

Goorma ayuu qofku doonan karaa baadhitaanka fayruska koronaha?

Calaamadaha fayruska koronaha waxaay noqon karaan tusaale ahaan qufac, cune xanuun, cabudhaad, daal, dhibaatooyin dhanka neefsashada ah, murqo xanuun, qandho, isbaddal dareenka dhadhanka ah ama madax xanuun.

Haddii ad leedahay calaamado khafiif ah, joog guriga oo iska ilaali in aad dad la kulanto ilaa ad raysato.

Halkan ka eeg goorta ay tahay in aad tagto baadhitaanka koronaha:

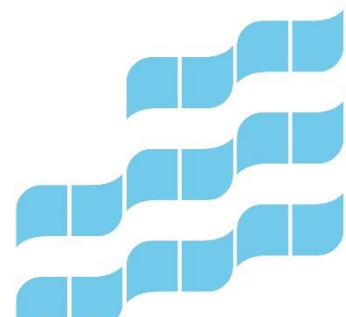
Dadka da'doodu ka waayntahay 12 sano:

Baadhitaanka koronaha looma baahna in aad tagto haddii calaamadahaagu ay khafiif yihiin **oo**

- ad tallaalka fayruska koronaha qaadatay labo jeer goorta lagu talaalayna ay ka soo wareegtay hal toddobaad **ama**
- ad u xanuunsatay infekshanka fayruska koronaha lixdii bilood ee la soo dhaafay **ama**
- ad u xanuunsatay infekshanka in ka badan lix bilood kahor laakiin ad heshay ugu yaraan hal tallaalka hal toddobaad kahor inta aanad calaamadaha isku arkin.

Tag baadhitaanka, xattaa haddii calaamadahaagu ay yihiin kuwo khafiif ah, haddii

- anan lagu tallaalin **ama**
- ad ku jirto shaqo ad macaamiil ugu adeegto oo arrimaha bulshada iyo daryeelka caafimaadka ah **ama**
- ad ogtahay in ad halis u gashay in aad fayruska koronaha qaado labo toddobaad gugadahood **ama**
- ad heshay ugu yaraan hal tallaalka anadna u xanuunsanin fayruska infekshanka koronaha.



Dadka da'doodu ka wayntahay 12 sano:

Dadka da'doodu ka yartahay 12 sano jir waa in ay tagaan baadhitaanka fayruska koronaha kalia haddii

- ay halis u galaan fayruska koronaha **ama**
- Qoyska waxaa ku jira dad 16 sano jirsaday oo anan qaadanin tallaalada oo dhamaystiran **ama**
- ilmuhu wuxuu ku socdaa baadhitaano isbitaalka ah ama muddo daryeel caafimaad ah 10 maalmood gudahood marka ay calaamaduhu bilaabmaan.

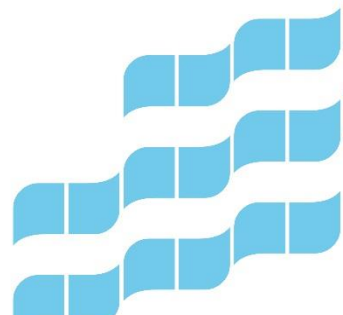
Haddii waalidku ay rabaan, waxaa la qaadi karaa baadhitaan, xataa haddii shardiyadaasi aynan buuxsamaynin.

Sideen u heli karaa baadhitaanka koronaha?

Marka ay tahay inaad baadhitaanka tagto, sidan u dhaqan:

- ka buuxi [cabiraadda xaaladda koronaha ee adeegga Omaolo.fi](https://www.cabiraadda.xaaladda.koronaha.ee/adeegga/Omaolo.fi) internetka **ama**
- wac adeegga caafimaadka:
 - Wac daryeelkaaga caafimaadka, xaruntaada caafimaadka ama lambarka la talinta adeegga caafimaadka oo lambarkiisu yahay 03 5657 0023 (maalin kasta saacadda 7–22).
 - Dadka lixaad la'aanta maqalka ama hadalka qaba waxaay farriin ku soo diri karaan lambarka 040 639 7700 (maalin kasta saacadda 7–22).
 - La talinta caafimaadka adeeggu markuu xidhanyahay, wac lambarka la talinta koronaha ee Tays 03 3116 5333.
 - Marka xaaladda gurmada ah lagu jiro 112.

Marka ad hesho wakhtiga baadhitaanka ee ku jira adeegga internetka Omaolo ama taleefanka, waxaad tagi kartaa. Baadhitaanka koronaha waxaa lagu qaadaa Tampere:



- Drive in- ka Hakametsä goobteeda tallaalka lagu qaado ee baarkinka garoonka barafka, *Waddada wayn ee Hervanta 57*: [Khaariddada Hakametsä iyo hagitaanka imaatinka ee finnishka ah](#) (pdf)
- Goobta baadhitaanka lagu qaado ee Nekala, *Viinikankatu 44*: [Khaariddada Nekala iyo hagitaanka imaatinka ee finnishka ah](#) (pdf)

Natiijada baadhitaanka koronaha

Waxaad helaysaa maalin ama labo maalmood kaddib fariin qoraal ah oo laguugu sheegayo natiijada baadhitaankaaga. Waxaad sidoo kale ka arkaysaa adeegga internetka ah ee

[Omakanta.fi](#). Guriga sii joog illaa wakhtigaas laga gaadhayo. Hala kulmin dad kale.

- Haddii natiijada baadhitaankaaga koronuhu uu yahay mid *negatif* (CV19NhO NEG), baadhitaanka lagaa qaaday kuma cadda inaad leedahay. Nollosha maalinlahaaga ah ee caadiga ah ayaad ku soo noqon kartaa, marka ad hal maalin oo bilaa calaamad xanuun ah ad guriga ku qaadatay.
- Haddii natiijada baadhitaankaaga fayruska koronuhu ay tahay mid boositif ah (CV19NhO POS), waxaad leedahay cudurka fayruska koronaha. Joog gurigaaga, si anad u qaadsiihin dadka kale. Sug illaa inta lagu soo wacayo ee lagu siinayo hagitaanada faahfaahsan.

