



# Waxaad samaynayso haddii lagaa hellay coronavirus (COVID-19)

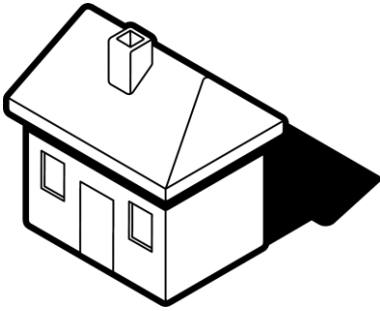
What to do if you've tested positive for coronavirus (COVID-19) – Somali

## Haddii lagaa hellay coronavirus (COVID-19)

**Waxaa waajiba inaad iskeli-yeesho ilaa Wasaarada Caafimaadka iyo Adeegyada Aadamigu ay kuu sheegaan waa amaan. Waa muhiim inaad raacdo tusahaan – sida qaanuunku farayo.**

Macluumaad intaas ka badan, la xiriir khadka coronavirus oo ah **1800 675 398** (24ka saacadood, 7da berri ee asbuuca).

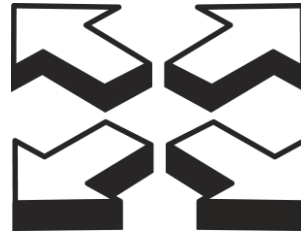
Haddii aad wacdo khadka coronavirus, waxaad heli kartaa turjubaan adigoo oo dooranaya xalka eber (0). Wicitaan kasta oo kale, haddii aad u baahan tahay turjubaan, wac TIS National **131 450** marka hore.



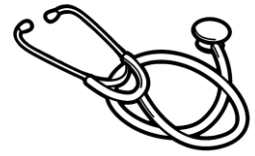
Guriga joog



Dhaq gacmaha oo dabool qufaca iyo hindhisada



Iska-keliyeel qoyska iyo saaxiibada



Haddii aad u baahan tahay caawimo, wac dhakhtarkaaga ama Khadka degdegta ah

## Maxaan ugu baahnahay in aan iskeli-yeelo?

Waxaa lagaa hellay coronavirus waxaana waajib kugu ah inaad iskeli-yeesho maadaama ay u badan tahay inaad ku fidiso dadka kale. Sida ugu fiican oo aad qoyskaaga iyo bulshada ku xafidi karto waa inaad joogto guriga kana fogaato dadka kale (kala-fogaansha jireed). Iskeli-yeelidu waa dhib badan tahay laakiin waxay xafidaa joojinta fiditaanka coronavirus.

Iskeli-yeelida macneheedu waa in aadan guriga ama meeshaad degan tahay aadan ka tegin, marka laga saaro daryeelka caafimaad ama xaallad degdeg ah. Gurigaaga uguma tegi kartid jimicsi. Waxaa laga yaabaa in lagugu ganaaxo \$4,957 haddii aad guriga ka tagto iyada oo ay ahayd inaad iskeli-yeesho. Guriga joog amaana ahaw.

Haddii qof kale oo taqaan uu leeyahay astaamaha waxaa waajiba inay isbaaraan oo guriga joogaan.

Sidee isu keli-yeellaa? Waxaa waajiba inaad isla markiiba tagto meel aad isku-keli yeelli karto, adiga oo aan meelna istaagin. Kaasina badanaa waa gurigaaga, laakiin Wasaarada Caafimaadka iyo Adeega Aadamiga ayaa laga yaabaa inay kugu keliyeesho meel ku haboon.

Waxaa waajiba inaad isla markiiba aado meel aad isku keli-yeelli karto.

## **Maxaan ugu baahanahay in aan sheego?**

Ka dib marka lagu sheego inaad qabto cudurka, waxaa waajiba inaad u sheegto qofkaad u shaqayso waxaad kaloo u sheegi kartaa dadkaad wada xiriirtaan. 'Dadka aad isku xiran tihiin' waa kuwa aad u gudbin karto fayraska, kuwaas waxaa ka mid ah dadkaad wada nooshihiin, wada shaqaysaan, ama aad isugu timaadaan wada-xiriir bulsho.

Dadka aad la nooshahay ayaa u baahan doona inay iskeli yeellaan, maadaama ay jirto fursada ah inay qabi karaan coronavirus. Kuwaas waxaa ku jira carruurtaada.

## **Maxaa dhacaya marka layga hello cudurka?**

Kooxda caafimaadka dadweynaha ayaa kula hadli doonta si ay wax kaaga weydiiyaan dadkaad la kulantay. Kooxda caafimaadka dadweynaha ayaa la kulmi doona dadka loo arko inaad aad isugu dhoweydeen. Waxay xusayaan meeshaad isku keli yeellayso iyo cidda kula noolaanaysa.

Kooxda caafimaadka dadweynaha ayaa kuula soo xiriiri doonta si joogto ah. Waxaad had iyo jeer la xiriiri kartaa dadkaaga haddii aad u baahan tahay caawima siyaada ah ama aad qabto wax su'aalla oo kale oo ku saabsan amaan iyo caafimaad ahaanta. Waxaa waajiba inaad iskeli-yeesho ilaa kooxdu ku siiso inaad tegi karto.

## **Sida loo ahaado amaan**

Waxaa waajib kugu ah in aadan guriga ama degaanka ka bixin, marka laga saaro inaad raadiso baarid caafimaad ama xaallad degdeg ah.

- Ka saar naftaada dadka kaleeto ee gurigaaga jooga adiga oo joogaya qol gaara.
- U dhaq gacmahaaga si joogto ah kuna dabool qufacaaga ama hindhisadaada.
- Gasho maaskiga qaliinka markaad isla qol la joogto dad kale kana fogow kuwa kale 1.5 mitir.
- Isticmaal qol gaara oo qubaysi, haddii ay suurtoowdo.
- Iska ilaali inaad wadaagtaan alaabta guriga (sida suxuunta, koobabka iyo mindiyaha).
- Nadiifi waxyaallaha guriga laga isticmaalo (miisaska dushooda, albaabada, kumbuyuutarada, tuubooyinka ama meelaha la qabsado).
- Gasho maaskiga qaliinka iyo galoofyo la iska tuuri karo markaad qabanayso waxyaalla adag.
- Iskaga tuur waxyaallaha wasakahysan sida galoofyada iyo maaskiyada biinka wasakhda.
- Ha ogolaan in lagugu soo booqdo gurigaaga dhexdiisa ama meeshaad degan tahay.
- Haddii aad ku nooshay guri gaara waxaad tegi kartaa jardiinkaaga ama baalkonigaaga. Waxaa waajiba inaad xirato maaskiga qaliinka markaad guriga isaga gooshayso.

Weydii saaxiibo ama qoyska, aan looga baahnayn inay iskeli yeellaan, inay kuu keenaan cunto ama wixii kale oo aad u baahan tahay.

Waxaa laga yaabaa in lagu ganaaxo \$4,957 haddii aad ka tagto gurigaaga adiga oo lagaaga baahnaa inaad iskeli-yeesho. Guriga joog amaana ahaw.

## **La socio astaamahaaga**

Haddii astaamahaagu ka sii daran, wac dhakhtar. Haddii ay tahay xaallad degdeg ah, wac dhakhtarkaaga. Haddii ay tahay xaallad degdeg ah (tusaale ahaan, haddii neefsigu kugu adag yahay) wac 000 codsona ambalansta. U sheeg saraakiisha caafimaadka inaad qabto coronavirus (COVID-19).

## Ilaali samaqabkaaga

Inaad iskeli-yeesho waxay noqon kartaa wax adag, khaasatan carruurta.

- La hadal xubnaha kale ee guriga. Fahmida macluumaadka ku saabsan COVID-19 ayaa hoos u dhigi doonta walaaca.
- Kala hadal shaqadaada inaad shaqada guriga ku soo qabato, haddii ay suurtagal tahay.
- Ka kaalmay ilmahaaga inuu guriga wax ku barto. Ka gal macluumaadka la heli karo online-ka.
- La xiriir qoyska iyo saaxiibada adiga oo ka wacaya telefoonka, warbaahinta bulshada ama email.
- Xasuuso in iskeliyeelidu aanay muddo dheer sii jiri doonin.
- Ka gal macluumaadka online – kuwaas oo ay ku jiraan talada hurdada, samaqabka iyo jimicsi ku samaynta guriga. Fiidow ayaa laga heli karaa [Wellbeing Victoria](https://www.together.vic.gov.au/wellbeing-victoria) <https://www.together.vic.gov.au/wellbeing-victoria>.

Haddii aadan maarayn karayn, la hadal dhakhtarkaaga:

- [Lifeline Australia](https://www.lifeline.org.au/) <https://www.lifeline.org.au/>, wac: **13 11 14**  
Adeega kaalmada qalalaasaha kaas oo bixiya kaalmo mar walba.
- [Beyond Blue](https://www.beyondblue.org.au/) <https://www.beyondblue.org.au/>, wac: **1300 22 4636**  
They are providing specialist help for people in isolation.
- [Kids Helpline](https://www.kidshelpline.com.au/) <https://www.kidshelpline.com.au/>, wac: **1800 551800**  
Adeeg talasiin ah lacag la'aana oo qarsoodi ah oo dadka dhalinta yar.

## Kaalmo ayaa la heli karaa

Lacag hal mar ah oo dhan \$1,500 ayaa la heli karaa si loogu kaalmeeyo dadka reer Fiktooriya oo xaq u leh kuwaas oo laga helay coronavirus ama aad ugu dhowaa dadka laga helay jirada.

Macluumaad intaas ka badan booqo [Pandemic Leave Disaster Payment](https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment) <https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment>.

Sahayda gargaarka degdega ah oo ay jirto cunto iyo waxyaalla shakhsiyeed ayaa la heli karaa haddii aadan kaalmo ka heli karin saaxiibo ama qoys.

Macluumaad ku saabsan kaalmo iyo sahayda gargaarka degdegta ah ama caawimada helitaanka cuntooyin, booqo, [DHHS.vic. – Quarantine and isolation](https://www.dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19) <https://www.dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19> ama wac Khadka coronavirus telefoonka **1800 675 398**.

## Macluumaadka daryeelbixiyayaasha iyo xubnaha kale ee qoyska

Haddii aad daryeellayso xubin jiran oo qoyska ka mid ah waxaa jira waxyaalla muhiima oo loo baahan yahay inaad samayso si aad qof walba oo guriga jooga uga dhigto amaan:

- Xaqiiji in qofka jiran ku ekaado hal qol, kana fogaado kuwa kaleeto.
- Albaabka u xir, daaqadaha u fur, markay suurtagal tahay.
- Aad u yaray tirada daryeellayaasha.
- Had iyo jeer ku dhaq gacmahaaga saabuun iyo biyo ama isticmaal fayadhowrka gacanta ka hor iyo ka dib gelida musqusha.
- Ku hay qofka jiran alaabtiisa adeegsiga meel ka baxsan meesha dadka kale alaabtoodu taal.
- Haddii la heli karo, gasho maaskiga qaliinka (kan halka mar la isticmaalo) markaad joogto qofka jiran qolkiisa. Haddii aadan haysan maaskiga qaliinka, isticmaal waji daboolle, sida iskaaf ama bandana.
- Si joogto ah u nadiifi dusha sheeyada aadka ay u isticmaalaan sida tabletops-ka, albaabada, keyboards-ka, tuubada iyo meesha albaabka la qabto.
- Ku rid tiishiyuuga iyo maaskiyada balaastig baag xirmaya.

- Gasho maaskiga iyo galoofiska markaad qabanayso lawndariga kuna dhaq biyo aad u kulul.
- Yaanay kuu imaan martiyi.

Haddii qofka xaalkiisu ka sii daro, wac Khadka coronavirus oo ah **1800 675 398** wixii talo ah. Haddii aad u baahan tahay inaad u tagto dhakhtarkaaga, horay u sii wac si ay kuugu diyaar garoobaan.

## La socio astaamaha

Haddii qofka aad daryeellaysaa uu yeesho astaamaha aadka u daran, sida neefta oo ku adkaata, wac saddex eber (000) weydiina ambalansta.

Haddii kaleeto oo leeyahay astaamaha waa in la baaraa qofkaasina joogaa guriga.

Isbaar haddii aad leedahay mid ka mid astaamahaan: xumad, qabow, ama dhidid, qufac ama cuna xanuun, neefta oo kugu yar, sanko oo biya kaa socdaan, lumitaanka urka ama dhadhanka.

## To find out more information about coronavirus and how to stay safe visit

[DHHS.vic – coronavirus disease \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus)

<<https://www.dhhs.vic.gov.au/coronavirus>>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit

[DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>



For any questions

**Coronavirus hotline 1800 675 398 (24 hours)**

Please keep Triple Zero (000) for emergencies only

To receive this document in another format phone 1300 651 160 using the National Relay Service 13 36 77 if required, or [email Emergency Management Communications](mailto:covid-19@dhhs.vic.gov.au) <covid-19@dhhs.vic.gov.au>.

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Available at [DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>