEIDSVERSCHILLEN