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Sideen u sheegi karaa faraqa u dhexeeya hargabka iyo astaamaha COVID-19 ilaa ay isku mid yihiin?

Way adkaan kartaa in fara la sheeyo u dhexeeya jirooyinka neefsashada sida COVID-19, hargabka, iyo RSV.

La hadal adeeg bixiyayaasha drayeelka caafimaadka si uu u garto waxay yihiin baadhitaanada iyo daawaynta loo baahan karaa iyaddoo ku xidhan astaamahaaga.



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Waxaan qabay COVID-19. Ma qaadan karaa tallaalka hargabka?

Tallaalkahargabku waa in keliya la daahiyo ilaa aanad in dheeraad ah jiranayn. Waxaad heli kartaa tallaalka hargabka marka aad ka bogsato COVID-19 oo aad awoodo inaad guriga ka baxdo.

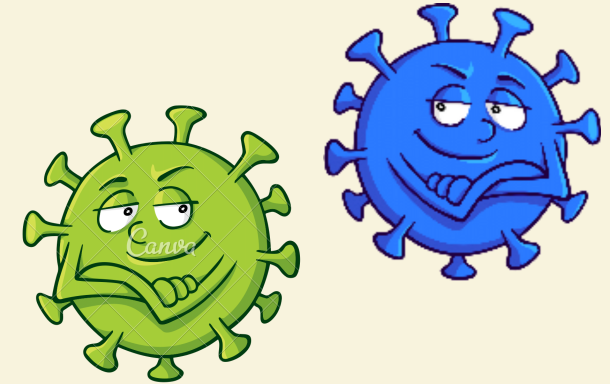
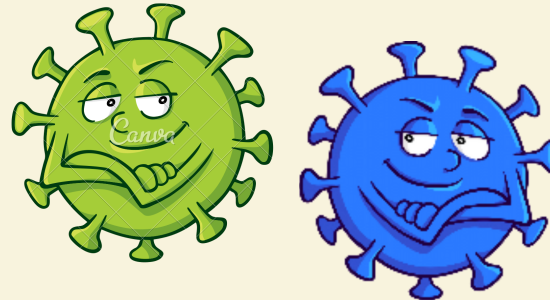
La hadal xirfad yaqaanka daryeelka caafimaadka si loo garto wakhtiga aadka kuugu wanaagsan adiga!



HA ILOOBIN WAX KU SAABSAN COVID-19 IYO HARGABKA.

XILIGA HARGABKA

ADIGA KUMAY ILAAWIN.



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Garo ilahaaga!



Hel Tallaalka Hargabka!



Hel Tallaalka COVID-19!



Maxaan u baahanay ee ku saabsan hargabka?

Inta ugu badan, hargabku waxa uu sababaa jiro dhexdhexaad ah carruurta iyo dadka waa wayn, hargabku waxa uu ku sababa dadka qaar inay si daran u jiranaadaan iyo wakhtiyada qaar waxa uu keenaa dhimasho.

Dadka qaarkood, sida kuwan 65 sanadood jirka ah iyo ka wayn, dadka uurka leh, carruurta ka yar 5 sanadood, iyo kuwan qaba xaalada caafimaad ahaan qarsoon, **khatartoodu waxay saraysaa hargabka kale qofka ku dhaca.**

Qaabka ugu wanaagsan ee naftaada lagu ilaaliyo iyo ehelkaaga waa **in la qaato mudditaankaaga sanadkaaga ah ee hargabka.**



Ilaa markii aan qaatay tallaalka COVID-19, sidoo kale waxaan ka ilaashanahay hargabka, sax?

Maya! Hargabka iyo COVID-19 waa labbo jiro oo neefsiga ah oo faafa, laakiin waxaa sababa fayrasyo kala duwan.

Tan macnaheedu waxa weeye tallaalka COVID-19 **KAMA** ilaaliyo hargabka, oo tallaalka hargabkuna kamaa ilaaliyo adiga COVID-19.



Suuragal ma tahay in loo jiranaado hargabka iyo COVID-19 isku wakhti?

Haa! Waa suuragal in la qaado hargabka iyo jirookinka kale ee neefsashada sida COVID-19 isku wakhti. Tan waxaa loogu yeedha *labbada caaqbuq*.



Maan maqal shay kasta oo ku saabsan hargabka weli. Weli masugaa si la ii tallaalo?

Sebtembar iyo Oktoobar **waa wakhtiyada ugu fiican in la iska tallaalo hargabka** markaas waxaa lagaa ilaaliyo hargabka marka uu faafida bilaabo.

Si kastaba ha ahaatee, mar dambe is tallaal xiligu weli waxa uu bixin karaa ilaalinta fiican maadaam hargabka uu sii faafi karo Abriil iyo Maayo.



Waxaan qaatay tallaalka COVID-19. Ma u baahanahay inaan sugo si aad u qaato tallaalka hargabka?

Maya! Waxaad heli kartaa tallaalka hargabka iyo tallaalka COVID-19 isku wakhti.



Ilmahaygu ma aad ayuu u yar yahay inuu helo tallaalka hargabka?

Dhallaanka iyo carruurta 6 bilood ah iyo ka wayn waa inay helaan tallaalkooda hargabka iyo COVID-19.

La hadal adeeg bixiyaha daryeelkaaga caafimaadka aad ku kalsoon tahay haddii aad qabto su'aalo iyo si loo hubiyo inay cusub yihiin tallaaladoodu.

