

COVID-19

Isbedelka isgooni yeelida



Uma baahnid inaad isgooni yeesho haddii lagaa helo COVID-19 laakiinse waxaa lagu talinayaa inaad guriga joogtid ilaa ay kaa baxaan astaamahaaga daran ee (sanka oo biyo kaa socdaan, cune xannuun, qufac iyo xumad).

Haddii ay Khasab tahay inaad guriga ka baxdo:

- xiro maaskaro markaad gudaha ku jirto ama aad saran tahay gaadiidka dadweynaha
- iska ilaali isu imaatinka badan iyo meelaha guryaha gudahooda ee dadku u badan yahay
- ha booqan dadka khatarta ugu jira jiro daran, qofkasta oo isbitaal ku jira, ama tahsiilaadka daryeelka naafada ama da'da ah ugu yaraan 7 maalmood
- kala hadal loo shaqeyahaaga wixii ku saabsan goortaad ku soo noqoneysid goobta shaqada.

Haddii aad qabtid [astaamaha](#) hargabka ama qabow, fadlan guriga joog oo [isbaar](#). Haddii aad xaq u leedahay [daawooyinka fayraska ka hortaga](#) ee COVID-19, waa muhiim inaad isu baartid sida ugu dhakhsaha badan ee astaamaha aad u yeelatid. Xataa haddii aad heshid natiijo negatiif ah oo ah inaan lagaa helin COVID-19, guriga joog intaad xannuunsaneysid, si aadan u qaadsiiin bulshada iyo kuwaad cejeshahayba.

In kastoo aysan weli ahayn khasab inaad diiwaangelisid baaritaanka degdega ah ee rapid antigen ee bosatiifka ah NSW Health waxay sheegtaa dadku inay ka diiwaangeliyaan natiijada Service NSW maadaama isdiwaangelintu ay kaa caawineyso inaad isticmaashid caafimaadka iyo taageerada kale.

Haddii aad qabtid wax walaac caafimaad ah oo aad u baahan tahay taageero luuqadeed, ka wac Adeega Turjumaanka Afka iyo Qoraalka (TIS) 131 450 oo weydiiso Healthdirect 1800 022 222.

