

# Barren River

## DISTRICT HEALTH DEPARTMENT

Barren, Butler, Edmonson, Hart, Logan,  
Metcalf, Simpson, and Warren Counties



TAARIKKA:

MAGACA MACMILKA:

CINWAANKA:

MAGAALADA, GOBALKA, LAMBARKA BOOSTADA:

WARQADA AMRITAANKA KARANTIILKA: TALINTA XADIDIDA DHAQDHAQAAQA IYO IS-ILAALINTA SHAKHSI AHAANEED

Gacaliye La xiriire:

Waad ku mahadsantahay bixinta macluumaadkaaga. Markaad sidaa sameysid, waxaad kaa caawinaysaa inaad ka hortagto ku faafitaanka COVID-19 ee qoyskaaga, saaxiibbadaada, dadka aad jeceshahay iyo bulshadaada. Waxaad warqaddan u heleysaa xaqiijin ahaan inaad la xiriirtay qof laga helay cudurka COVID-19. Marka aad ag joogtid qof qaba fayraska, waxay noqon kartaa ilaa 14 maalmood ka hor intaadan xanuunsanin. Hadda waxaa la joogaa waqtigii laga fikiri lahaa caafimaadkaaga iyo caafimaadka kuwa kula nool.

Waxaa laga codsaday in lagu karantiilo. Karantiilka lagugu amray macnaheedu waa inaad iskarantiisho ama iska soocdo dadka kale si looga hortago faafitaanka COVID-19. Feyrasku wuu faafi karaa xitaa haddii aadan lahayn astaamo ama aadan xanuun dareemin, marka aad ayey muhiim u tahay inaad iska soocdo dadka kale oo aad raacdo nidaamkan.

Dhererka karantiilku wuxuu kuxiran yahay goortii ugu dambaysay ee aad la kulantay qofka fayraska qaba.

- Haddii aad weli sii wado halista ama u daah-furnaanta, karantiilkaagu wuxuu socon doonaa ilaa qofka ka bogsanayo, ka dibna 14 maalmood oo dheeri ah.
- Haddii aadan mar dambe lahayn halista u daah-furnaanta, karantiilkaagu wuxuu dhamaan doonaa 14 maalmood laga bilaabo taariikhda markii ugu dambaysay ee u daah-furnaanshaha.

### **Maxaad u baahantahay inaad qabato hadda**

- Joog guriga marka laga reebo inaad aadayso dhakhtarka.
- Ha booqanin goobaha dadweynaha.
- La xiriir Southern Kentucky 211 ama Barren River District Health Department haddii aad u baahantahay caawimaad ah inaad hesho daawooyin ama cunto.
- Ka joog guriga shaqada ama ka shaqee guriga haddii ay suurogal tahay. Iyadoo la raacayo CDC iyo Waaxda Kentucky ee tilmaamaha Caafimaadka Dadweynaha, xiriirada loo aqoonsaday inay yihiin shaqaale muhiim ah/kaabayaasha muhiimka ah, oo aan LAHAYN Astaamo, **waxaa loo** ogolaan karaa inay shaqeeyaan inta lagu jiro mudada karantiilada mararka qaarkood. Fadlan la tasho dabagalaha xiriirkaaga si aad wax badan uga ogaato tilmaamahan.
- Iska sooc dadka kale marka guriga joogtid. Isticmaal musqul gooni ah haddii la heli karo.
- Guriga yaan lagugu soo booqanin.
- Cabir heerkulkaaga maalin kasta oo diiwaangeli.



Daryeel • Lagu Kalsoonaan karo • oo Diyaar ah

Xafiiska Degmada

1109 State St. • Sanduuqa Boostada 1157 • Bowling Green, KY

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[www.BarrenRiverHealth.org](http://www.BarrenRiverHealth.org)

Bogga 1aad ee 2da bog



La abuuray 08/26/2020

- U fiirso calaamadaha COVID-19, oo ay ka mid yihiin: qufac, neefta oo ku qabata ama neefsashada oo ku dhibta, qandho (heerkul ka sarreeya 100.4 darajo), qarqaryo, gariir soo noqnoqda oo ay la socdaan qarqaryo, murqo xanuun, madax xanuun, cuna xanuun, iyo/ama dhadham ama ur la'aan cusub. **Haddii qandho ama astaamuhu soo baxaan, la xiriir daryeel bixiyahaaga caafimaadka.**
- Dadka qaarkood waxay khatar weyn ugu jiraan inay aad ula xanuunsadaan COVID-19. Dadkan waxaa kamid ah dadka ka weyn da'da 60 ama dadka qaba xaaladaha caafimaad ee halista ah sida xiiqda, sonkorowga, xaaladda wadnaha, buurnida daran Cudurka kalyaha/sambabaha/beerka, cudurka unuga dhiiga cas, cudurada dhiiga, ama kuwa awoodooda difaaca daciiftay (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html>). Ha aadin agagaarka dadkan Waxaad rabtaa inaad hubiso badqabkooda adigoon u gudbinayn fayraska.

### **Marka loo bahanyahay in aad raadsato daryeel caafimaad.**

**Wac 911** haddii aad qabtid xaalad caafimaad oo degdeg ah una sheeg hawladeenka inaad u maleyneyso inaad qabto COVID-19. **Wac dhakhtarkaaga ama raadso daryeel caafimaad** haddii aad dhib ku qabto neefsashada, xanuun ama cadaadis laabtaada ah, wareer cusub ama aadan awood u lahayn inaad soo kacdid, iyo/ama bushimaha ama wejiga oo buluug ku noqda. Hadday suurogal tahay, xiro marada wajiga lagu daboolo ka hor intaan gargaar caafimaad iman.

### **Ka hortagaya faafitaanka**

Waxaa sii dheer karantiilkaaga, waa inaad sameysaa dhaqamada soo socda ee caafimaad si aad uga hortagto faafitaanka COVID- 19:

- Dhaq gacmahaaga badanaa ugu yaraan 20 ilbidhiqsi ama isticmaal gacmo nadiifiye oo ay ku jiraan ugu yaraan 60% khamri.
- Ka fogow taabashada indhaha/sanka/afka.
- Ka fogow la xiriirka dadka xanuunsan, xitaa gurigaaga dhexdiisa.
- Ku dabool afkaaga iyo sankaaga marada wajiga lagu daboolo marka aad dadka kale la joogto.
- Dabool qufaca iyo hindhisada (u isticmaal suxulka dhexdiisa ama tiish - ku tuur tiishka la isticmaalay qashinka ah kadibna gacmaha dhaq).
- Nadiifi oo jeermiska ka dil meelaha taabashada badan maalin kasta (<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>)

### **Macluumaad dheeri ah**

Fadlan eeg macluumaadka ku lifaaqan ee ka socda Waaxda Caafimaadka Dadweynaha ee Kentucky iyo Xarumaha Xakamaynta iyo Kahortagga Cudurrada (CDC) si aad u hesho macluumaad dheeraad ah oo ku saabsan COVID-19 ama booqo websaydhka <https://kycovid19.ky.gov>. Haddii aad hayso faallooyin dheeri ah ama wargalin ah, fadlan la xiriir 270-781-8039. Waan kuusoo jawaabi doonaa sida ugu dhaqsiiyaha badan uguna macquulsan

Waad ku mahadsantahay samaynta qaybtaada.