



Public Health
England

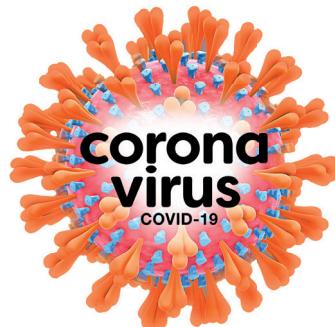
NHS

Ku saabsan tallaalka coronavirus

Waxyaabaha la fisho ka dib tallaalada



Tallaalka coronavirus waa daawo ka caawineysa in ay dadka ka badbaadiso coronavirus. Saynisyahanada ayaa tijaabiyyey tallaalada si ay u hubiyaan in ay badbaado-qab yihiin si wanaagsanna u shaqeynayaan.



Dadka ay u badan tahay in ay aad ugu jiradaan coronavirus ayaa marka hore qaadanaya tallaalka. Kuwan waxaa ku jira dad badan oo qaba naafanimo waxbarasho iyo kuwa ku jira kooxda halista ku jirta.



Waa in aad qaadataa laba qaadasho oo tallaalka ah si aad sida ugu suurtagalka ah aad u noqtid qof badbaado qaba. Wuxaad hadda qaadatey qaadashadaadii koowaad ee tallaalka. Waa in aad hubisaa in aad aadid ballantaada ku xigta si aad sida ugu suurtagashan u noqtid qof ka ilaashan coronavirus.



Ka dib marka aad tallaalka qaadatid, waxaa suurtagal ah in aad mudo gaaban xanuunsatid. Arintan waxaa loogu yeeraa waxyeloojin garab socota. Waxyelooinka garab socda badanaa kaama yeelayaan inaad aad u jiratid, qof walbana kuma ay dhacdo.





Waxyeelooyinka garab socda ee waaweyn waxaa ka mid ah:

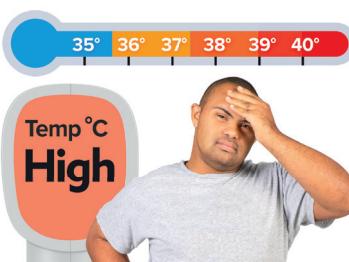
dareemidda xanuunsasho
iyo in ifilo yar uu kugu
dhacay oo kale



madax xanuun ku
qabta



waxaa suurtagal ah in
aad kuleyl dareentid 1
ama 2 maalmood



dareemidda daal



gacantaada oo dareenta in ay culus tahay
ama xanuunsaneysa halka aad cirbadda
ka qaadatey 1 ilaa 2 maalin



Haddii ay waxyeelo garab socotaa
kugu dhacdo, waad nasan
kartaa waxaadna qaadan kartaa
paracetamol si ay kaaga caawiso in
aad caafimaadid.

Waxaa ay ku sheegeysaa baakadda
inta ay tahay in aad qaadatid.



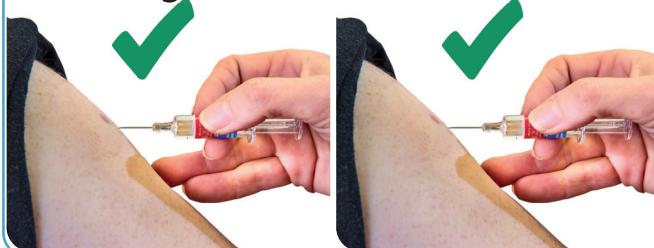
Waxyeelooyinka garab socda
badanaa waxay sii jiraan wax ka yar
hal todobaad. Haddii aad dareentid
in aad si ka badan ugu jiraneyso ama
haddii aad ka welwesan tahay, wac
NHS 111. Hubi in aad u sheegtid
qof uun xirfadle caafimaad ah oo
aad kala hadashid in aad mar dhow
qaadatey tallaalkaaga Coronavirus

Arintan waxay ka caawineysaa in
ay ku siiyaan daryeelka saxda ah.
Haddii aad awoodid, tus kaarkaaga
tallaalkaaga coronavirus.





Haddii ay kugu soo baxaan waxyeloojin garab socda, waxaad weli u sii baahaneysaa in aad qaadashada labaad qaadato. Qaadashada labaad ayaa ku siineysa ilaalinta ugu wanaagsan ee coronavirus.



Kama qaadi kartid Coronavirus tallaalka. Balse waxaa suurtagal ah in coronavirus kugu soo dhacay tallaalkaaga ka hor aadna ka warqabin in aad qabtid ilaa laga gaaro ka dib ballantaada tallaalka.



Calaamadaha ugu weyn in aad coronavirus qabtid waa:

qufac cusub, iyo adigoo qufaca sii wada

qandho sareysa.

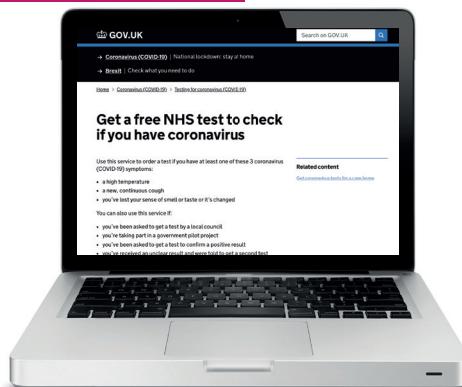
Iuminta dareenkaaga urka ama dhadhanka ama dareenkaaga urka ama dhadhanka oo isbedela



Balse haddii aad qabtid calaamado kale oo coronavirus ah, ama aad qabtid qandho aad u sareysa in ka badan 3 maalmood, joog guriga qabsana ballanta baaritaanka.

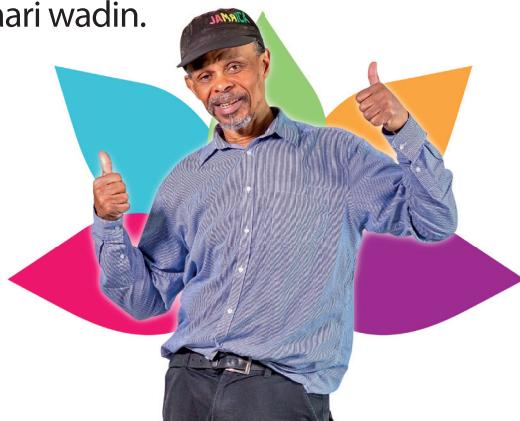


Waxaad qabsan kartaa ballan baaritaan adigoo wacaya 119 ama gelaya bogga internet-ka ee dowlada www.gov.uk/get-coronavirus-test





Ka dib markaad tallalka qaadatid, waxaad awoodi doontaa in aad howlahaaga caadiga ah dib ugu noqoto inta aad dareemeysid caafimaad-qab. Haddii ay gacantaadu si aad ah u xanuuneyso, waxaa suurtagal ah in alaabaha culeyska leh qaadistoodu ay kugu adkaato. Haddii aad jirro dareento ama aad si aad ah u daasho waa in aad nasataa, waana in aadan isticmaalin mashiino ama aadan gaari wadin.



Xusuusnow, samee qorshe aad ku tageysid ballantaada labaad ee tallalka.

Ballantaada xigta waa in ay noqotaa ugu badnaan ilaa iyo 12 todobaad ka dib qaadashadaada koowaad.

Waa muhiim in aad labada qaadasho oo isla nooca tallalka ah aad qaadatid si aad u hesho ilaalinta ugu wanaagsan ee coronavirus.



Waa in aad kaarka diiwaanka heshaa markaad joogtid ballaantaada koowaad - kani waa kaar muujinaya nooca tallalka aad qaadatey, marka aad qaadatey, iyo marka ay tahay ballantaada ku xigta.

Badbaado ku xifdi kaarkaaga hubina in aad xaadirto ballantaada labaad.



Haddii aad xanuunsan tahay, waxaa wanaagsan in aad sugtid ilaa aad ka ladnaaneyso si aad ballantaada labaad u aadid. Waa in aad isku daydaa in aad sida ugu dhakhsaha badan ee suurtagalka ah u qabsatid ballantaada labaad.

Waa in aadan tagin ballan tallaal haddii aad is-go'doomineysid, aad sugeysid natijjada baaritaanka coronavirus ama aadan hubin in aad ladan tahay oo aad caafimaad qabtid





Haddii aadan aadi karin ballantaada, waa in aad wacdaa goobta aad tallalkaaga ku qaadaneyso si aad ugu sheegto in aadan iman karin, aadna qabsataa ballan kale.



Tallaaka coronavirus waa in uu kaa ilaaliyaa coronavirus, balse waxaa weli jira fursad yar oo aad ku qaadi kartid. Haddii ay weli kugu dhacdo Coronavirus, waa in aysan kugu ridin jiro darran sida adiga oo aan tallalka qaadan oo kale.



Si buuxda ugama ilaashanaaneysid coronavirus ka dib isla marka aad qaadato qaadashada koowaad ee tallalka. Qaadashada labada qaadasho ee tallalka ayaa ku siinaya in aad hesho ilaalinta ugu wanaagsan ee coronavirus.



Waa in aad waddaa raacitaanka hagaha coronavirus xataa ka dib marka aad tallalka qaadatid. Arintani waxaa ka mid ah:

- In aad dadka kale ka fogaatid masaafu badbaado leh
- In aad si joogta ah oo taxadar leh aad gacmahaaga u dhaqdid
- In aad xiratid weji-dabool haddii aad awoodid

Waxaad halkan ka heli kartaa waxyaabo dheeraad ah oo ku saabsan xeerarka www.gov.uk/coronavirus.



Hands



Face



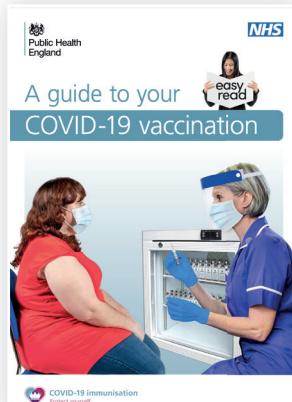
Space





Weli ma aan ogin in haddii tallaalka la qaato ay kaa joojineyso in aad coronavirus u gudbisid dadka kale.

Waxaad ka heli kartaa waxyaabo dheeraad ah oo ku saabsan coronavirus hagaha sida fudud loo akhrin karo; 'Hage ku saabsan tallaalkaaga coronavirus' (<https://bit.ly/3asSK9Z>)



Waxaad sidoo kale ku soo warbixin kartaa waxyeelooyinka bogga internet-ka Kaarka Jaallaha ah ee coronavirus (<https://coronavirus-yellowcard.mhra.gov.uk>) ama adiga oo soo dejisanaya app-ka Kaarka Jaallaha ah

Boggan internet-ka uma sameysna akhrinta fudud waxaa markaa suurtagal ah in aad u baahato in uu qof kaa caawiyo.

Yellow Card | Coronavirus (COVID-19)
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Vaccine Product Information

Coronavirus Yellow Card reporting site

Report suspected side effects to medicines, vaccines or medical device and diagnostic adverse incidents used in coronavirus treatment to the Medicines and Healthcare products Regulatory Agency to ensure safe and effective use

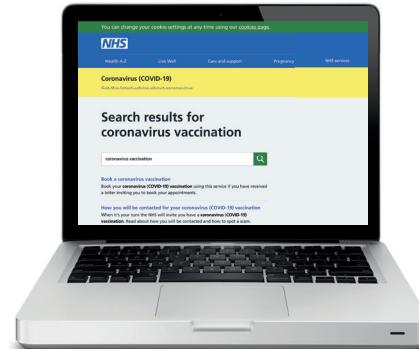
Find the medicine / vaccine / device you wish to report.
Enter medicine, vaccine or device name Start report

Can't find what you are looking for? You can report on any other medicines, vaccines, devices, defective or falsified products (including fake coronavirus testing kits) via the [Yellow Card](#) website.

Where to go for medical advice
We are unable to provide you with medical advice. However, we encourage you to speak to your doctor, pharmacist or call [111](tel:111) if you are worried about your health.
Please do not stop taking your medicine without first seeking advice from your doctor or pharmacist.

Latest news
COVID-19 vaccines (Pfizer/BioNTech and COVID-19 Vaccine AstraZeneca); current advice
Updated 8 January, 2021
[Access Consortium statement on COVID-19](#)

Waxaa kaloo macluumaad dheeraad ah laga heli karaa www.NHS.UK



Tallaalka, wuxuu caawinayaa ilaalinta kuwa ugu nugul.

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