

Isgooniyeelista qofka COVID-19 qaba

Hagitaan muddo gaaban

Macluumaad loogu talagalay dadka ku nool hoy ay taageerto Dawladda Ireland



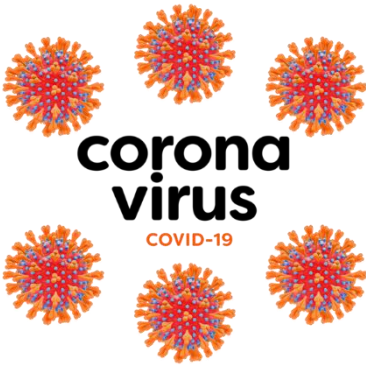
Hage si fudud loo Akhrin Karo

Juun 2023

Ku saabsan buugyarahan



Rialtas na hÉireann
Government of Ireland

 The graphic shows six orange and red coronavirus particles arranged in a circle around the text 'corona virus' in bold black letters, with 'COVID-19' in smaller red letters below it.	Buug-yarahani wuxu ku saabsan is-go'doominta. Waxa laga yaabaa inaad u baahato inaad COVID-19-ka jira Ireland dartiis isu go'doomiso.
 The diagram shows a hierarchy of human silhouettes. At the top is one person. Below it are two people connected by a red line. At the bottom are four people, with red lines connecting them to the two people above, illustrating a social distancing or contact tracing structure.	Dawladdu waxay isku dayaysaa inay yareysa xawaaraha COVID-19 uu ku fidayo. Tan waxay sameyn karaan keliya haddii ay caawimadaada helaan.
 The logo for the Health Service Executive (HSE) of Ireland, featuring the letters 'HSE' in a stylized green font.	Wixii macluumaad cusub ah HSE ayaa idiin soo marineysa barta www.hse.ie Qaabka ugu fiican ee aad naftaada, qoyskaaga iyo asxaabtaada u ilaalin karto waa inaad qaadato COVID-19. Waxaad macluumaad dheeraad ah ka heli kartaa barta www2.hse.ie/screening-and-vaccinations/covid-19-vaccine/

Waa maxay isgo'doomintu?



Is-go'doomintu waxa loola jeedaa inaad hoygaaga keligaa ku negaato inta ugu badan ee suurtagalka ah.

Waxaad u baahan tahay inaad dadka aad la nooshahay uga durugto sida ugu badan ee suurtagalka ah. Keligaa dibadda waad u bixi kartaa.



Waxa laga yaabaa inaad u baahato inaad degto qol kuu gaar ah.

Mararka qaarkood, waxa laga yaabaa inaanu kaa dalbano inaad baxdo oo tagto goob khaas ah oo loogu talagalay is-go'doominta.

Goobtan waxa loo yaqaan xarunta is-go'doominta.

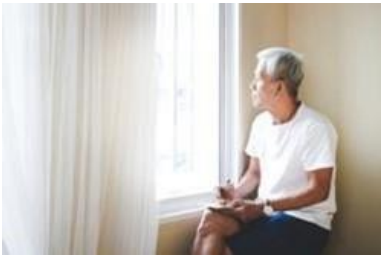
Waa maxay sababta aad ugu baahan tahay inaad is-go'doomiso?

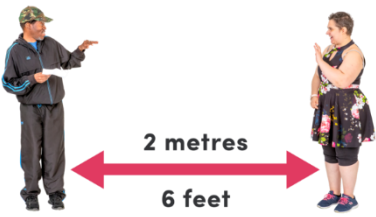
	Haddii aad qabto COVID-19 waxa laga yaabaa inaad yeelato astaamo muujinaya inaad jirran tahay. Tusaale ahaan, qufac, cuno xanuun, ama madax xanuun. Kuwan waxa loo yaqaano astaamaha xanuunka.
	Markaad leedahay astaamo jirro, waxaad u baahan tahay inaad ka fogaato dadka kale. Shaqaalahaaga daryeelka caafimaadka ayaa kaa dalban kara inaad iskarantiisho si looga ilaaliyo in dadka kale COVID-19 qaadaan.
	Waxa laga yaabaa inaad u baahato inaad iska baarto COVID-19. Waxaad mari kartaa baaritaan loo yaqaano baaritaanka antijen. Waa inaad is-go'doomisaa ka hor intaadan iska baarin COVID-19 iyo inta aad sugeyso natiijooyinka baaritaanka.

	Haddii aad leedahay astaamihii cudurka COVID-19 balse aadan is baarin, waa inaad is-go'doomiso. Waa inaad is-go'doominta ku sii jirtaa muddo 2 beri ah inta astaamuhu ka baaba'ayaan.
	Haddii aad marto baaritaanka antijen oo natiijadu soo baxdo mid togan, taasi waxay la macno inaad qabto COVID-19. Waxaad u baahan tahay inaad is-go'doomiso muddo 5 beri ah. 5-ta beri waxay ka bilaabmayaan taariikhda baaritaanka ama marka aad isku aragtay astaamaha cudurka. Waad joojin kartaa is-go'doominta 5 beri ka dib haddii aadan yeelan wax astaamo cudur ah 2-dii beri u dambeysay. Carruurta go'doominta waxa laga joojin karaa 3 beri kadib haddii aanay 2-dii beri ee u dambeeyay yeelan wax astaamo cudur ah.
	Haddii lagaa helo cudurka COVID-19, oo aad leedahay astaamo sahlan, uma baahnid in isbitaal lagu dhigo. Laakiin weli waa inaad is-go'doomiso.

	Haddii aad leedahay astaamaha COVID-19, balse natiijada baaristaadu noqot mid cudurka laga waayay, waa inaad is-go'doomiso illaa inta aadan muddo 2 beri ah isku arkayn wax astaamo ah.
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Haddii lagaa dalbado inaad iskarantiisho waa inaad:

	Ku jirtaa qolkaaga ama goob dadka kale ka durugsan.
	Waad furan kartaa daaqadaha si aad u hesho hawo fireesh ah.
	Ha u ogolaan qofna inay kugu soo booqdaan qolkaaga ama ha ka furin albaabka qofna wixii aan ka aheyn shaqaalaha caafimaadka.

	Dadka kale ee kula deggan hoyga uga durug sida ugu badan ee suurtoogalka ah. Haddii ay lagama maarmaan noqoto inaad qof la kulanto, masaafo u jirso.
	Haddii ay suurtoogal tahay, isticmaal musqul iyo qubeys ka gaar ah dadka kale ee kula degan hoygaaga.
	Haddii aadan isticmaali kareyn musqul kuu gaar ah, hubi inaad musqusha nadaafadeeda aad u ilaaliso.
	Gacmahaaga si joogto ah u dhaq. Ilaali nadaafada gacmahaaga adigoo si joogto ah ugu dhaqaya biyo iyo saabuun.

Sida aad gacmahaaga ugu dhaqayso biyo iyo saabuun

	Gacmahaaga ku qoy biyo diirran.
	Mari waxoogaa saabuun ah.
	Isku xoq gacmahaaga illaa inta saabuuntu xumbo badan sameynayso.
	Xoq korka sare ee gacmahaaga, faraha dhexdooda, iyo ciddiyaha hoostooda.



Sidan wad muddo 20 ilbiriqsi ah.



Gacmahaaga biyo soconaya ku biyo raaci.



Gacmahaaga ku nadiidi shukumaan qallalan ama tiish.

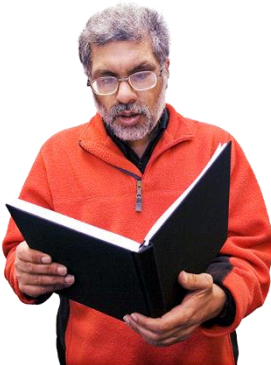
Dabool qufacaaga iyo hindhisada

	Markaad qufacayso ama hindhisayso, ku dabool afkaaga iyo sankaaaga tiish nadiif ah.
	Tiishashka la isticmaalay ku rid weel qashin afxiran.
	Dhaq gacmahaaga.
	Ku qufac ama ku hindhis suxulkaaga oo laaban haddii aadan haysan tiish.

Alaabada ha wadaagin

	Isku day in aadan waxyaabahan la wadaagin dadka kale ee xaruntaada hoyga jooga. Tusaale • Suxuunta • Koobabka biyaha lagu cabbo • Koobabka • Mindiyaha, fargeetooyinka, iyo qaadooyinka • Shukumaanada • Sariiraha ama gogosha
	Cuntooyinka waxaanu kuugu keeni doonaa qolkaaga ama qorshe cunto ayaa laga sameyn doonaa xarruntaada.
	Ha wadaagina ramuudada ama gacmaha giimamka.

Ilaalinta fayoaqabkaaga xilliga is-go'doominta

	Waxa laga yaabaa inaad warwart muddadan adag. Waxa jira waxyaabo badan oo aad sameyn karto si aad u taageerto caafimaadkaaga maskaxeed.
	Isku day inaad qolkaaga ama meesha aad ku jirto dhex socsocoto. Dibadda waad u bixi kartaa haddii aad meel kuu gaar ah helayso.
	Waxaad sidoo kale • Akhrisan kartaa buugaag • Daawan kartaa Talafeeshin ama barnaamijyo onlayn ah
	Waxa laga yaaba inay ku caawiso inaad asxaabta iyo qoyska kula xiriirto taleefan ama baraha bulshada.



Wixii talo dheeraad ah:

www.yourmentalhealth.ie

Wixii talo ah ee ku saabsan sida aad u ilaalinayso caafimakaaga maskaxeed, u soo jeedayso, ee dadka ula xiriireyso booqo:

<https://www.gov.ie/en/publication/c803e-managing-your-mood/>

Haddii aad karantiil ku jirto oo ka soo darto



Haddii aad dareento inaad ka soo dareyso, wac dhakhtarkaaga.

Haddii aad joogto xarrun hoy wac maamulaha xarrunta ama shaqaalaha caafimaadka ee xarrunta.



Haddii xaaladu tahay mid degdeg ah, ambalaas ka wac 112 ama 999.

U sheeg haddii aad qabto ama laga yaabo inaad qabto COVID-19.

Waxa daabacay HSE

Juun 2023

Waxa laga soo qaatay Talada Caafimaadka Dadweynaha ee HSE ee Easy Read 2020.

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Macluumaad dheeraad ah ayaa ku jira barta www.easy-to-read.eu