



Tilmaamaha Karantiilka Dugsiyada Magaalada Westerville

Ardayda Waxay Joogaan Guriga ama Waxaa Loo Diraa Guriga Haddii:

1 Ay la Xanuunsan Yahiiin Mid Ka Mid ah Calaamadahaan COVID-19

- Qandho (100.4°F ama ka badan)
 - Qufaca cusub ama ka sii darray
 - Ay lumiyaan dhadhanka ama urka
 - Dhuunt xanuunto
 - Sanka cabursamo, ha ahaado cuseeb ama ha ka sii darro, ama sanka biyaha ka socdo
- AMA**

2 Ha la Xanuunsado Labo ka Mid ah Calaamadahaan COVID-19

- Madax xanuun
- Jir xanuun
- Daal cusub ama ka sii darro
- Labbolabbo, mattag, ama shuban

AMA

3 Xariirka Sokke*

1. Haddii uu jiro Walaal ama Qof Lagala Xariiro Reerka/Ardayga Xanuunsan

- Waalidiinta waxaa la weydiin doonaa in ay soo qaadaan walaalaha iyo asxaabta la daggan guriga ardayda qabta calaamadaha COVID, haddii lagu haayo guriga ama laga soo diro dugsiga
- Xubnaha shaqaalaha ee haysta caruurta ama xubnaha reerka oo muujiya calaamadaha waxaa kaloo loo soo diri doonaa guriga

2. Haddii ardayga ama shaqaalaha ayay 6 cag ka yar u jirsadaan qof xanuunsan ugu yaraan muddo 15 daqiiqo, 48 saac ka hor inta aan lagu arkin calaamadaha ama noqonin bostiifo marka la baaro, ha ahaato dibadda dugsiga ama gudaha dugsiga kaddibna AAN si wanaagsan loo xeranin maaskarada ama leysu jirsanin 6 cag inta la cunaayo.

- a. Tani waxay dhallin doontaa karantiil buuxa muddo 10 maalin kaddibna ardayga ama shaqaalaha looma golaan doono in uu ku soo noqdo dugsiga.

GOORMAA Ayay Ardayda Soo Noqon Doonaan??

1 & 2 Ardayda Xanuunsan Waxay Soo Noqon Doonaan Haddii:

- Ay warqad ka soo qaataan takhtarka/ama bixiyaha oo muujisa baaritaanka aan ahayn COVID-19.
- AMA**
- Baaritaanka COVID-19 oo nagatiifo ah
- AMA**
- Dhamaystirka 10 maalin oo go'doon ah
 - Waxaan tirinaa 10 maalin laga bilaabo maalinta la ogaado calaamadda oo ah maalinta 1aad
- IYO**
- Calaamadaha oo loo baahan yahay in ay soo hagaagaan kana madax banaan yahiiin qandhada, daawo la'aan, muddo 24 saac.

3 Xariirka Sokke*

Ardayga ama shaqaalaha la arko in ay hoosta isaga jiraan inta ay ku sugan yahiiin dugsiga iyo maaskarada AAN sida habboon loo xeranin

- Wuxuu soo noqon karaa 10 maalin qarantiil kaddib uu guriga joogo.

Xariirka Walaalaha iyo Reerka Waxay Soo Noqon Karaan Marka

- **Ardayga xanuunsan laga baaro** cudur aan ahayn COVID-19.

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- **Baaritaanka COVID** ee kaga qaado ardayga ahaado negatiifo.

AMA

- Dhamaystaan 10 maalin oo karantiil iyaga oo ka fog ardayga xanuunsan.

MUHIIM: Tan macnaheeda waxay tahay in ardayga xanuunsan lagu go'doomiy guriga lagan fogeeyo dadka kale.

- Haddii aan la awoodin in ardayga xanuunsan lagu go'doomiy guriga muddo 10 maalin, **walaalka wuxuu dibadda ka ahaan doonaa dugsiga ilaa 20 maalin.**

Maxaa Loola Jeedaa Karantiilka LA BADDALAY?

Ardayda iyo dadka waaweyn ee ku jira dugsiyada K-12 waxay sii wadi **karaan** in ay qof ahaan tagaan dugsiga, marka loo arko xariir sokke, haddii lala kulmo sharuudaha soo socdo:

1 Ku dhawaashada waxay dhacday gudaha jawiga fasalka ama inta la saaran yahay gaadiidka dugsiga (tusaale baska dugsiga).

2 Qofka qaba COVID-19 iyo xariirinta la socoto waxay qaateen maaskarada wijiga ee mar kasta daboosha sankooda iyo afkooda.

3 Kala fogaanta bulshada waxaa laga dhigay ugu yaraan 3 cag.

- **Haddii la cunno cuntada, waa in leysu jirsado ugu yaraan 6 cag masaafada u dhexeyso ardayga.**

MAXAAD ka sheegi lahayd Guriga ama Isboortiga?

Xariirka sokke* ee ku sii socda in ay qof-ahaan tagaan dugsiga K-12 waa in ay sidoo kale raacaan nidaamka karantiilka marka ay ku sugan yahiiin jawiga fasalka K-12, kana mid ah:

- Joogitaanka guriga, 10 maalin oo qarantiil ah
- Ardayda kama qeybgeli karaan hawlaha ka baxsan manhajka sida **isboortiga ama cayaaraha** muddo 14 maalin laga bilaabo isu dhawaashadii ugu dambaysay.

Haddii ay ku soo gaarto warqadda lagu fasaxay, ama tilmaan kala oo ka duwan, kana heshid Xaafadda Caafimaadka Dagmada Delaware (Delaware County Health District), Caafimaadka Dadweynaha Dagmada Franklin (Franklin County Public Health) ama Caafimaadka Dadweynaha Columbus (Columbus Public Health) fadlan raac tilmaanta ay ku siiyaan, lana qeybso kalkaalinta dugsigaada warqadda ay ku siiyaan.

***Xariirka Sokke =** Xariirka sokke waa marka qofka u jirsado in ka yar 6 cag qof xanuunsan muddo 15 daqiiqo marka leysku darro, kana mid ah 48da saac ka horeyso calaamadaha ama noqday bostiifo marka la baaray.

Ilmaha Kaga Qayb Galaya Foolka-fool Algorithm

Heerka Talada Caafimaadka Shacabka Ohio 2-4 Degmooyin†

Waxa aad guriga ku haysaa Ilmaha leh CALAAMADAHA COVID-19:

Mid kamid ah kuwa soo socda¹:

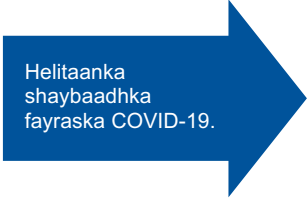
- Xumad (100.4°F ama ka saraysa)
- Qufac cusub ama kasii daraya
- Dhadhanka iyo urta oo guurta
- Cunaha oo xidhma
- Sanka oo xidhma oo cusub ama kasii dara ama duuf

AMA

Laba ama wax ka badan kuwa soo socda¹:

- Madax Xanuun
- Jidh xanuun
- Daal cusub ama kasii daraya
- Yalaalugo, hunqaaco ama shuban

¹ Calaamadaha loo nisbeeyo ee kale ee xanuunka. Go'aanka xarunta caafimaadka ayaa mar kasta hagaysa nidaamka baadhitaanka.



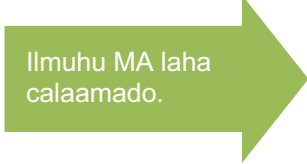
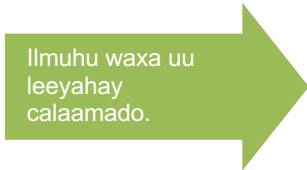
Waxa aad Ilmaha Ku Haysaa Guriga Ilaa Shuruudaha Daba Socodka La Buuxinayo:

Ka Helitaanka ama Baadhitaanka Caafimaadka	Waxaa fasaxa waaxda caafimaadka shacabka deegaanka
Maqan	Ilaa inta natiijada la ogaanayo
Laga Waayay	24+ saacadood oo bilaa xumad ah oo calaamadahana laga ladnaaday
Lama Baadhin	10 maalmood kadib marka ay calaamaduhu bilaabmeen iyo 24+ saacadood oo bilaa xumad iyo calaamadahana laga ladnaaday
Shaybaadh Kale	24+ saacadood oo bilaa xumad ah oo calaamadahana laga ladnaaday

Waxa aad guriga ku haysaa Ilmaha ay ISKU DHAWAADEEN cid qabta COVID-19:

U dhawaanshaha waxaa sheegta waaxda caafimaadka shacabka deegaanka

U dhawaanshaha waxaa weeye qofka u jirsada 6 fuudh qof kale ee shaybaadh lagu xaqiijiyay ama xarun caafimaad ay ka heshey inuu qabo COVID-19 ugu yaraan 15 daqiiqo.



Waxa aad Ilmaha Ku Haysaa Guriga Ilaa Shuruudaha Daba Socodka La Buuxinayo:

Helitaanka shaybaadhka fayraska COVID-19. Ilmaha waa inay fasaxdaa waaxda caafimaadka shacabka deegaanka.

Karantiinka iyo la socodka calaamadaha²

² Waaxda caafimaadka deegaanku waxa ay ka caawin doontaa dugsiyada iyo xarumaha daryeelka ilmaha ogaanshaha caruurta aan lahayn calaamadaha ee u baahan shaybaadhka marka goobta, fasalka ama kooxda dhan ay gaadhsiyaan.

† Degmooyinka hoos yimaada Heerka 1 ee Talada Caafimaadka waa inay raacaan tilmaamaha soo socda ee waaxda caafimaadka shacabka deegaanka.

Fadlan raac Xeerka Maamulka Ohio ee 3701-3-13 <http://codes.ohio.gov/oac/3701-3-13> ee karantiimada shubanka iyo xanuunada kale ee faafa.

