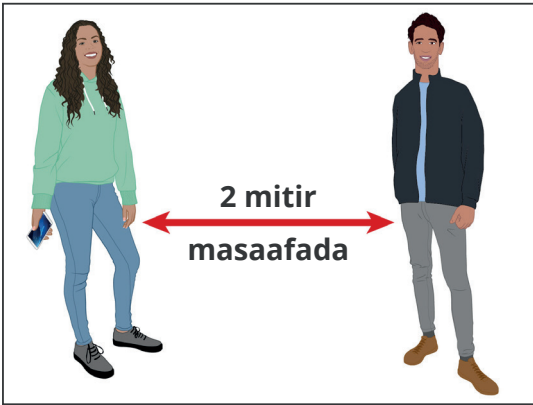


Caabuqa Corona

Halkan waxaad ka akhrisaysaa faahfaahin caabuqa Corona. Wxii su,aal ah la xiriir: 0800-1351



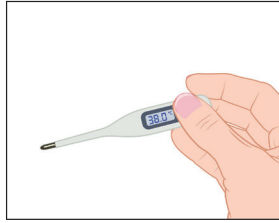
Talo ku saabsan Guriga:

- Joog guriga hana ka soo bixin haddaysan dani kuugu kallifin .
- Yaysan booqasho kuugu iman 3 qof ka badan.
- Ka fogoow dadka kale masaafu 2 mitir ah.



Talo ku saabsan bannaanka:

- Isla socodka koox **ka badan 2 qof waa la mamnuucay**. Booliska lacag badan ayuu ku ganaaxi karaa. Keliya qoys iyo carruurtooda isla wada socda ayaan la ganaaxaynin.
- Ka fogow dadka kale masaafu 2 mitir ah.
- Soo adeego kaligaa. Caruurta ha kaxaysan, hadday suurtagal kuu tahay.
- Bannaanka luga-baxsi waad u aadi kartaa, laakiin ka fogoow meelaha ay dad badani joogaan.
- Carruurta ka yar 12 sano waxay kula ciyaari karaan saaxibadood bannaanka, keliya hadday yihiin koox tiro yar.



Talo ku socota dadka xanuunsan:

haddii ay ku hayso qandho/xummad ka sarraysa 38 digrii, waa inaad Guriga joogtaa. Sidoo kale dadka Guriga kula degganna waa inay guriga joogaan.

Haddii aad 1 ama wax ka badan xanuunadan hoose isku aragto:


- Qufac
- Hindhiso
- Diif sanka gudhiisa
- Dhuun xanuun

Waa inaad guriga joogtaa kana fogaataa dadka kale ee guriga kula jooga.

Talo ku socota dadka waayeelka ah, dadka caafimaadkoodu liito ama xanuun kale qaba:

- Saaxiibadaa iyo Ehelkaaga Guriga kuuguma iman karaan haddii ay qabaan xannuunada sida (Hargab, Qufac, dhuun xanuun, Qandho)

Haddii aad rabto inaad ogaato inay tahay inaad la xiriirto dhakhtarka guud:

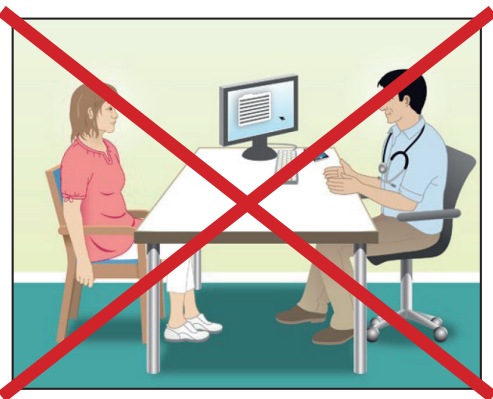
1. fiiri internet-ka bogga [Thuisarts.nl](https://www.thuisarts.nl)
2. ku buuxi qybta raadinta: Corona ka dib riix 'zoeken'
3. Ka dooro liiska: 'Ik denk dat ik het nieuwe coronavirus heb'
4. Riix qaybta kore  Voorlezen si aad qoraalka u dhegeysato

Haddii aad su,aal qabto:

La xiriir **0800-1351**

Ama ka raadi [Thuisarts.nl](https://www.thuisarts.nl) Corona.

Ha iska aadin dhakhtarkaaga guud



Talooyinkan waxay soconayaan illaa iyo 6da april waddanka Nederland oo dhan.