

# Tallaalkaaga kadib

Sida dhammaan daawooyinka, tallaalka waxay ku sababi kartaa saamaynaha caafimaadka dadka qaar. Kani waa jawaabta caadiga ah ee jirka oo waxay muujisaa in tallaalka shaqeynayo. Saameynaha caafimaadka caadi ahaan waa kuwa degen, oo aana raagin waqti dheer oo aanan kaa joojineyn inaad qaadatid garoojada labaad ama aadista nolol maalmeedkaada.

Waxa laga yaabo inaad dareentid	Maxaa caawin kara	Marka tani bilaaban karto
Xanuunka aaga irbada, madax xanuun iyo dareemida caajis iyo daalan. Kuwaan waa saameynaha caafimaadka guud ahaan laga warbixiyay.	Saar maro qabow, qoyan, ama bacda barafka aaga irbada oo waqti yar ah. Ha marin ama ha duugin aaga irbada.	Gudaha 6 illaa 24 saac
Murqu xanuun, dareemida guud ahaan wanaag la'aan, qarqaryo, qandho, dhabar xanuun iyo lalabada sidoo kale way dhici karaan.	Naso oo cab cabitaan badan Paracetamol ama ibuprofen waa la qaadan karaa, raac tilmaamaha soo saaraha. Tallo ka raadi xirfadlaha caafimaadkaaga haddii aastaamahaaga ka sii daraan.	Gudaha 6 illaa 48 saac

Falcelinada xasaasiyada halista ah way dhici karaan laakiin aad ayay dhif u tahay. Tallaalayaasha New Zealand way u tababaran yihiin inay maareeyaan kuwan. Qaar ka mid ah saameynaha caafimaadka ayaa si ku meelgaar ah u saameyn kara awooda gaari lagu kaxeeyo ama lagu isticmaalo mashiinada. Dhacdada nasiib darada ah tani way dhacdaa, fadlan kala hadal loo shaqeeyahaaga.

Haddii aad la kulantid aastaamo noqon kara inay la xidhiidhaan COVID-19, sida qufac cusub oo joogto ah, heerkul sareeya/qandho, ama luminta ama isbadelka dareenkaaga caadiga ah ee dhadhanka ama urta, guriga joog oo hel baaritaanka COVID-19.

Haddii aad qabtid falcelin aan la filaneyn ee tallaalkaaga COVID-19, tallaalahaaga ama xirfadlaha caafimaadka waa inuu ku soo wargeliyaa Xarunta Kormeerida Falcelinada Daran (CARM).

Sidoo kale si toos ah ayaad u soo wargelin kartaa falcelino walboo aan la fileyn adiga oo imeel ku soo dirayo CARM ama adiga oo isticmaalaya foomka wargelinta onleenka ee websaydka CARM [otago.ac.nz/carm](https://otago.ac.nz/carm).

Haddii aadan hubin wax ku saabsan aastaamahaaga ama ay ka sii daraan, la hadal GP gaaga ama ka soo wac Khadka caafimaadka tooska ah 0800 358 5453.

Haddii aad qabtid walaac dhow oo ku saabsan badbaadadaada, soo wac 111 oo hubi inaad u sheegtid inaad qaadatay tallaalka COVID-19 si markaas ay si ku haboon kuugu qiimeeyaan.

**Unite  
against  
COVID-19**

New Zealand Government

