

Tallaalka COVID-19

Daryeelka kadib

Tallaalista Tallaalka COVID-19 daryeelka kadib

Waad ku mahadsantahay inaad qaadatay tallaalka iyo inaad kaalintaada ka qaadatay si aad uga ilaalisoo naftaada, kuwa aad jeceshahay iyo bulshada COVID-19.

Xuquuqda tallaalka kadib

Maadaama fal-celinta xasaasiyadeed ay aad dhif u tahay, shaqaalaha rugta caafimaadku waxay ku weydiin doonaan inaad sugto 15-30 daqiiqadood markaad qaadato tallaalka ka dib si aad u hubiso inaad ku yeelan fal-celin xasaasiyadeed. Fadlan ha ogaadaan shaqaalaha rugta caafimaadka haddii aad dareento inaad fiicnayn ama aad dareento astaamaha soo socda midkood inta aad sugaysid

- neefsashada oo dhib ku noqota
- bararida wajigaaga ama afkaaga
- finanka maqaarka

Markaad baxdo kadib

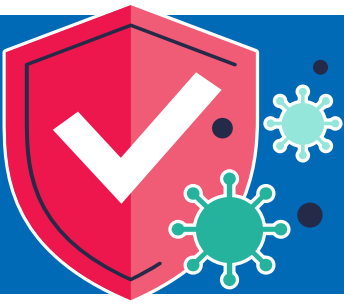
Waxyeelada waxay soo bixi kartaa maalin ama labo kadib markaad tallaalka qaadato.

Waxa aad ogaan karto	Waxaad sameyn karto
<ul style="list-style-type: none"> • xanuun, gaduudasho ama gacantaada oo bararta 	<ul style="list-style-type: none"> • saar maro qabow oo qoyan gacantaada • qaado xanuun joojiyahaaga caadiga ah
<ul style="list-style-type: none"> • madax xanuun • daal • xanuun murqaha ama kala-goysyada ah • qanjiro xanuunaya oo bararsan gacantaada hoosteeda • qandho ama qarqaryo • lallabo iyo matag • shuban 	<ul style="list-style-type: none"> • cab cabitaano fara badan • qaado xanuun joojiyahaaga caadiga ah

Ka wac Telehealth Ontario at 1-866-797-0000/TTY: 1-866-797-0007 ama daryeel bixiyahaaga asaasiga ah haddii:

- gaduudanayso, xanuuneyso ama bararayso meesha aad ka qaadatay tallaalka ay kasii darto 24 saacadood kadib
- waxyeelada ma fiicnaanayaan maalmo yar kadib





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Wac 9-1-1 haddii qabto:

- | | |
|--|---|
| <ul style="list-style-type: none">• finan• bararida wajigaaga ama afkaaga• dhibaatooyinka neefsashada• maqaarka oo caddaada iyo lulmo | <ul style="list-style-type: none">• qandho sare (in kabadan 40°C/104°F)• gariir ama suuxdin• calaamado kale oo halis ah |
|--|---|

Goormee heli doonaa qiyaastayda labaad?

Si aad u dhigatid ballantaada qiyaasta labaad isticmaal koodhkaan QR-ka, booqo www.regionofwaterloo.ca/VaccineBook ama wac 519-514-1499. Fadlan dooro taariikh ugu yaraan 28 maalmood kadib qiyaastaada kowaad.



Sideen wax ku caawin karaa mar hadaan istallaalo?

- La wadaag sheekadaada dadka kale.
- U sheeg dadka kale sababta aad isu tallaalsid kuna dhiirrigeli inay iyaguna sidaas oo kale sameeyaan.
- La yeelo wada-hadal ku saabsan tallaalka COVID-19 qoyskaaga, saaxiibbadaada iyo asxaabtaada shaqada.
- Sii wad inaad raacdo talaabooyinka caafimaadka bulshada.

Hadda oo aan qaatay tallaalka, weli ma u baahanahay inaan maaskaro xirto?

Haa, dhisida difaaca jirka waxay qaadataa waqti. Waxaad u baahan tahay laba qiyaasood oo tallaalka ah oo lakala fogeeyay. Waxay qaadataa 7 ilaa 14 maalmood kadib qiyaastaada labaad si aad u gaarto difaac buuxa. Waa inaad sii wadaa xirashada maaskaro markaad qaadatao tallaalka kadib. Is tallaalistu waxay qofka ugu dartaa hal marxalad oo difaac ah.

Mar hadaan qaato tallaalka, ma bixi karaa oo soo booqan karaa saaxibadeyda iyo qoyskeyga?

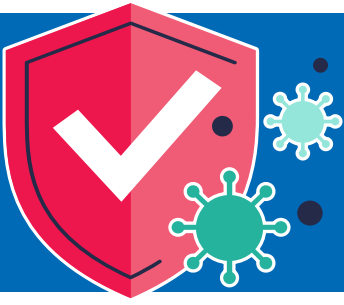
Ma hayno xog nagu filan. Ma cadda in tallaalku ka hortagaayo infekshinka aan calaamadaha lahayn ama yareynaaya gudbinta. Xitaa kadib marka lagu tallaalo, weli waad qaadi oo gudbin kartaa COVID-19 dadka kale.

Waa muhiim inaad sii wado raacida talaabooyinka caafimaadka dadweynaha kadib markii si buuxda lagu tallaalay:

- Xiro maaskaro kaasoo daboolayo sankaa iyo afkaaga.
- Iska ilaali isku'imaatinka dadka kunool gurigaaga bannaankiisa.



Qof dhab ah la hadal 24/7 in ka badan 200 oo luqaddood: 519-514-
Dhega la' oo maqalka ku culus (TTY): 519-575-4608



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- Xaddid safarada ka baxsan gurigaaga (raashinka, ballamaha caafimaadka iyo shaqada).
- Ku dadaal masaafada jirka, ka joog meel ka fog 2 mitir dadka aadan la noolayn.
- Ku dhaq gacmahaaga badanaa biyo diiran iyo saabuun ama gacamo nadiifiyaha ku salaysan aalkolada.
- Iska ilaali meelaha gudaha ah iyo meelaha la buuxo.
- Joog guriga markaad xanuunsantahay oo iska go'doomi dadka kale.

Xasuusnow inaad usoo sheegto dhakhtarka qoyskaaga/kalkaaliyahaaga caafimaad ee aad ka heshay tallaalka COVID-19 ballantaada xigta.

Caawi Sii Horumarinta Tallaalka COVID-19 Gudaha Ontario

Isticmaal koodhkaan QR-ka ama www.bit.ly/SDOHsurvey oo Buuxi Daraasadda Wasaaradda Caafimaadka hadda.



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