

Cudurka Koronafayras 2019

DIGNIINTA CUDURKA COVID-19

DHAMAAN DADKA SAFARKA AH WAXAA LOOGA BAAHAN YAHAY INAY IS KARANTIILAN 14 MAALMOOD KADIB MARKAY IMAADAAN

Haddii aad ku jirato labo toddobaad **gudahood** markaad timaado Alaska, fadlan u raadso tallo caafimaad sida ugu degdeg badan. Haddii aad leedahay mid, waco bixiyaha daryeelkaada caafimaad. Haddii aadan aqoon u lahayn bixiye, fadlan wac **211**.

- Guriga ku naggoow 14 maalmood oo ka fogoow goobaha dadka isugu imaadaan; ha aadin shaqo, dugsi, xarunta xannaanada carruurta
- Iska eeg qandho (100.4° F ama ka badan) subaxdi iyo fiidki, oo u fiirso qufac ama neefsashada oo kugu adkaata
- Haddii aad yeelato astaamo, wargeli bixiyaha daryeelkaada caafimaad

Wixii su'aal ah? Wac 211.



QANDHO



QUFAC



NEEFSASHADA
OO ADKAATA

Haddii aad raadineyso daryeel, u sheeg bixiyaha daryeelka caafimaadka hadii aad qabto mid kamid ah astaamahan cudurka COVID-19:

- Qandho dhan 100.4° F ama ka badan (38° C)
- Qufac
- Neefsashada oo adkaata

La xiriir bixiyaha daryeelkaada caafimaad INTA AADAN GUDUHA U GALIN. Waxaa muhiim ah inaad u sheegto xafiiska bixiyaha inaad dibada uga maqneed Alaska goor dhaw.



Bogga Internetka ee DHSS: coronavirus.alaska.gov
Bogga Internetka ee CDC: cdc.gov/covid19