

Maxaad uga baahantahay in aad ka ogaado Coronavirus

(COVID-19)

Maarso 13, 2020



Waa maxay 2019 sheekada coronavirus (COVID-19)?

Coronaviruse waa koox fayruses oo baaxad weyn kaasoo sababi kara xanuuno tiro guud kuwaas oo markaa keena xanuuno kala duwan oo hargabka ah ilaa caabuq daran oo neefsiga ah sida bronchitis, pneumonia ama xanuunka neefsiga ee aadka u daran (SARS).

2019 sheekada coronavirus (COVID-19) waxa uu keena caabuq neefsiga ah oo marka hore ka yimid deegaanka Hubei (Wuhan), China.

Si aad macluumaad dheeraad ah uga ogaato 2019 novel coronavirus, booqo healthvermont.gov/COVID19.

Waa maxay calaamaduhuh?

Sida hargabka iyo xanuuna kale ee neefsiga, calaamadihiisu way kala duwan yihiin oo waxa ay ka kooban yihiin kuwo waxoogaa daran ilaa kuwa aad u daran oo ay ku jiraan:

- xumad
- qufac
- neefsashada oo adkaata

Mushkilada 2019 novel coronavirus waxaa kamid noqon karaa xanuun daran, sida pneumonia ama kalyo xanuun, iyo mararka qaar, dhimasho.

Sidee ayuu fayrasku u faafaa?

Coronavirus waxa caadiyan isku gudbiya dadka kuwaas oo marka ay isku dhawaadaan isku gudbiya, tusaale ahaan, qoyska, goobta shaqada, ama xarunta daryeelka caafimaadka.

Maxay ka dhigan tahay isku dhawaanshuhu?

Isku dhawaanshuhu waxa uu ka dhigan yahay lix fuudh (2 mitir) in qofka mudo dheer loo jirsado. Taasi waxa ay dhacdaa marka cid la daryeelayo, in qofka xidhiidh jacayl idinka dhaxeeyo, inaad wada degan tihiin, booqasho, ama inaad wadaagista daryeelka caafimaadka ee aaga sugitaanka. Hadii aad u dhawaatay qof laga heley COVID-19: waxa aad joogtaa guriga, waxa aad xadidaa dadka kale kulankooda, oo waxa aad la hadashaa Waaxda Caafimaadka Xanuunada Faafa oo lambarkeedu tahay 802-863-7240 si aad arkaa ugala hadasho inaad la kulanto daryeel bixiye iyo sida aad ula soconayso laftaada calaamadaha.

U dhawaanshuhu KAMA dhinta: inaad u jirsato qofka lix fuudh inka oo guriga wada jooga mudo dheer, inaad is garab maraan, ama inaad wakhtiyar qof iskugu timaadaan qof laga heley COVID-19. Xaaladan oo kale, waa inaad la socotaa naftaada oo aad iska eegtaa calaamadaha. LOOMA baahna inaad la hadasho Waaxda Caafimaadka.

Marka qof laga helo COVID-19, Waaxda Caafimaadka ayaa markaa la xidhiidha qofkaa qaraabada inta ugu dhaw.

Sidee ayaan naftayda uga ilaalin karaa 2019 novel coronavirus?

Ma jiro talaalo iminka la heli karo oo markaa kaa ilaalinaya 2019 novel coronavirus.

Waxaa jira talaabo maalin kasta la qaadi karo oo markaa kaa caawinaysa inaad kahortagto faafitaanka jeermiska kaas oo markaa kugu keeni kara xanuunada neefsiga.

- Ha u dhawaan dadka xanuunsanaya.
- Inay iska ilaaliyaan taabashada indhahaaga, sankaa iyo afkaaga.
- Gurigaaga joog haddii aad xanuunsanayso.
- Waxa aad afka iyo sankaa ku qabataa kilinikis marka aad qufacayso ama hindhisayso, kadibna waxa aad ku tuurtaa qashinka.
- Waxa aad si joogto ah u nadiifisaa oo aad jeermiska uga dishaa alaabaadka iyo meelaha la taabto adiga oo markaa isticmaalaya sabuunta lagu buuxiyo iyo masaxaad.
- Waxa aad si joogto ah ugu maydhaa gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbidhiqsi, gaar ahaan marka aad kasoo baxdo suuliga; wax cunista kahor; iyo kadib marka aad duuf iska bi'iso, qufacdo, ama hindhisto.
- Haddii saabuunta iyo biyaha aadan heli karin, waxa aad isticmaashaa alkooolsha nadiifiyaha gacmaha ee leh kaas oo ay tahay alkooolshiisu 60%. Waxa aad mar kasta ku maydhaa gacmahaaga sabuun iyo biyo haddii ay aad u uskag yihiin.

Maxaan samaynayaa haddii aan u maleeyo in aan fayraska qabo?

Haddii aad isku aragto xumad, neefsiga oo kugu adag oo aad dareento in xanuunkaaga hargabku uu kasii darayo oo aad qabatay aaga caabuqu ka jirto 14 maalmood lasoo dhaafay marka aad raadkan isku aragtay, la hadal Waaxda Xanuunada Faafa ee oo kala hadal 802-863-7240.

Haddii ay jirto macquuliyad ah inaad qaaday 2019 novel coronavirus, oo ay ku jirto inta aad socdaalaysay, guriga joogtay, iyo inaad xadido xidhiidhka dadka kale ayaa markaa yarayn kara faafitaanka.

Haddii aad xanuunsanayso ama aad ka cabanayso caafimaadkaaga, la xidhiidh daryeelka caafimaad bixiye **adiga oo taleefanka kala hadlaya**. Fadlan iska ilaali inaad qabato isbitaalka, marka laga tago xaalada caafimaadka ee daran mooyee.

Dadka waawayn iyo dadka qaba xanuunada mudada dheer ee reer Vermont

Dadka qaar ayaa khatartoodu aad u saraysaa inay xanuunsadaan ah xanuunkan, oo ay ku jiraan dadka waawayn iyo dadka qaba xanuunada mudada dheer ah (mudada dheer la qabo) ee qaba xanuunada sida wadne xanuunka, macaanka ama xanuunka sanbabka. Sida ay sheegeen CDC, laga

bilaabo da'da 60, waxaa korodha khatarta xanuunka oo khatartu waxa ay la korodhaa da'da. Waxaa khatarta ugu badan ku jira dadka ka wayn 80 jirka.

Dadka waayeelka ah iyo dadka xanuunada qaba waa inay taxadir dheeraad ah sameeyaan oo ay ku jiraan:

- Inaad alaabta ay doonayaan mar hore soo qaataan
- Inay iska ilaaliyaan meelaha ay dadka ku badan yihiin
- Inay iska ilaaliyaan raacitaanka maraakiibta dalxiiska ama wixii socdaalka diyaarada ee aan daruuriga ahayn
- Waxa aad ka fogaataa dadka kale ee xanuunsanaya

Waxa aad ka akhridaa macluumaadka buuxa ee CDC ee [Dadka Khatarka Ugu Jira Xanuunka COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) cinwaankan: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Ma inaan iska ilaaliyaa inaan meelaha qaar qabto?

Waxa aad ka ogaataa talooyinka socdaalka ee la xidhiidha 2019 novel:

www.cdc.gov/coronavirus/2019-ncov/travelers

What you need to know about Coronavirus (COVID-19)

March 13, 2020



OKLAHOMA
State Department of Health

What is the 2019 novel coronavirus (COVID-19)?

Coronaviruses are a large group of viruses that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis, pneumonia or severe acute respiratory syndrome (SARS).

The 2019 novel coronavirus (COVID-19) causes a respiratory infection that originated in Hubei province (Wuhan), China.

To learn more about the 2019 novel coronavirus, visit healthvermont.gov/COVID19.

What are the symptoms?

Like the flu and other common respiratory infections, symptoms range from mild to severe and can include:

- fever
- cough
- difficulty breathing

Complications from the 2019 novel coronavirus can include serious conditions, like pneumonia or kidney failure, and in some cases, death.

How does the virus spread?

Coronaviruses are spread mainly from person to person through close contact, for example, in a household, workplace or health care center.

What does close contact mean?

Close contact means being within six feet (2 meters) of someone for a long time. This happens when caring for, being intimate partners with, living with, visiting, or sharing a health care waiting area. If you have been in close contact with someone who has tested positive for COVID-19: stay home, limit your contact with others, and call Health Department Epidemiology at 802-863-7240 to discuss whether you need to see a provider and how you will monitor yourself for symptoms.

Close contact does NOT mean: being more than six feet away in the same indoor environment for a long period of time, walking by, or briefly being in the same room with someone who has tested positive for COVID-19. In these situations, you should observe yourself for symptoms. You do NOT need to call the Health Department.

When someone tests positive for COVID-19, the Health Department gets in touch with the close contacts of the individual.

How can I protect myself against the 2019 novel coronavirus?

There is no vaccine available to protect against the 2019 novel coronavirus.

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home if you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

What should I do if I think I have the virus?

If you have fever, cough, difficulty breathing and your symptoms feel worse than a common cold and you have travelled to an affected area within 14 days of symptom onset, call Vermont Department of Health Epidemiology at 802-863-7240.

If you have been exposed to the 2019 novel coronavirus, including during travels, staying home, and limiting contact with others will help prevent further spread.

If you are sick or concerned about your health, contact your health care provider **by phone**. Please avoid going to the hospital, except in a life-threatening situation.

Older Vermonters and people with chronic conditions

Some people are at higher risk of getting very sick from this illness, including older adults and people with chronic (long-lasting) medical conditions like heart disease, diabetes or lung disease. According to the CDC, starting at age 60, there is an increasing risk of disease and the risk increases with age. The highest risk of serious illness is in people older than 80 years.

Older adults and people with chronic conditions should take extra precautions including:

- Stock up on supplies
- Avoid crowds
- Avoid cruise travel and non-essential air travel
- Stay away from others who are sick

Read the CDC's full guidance on [People At Risk for Serious Illness from COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html) at this address: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Should I avoid travel to some places?

Learn about travel advisories related to the 2019 novel:
www.cdc.gov/coronavirus/2019-ncov/travelers