



Korona fayraska Kymenlaakso

Hagitaan-waxqabad iyo talo soo jeedin

Kymenlaaksoba wuu hayaa Korona fayrasku (Kouvola, Kotka, Hamina, Pyhtää, Miehikkälä, Virolahti). Waxa muhiim ah in sida saxda ah la sameeyaa.

Caawin raadso, haddii aad astaamo isku aragto.

Haduu cudurku kugu dhaco, caawimo kala duwan waxa lagaa siin doonaa cisbitaaladda xaafadaha iyo kuwa waawaynba (baadhitaanka koronada, qaybta qaabilaadda caabuqa, qaybta gargaarka deg dega ee caabuqa).

Sidan samee:



Ilaali naftaada iyo ta dadka kaleba.

Wax waad ka qaban kartaa in aan dadka kale cudurka qaadin oo korona fayrakuna faafin.



Maydh gacmaha inta badan.

Ilaa 20 daqiiqo maydh gacmaha. isticmaal biyo diiran iyo saabuun. **Gacmaha maydh mar walba:** markaad banaanka ka timaado, markaad raashin samaynayso iyo musqusha dhaxdeedda, qufaca, hindhisada, iska siiminta ka dib.

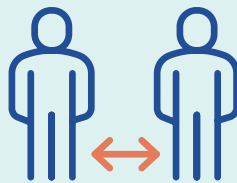


Haddii aanad gacmaha maydhi karayn, isticmaal aashitada gacmaha.



Ha ku quficin dadka kale ama gacmahaaga.

Ku qufac warqad ama garabkaaga. Istimaal warqadda sanko oo kadib khashinka ku tuur.



Dadka kale ugu yaraan 2 mitir ka durug

Ha aadin dhacdooyinka dadka badani isugu imanayaan. Ha diyaarin xaflado ay 10 qof ka badani imanayaan.



Istimaal Af-shareerka maraad guriga ka baxdo.

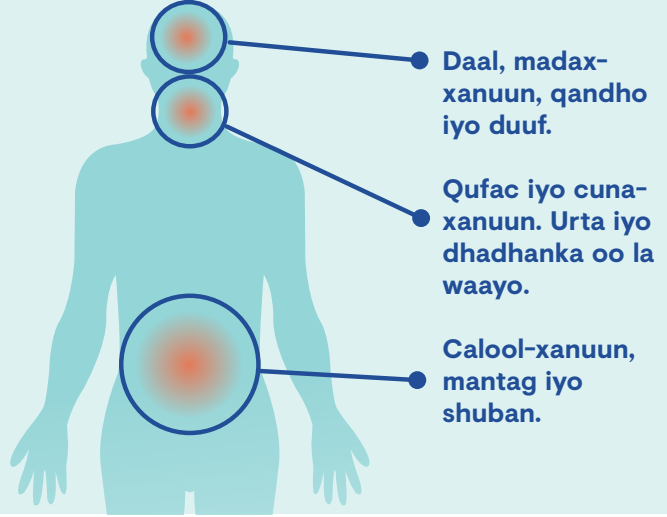
Af-shareerka isticmaal, markaad dad badan soo dhex gasho: tusaale ahaan, Basaska, cisbtaalka, dukaanka, masaajidka, xafiisyadda, hoolka dabaasha iyo wixii la mida.

Astaamaha koronada

Korona waxay leedahay astaamo badan oo kala duwan:

daal, madax-xanuun, qandho iyo duuf, qufac iyo cuna-xanuun, calool-xanuun, mantag, shuban iyo urta iyo dhadhanka oo la waayo.

Hadaad isku aragto hal ama dhowr astaamo, waa in aad korona fayraska iska soo baadhaa. Waa bilaa lacag baadhitaanku.



Sideen u aadayaa baadhitaanka korona fayraska?



Ku qiyaas sida lagu hayo boggan internetka www.omaolo.fi ama www.koronabotti.hus.fi.

Waxaad u baahan tahay lambarada shabakadda bangiga, si aad u gasho laba bogba.

AMA



La hadal lambarka caawinta heegan ah ee 116 117.

Waxa lagu siinayaa ballanta baadhitaanka koronaha.

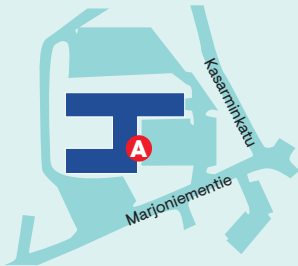
Goobaha baadhitaanka korona fayraska

Kouvola Af-shareerka sii xidho, markaad fayraska iska soo baadhayso.

Cisbitaalka Marjoniemi, adareeska Marjoniementie 10, 45100 Kouvola.



Albaabka A ee cisbitaalka ayaa tijaabadda korona fayraska lagu qaadayaa, waxaad ka galaysaa dhanka baarkinka hoose.



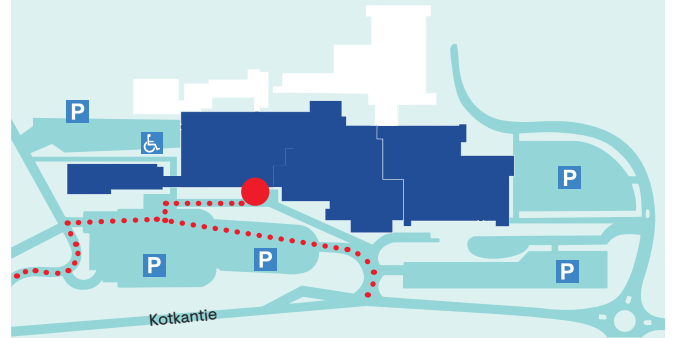
Tijaabo-qaadka Kouvola eed baabuurkaaga ku maraysaa waa adareeska Hallituskatu 7, 45100 Kouvola.

Adiga oo banaanka taagan oo baabuurka ku jira aayaa tijaabadda lagaa qaadayaa.



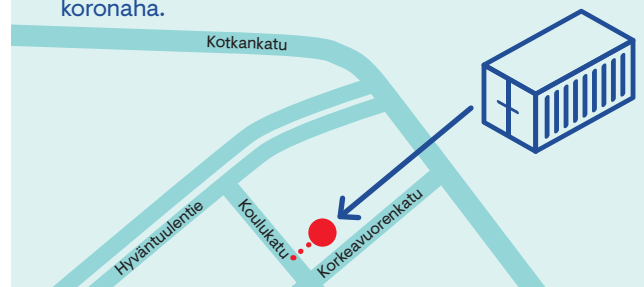
Kotka Af-shareerka sii xidho, markaad fayraska iska soo baadhayso.

Cisbitaalka wayn ee Kymenlaakso, adareeskiisa Kotkantie 41, 48210 Kotka.



Tijaabo-qaadka Kotkansaari eed baabuurkaaga ku maraysaa adareeskiisu waa Korkeavuorenkatu 10, 48100 Kotka.

Halkaas wadada Koulukatu ku mar baadhitaanka koronaha.



Sideen u helayaa jawaabtaada koronaha?



Fariin-tilifoon ayaa jawaabta laguugu soo dirayaa.

Riix ciwaankan xaga tanbe ka raacsan fariinta <https://korona.kymsote.fi>, sidaas ayey jawaabtoo luuqado kala duwan ah kuugu furmaysaa.

Negatiivinen

= Korona fayras ma qabtid

Positiivinen

= Korona fayras ayaa ku haya



Haddii korona fayraska lagaa helo, waa lagula soo hadlayaa.

Joog gurigaaga.

Tilifoonka ayaa laguugu hagayaa oo samee faxa lagu faro.

Karantiin

Waa in aad karantiinka kujirtaa marka:

- markaad sugayso ballanta baadhitaanka
- markaad sugayso jawaabta baadhitaanka
- **Waad u nuglaatay korona fayraska.**
Nuglaan = waa markaad wakhti la qaadatay qof laga helay koronaha, kaas oo adiga ku qaadsiiin karayey.
- **Ama haddii qof reerka ka mida laga helay cudurka oo gooni loo saaray**



Markaad karantiin ku jirto:

- **Joog guriga.**
- **Qol gaara gal reerka ka durug oo iska ilaali, 2-5 mitir u jirso.**
- **Inta badan maydh gacmaha.**
- **Qaraabada ama saaxiibo yeyna kuu soo wareegin.**
- **Ha tagin meelaha dadka ka dhexeeya ee guryaha dabaqyadda, sida goobta dhar dhaqa, dukaanka, iskuulka, shaqada ama meelo la mida oo guriga ka baxsan.**
- **Baananka waad u bixi kartaa.** Wiishka iyo jaranjaradaba u xidho Af-shareer. Dadka banaanka joogana ka durug ugu yaraan 2 mitir.
- **Karantiinka waxa lagu jiraa illaa 10 maalmood.**

Hadaad jirato

Markuu koronuhu ku dhaco qofka, inta badan gurigaa layska joogaa.

- Naso oo biyo cab.
- Xanuunka iyo qandhada, xanuun baa biiyaha farmashiiga laga helo, ayaad u qaadan kartaa (Panadol).
- Iskaga siimi oo ku qufac warqad.
- Inta badanna gacmaha maydh.

La soco caafimaadkaaga.



Hadaad u baahato dhakhtar ama kalkaalso, soo hadal:

Cisbitaalkaaga la soo hadal.

Ciwaankan korona.kymsote.fi/poikkeukset-kymsoten-toiminnassa/terveysasemat/ gal oo ka eeg lambarada tilifoonka.

AMA wixii dag daga halala hadlo lambarka caawinta heeganka 116 117.

Wixii naftana khatar gelinayana, ha lala hadlo lambarka emarjansiga ee 112.

Tilifoonkaa laguugu sharxi karaa, sida aad isu daryeelayso oo waxa lagu siin ballan dhakhtar ama kalkaalisoo.

Gooni u sooc

Haddii lagaa helay korona fayras gooni ayaa lagu saarayaa.

Waxa lagaa ilaalinayaa dadaka caafimaadka qaba, si aanad u qaadsiiin.



Gooni u sooc:

- **Joog guriga oo ha bixin**
- **Qol kaligaa gal oo ka durug reerka inta kale (2-5 mitir ka durug).**
- **Inta badan maydh gacmaha**
- **Saaxibadu ama qaraabaddu yeyna kuu soo wareegin.**
- **Ha tagin** meelaha dadka ka dhexeeya ee guryaha dabaqyadda, sida goobta dhar dhaqa, dukaanka, iskuulka, shaqada ama meelo la mida **oo guriga ka baxsan.**
- **Joog gurigaaga illaa iyo inta aad ka bogsanayso** ood laba maalmood bilaa astaamo noqoto.

Socdaalka

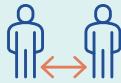
Safar ha gelin, haddii aanay khasab ahayn.

Inaad dibadda ama Finland dhexdeed u safarto aad ugu fiirso.

Hadaad safarto, waa muhiim in aad xasuusataa:



Nadaafadda gacmaha,



dadka ka fogaataa



gashataa Af-shareerka.



Haddii aad dibadda ka timi ood Finland ku soo laabatay:

- **Af-shareer gasho.**
- **Ha isticmaalin tareenka ama basaska, markaad soo laabato.**
- **Joog guriga oo 10 maalmood oo karantiin ah gal (eeg hagidda karantiinka).**
- **Hadaad isku aragto astaamo, korona fayras iska soo baadh.**



**Daryeel naftaada iyo ta dadka kaleba.
Mahadsanid!**

Kymsote

korona.kymsote.fi