



Calaamadaha fayrasyada caadiga ah ee neef-mareenka sida hargabka, COVID-19 ama RSV-waxaa kamid noqon kara qandho, qarqaryo, daal badan, qufac, duuf iyo madax xanuun. Raac talooyinkan si aad dhinto khatarta ah inaad dadka kale qaadaan iyo inaad ogaato marka aad u baahan tahay daaweyn. Tilmaamahan ma khuseeyaan shaqaalaha daryeelka caafimaadka.

## Haddii aad leedahay Calaamadaha Fayraska Neef-mareenka

- **Ka fogaw xiriirka lala yeesho** dadka kale-oo ay kamid yihiin kuwa aad la nooshahay ee aan jiranayn. Haddii aadan ka fogaan karin inaad la xiriirto dadka kale, raac talaabooyinka dheeraadka ah ee hoose si aad u yareyso halista inaad dadka kale qaadsiiiso.
- **Tixgali iska baaritaanka COVID-19** si ay kaaga caawiso inaad go'aansato haddii aad u baahan tahay inaad qaado talaabooyin badan si aad naftaada iyo dadka kaleba u ilaaliso.
- **Kala hadal daryeel bixiyaha caafimaad daaweynt** isla markaaba hadii aad halis sare ugu jirto inaad aad u xanuunsato ama haddii calaamadahaagu ka sii daraan. Dadka khatarta sare ugu jira jiro daran waxaa kamid ah carruurta yaryar, dadka waaweyn, dadka difaaca jirkoodu daciif yahay, haweenka uurka leh, iyo dadka naafada ah.
- Daawaynta waa in la bilaabo dhawr maalmood gudahooda marka shaqada laga xanuunsado. Daawooyinkani waxay kaa dhigi karaan inay yaraato inaad aad u xanuunsan doonto ama aad u baahan tahay inaad cusbitaalka aado.

## Kusoo Noqoshada Hawlaha caadiga ah

- Waxaad dib ugu noqon kartaa hawlaha caadiga ah kadib ugu yaraan hal maalin (24 saac) **Haddii aad guud ahaan ka roonaato oo aanad yeelan qandho ugu yaraan 24 saacadood** adiga oo aan isticmaalin daawooyinka qandho jabinta.
- **Kadib markaad ku soo noqoto hawlahaga caadiga ah, qaado talaabooyinkan dheeraad ah 5 maalmood ee soo socda.** Talaabooyinka badan ee aad qaaddo, waxay yaraynaysaa halista aad ku qaadsiiin karto dadka kale.
  - Gacmahaaga ku dhaq saabuun iyo biyo ama isticmaal nadiifiyaha gacmaha markasta.
  - Ka fogaw jir ahaan dadka kale intii suurtagal ah.
  - Xiro maaskarada wajiga si fiican kuu la'eg oo tayo sare leh.
  - Kordhi tayada hawada adigoo furaya daaqad, adoo isticmaalaya shaandhada hawada, ama banaanka isugu soo baxaya.
  - Nadiifi oo jeermiska ka dil sagxadaha intii suurtagal ah.
- Waad sii wadi kartaa inaad fayraska usi gudbisno dadka kale, xitaa haddii aadka bogsatay. Haddii aad qandho yeelato ama aad bilowdo inaad dareento inaad ka sii darayso, iska ilaali inaad la xiriirto dadka kale mar kale ilaa aad ka bogsato.
- Goobtaada shaqada, dugsiga ama barnaamijka daryeelka ilmahaaga waxaa laga yaabaa inuu lahaado xeerar kusoo laabasho oo kala duwan kadib markaad jirato. Fadlan si toos ah uga hubi ururka si aad wax badan uga ogaato.



Symptoms of common respiratory viruses-like flu, COVID-19 or RSV-may include fever, chills, feeling very tired, cough, runny nose and headache. Follow these recommendations to lower the risk of getting other people sick and to know when you might need treatment. This guidance does not apply to health care workers.

## If You Have Respiratory Virus Symptoms

- **Avoid contact with other** people-including those you live with who are not sick. If you can't avoid contact with others, follow the extra steps below to lower the risk of getting others sick.
- **Consider testing for COVID-19** to help you decide if you need to take more steps to protect yourself and others.
- **Talk to a health care provider about treatment** right away if you are at higher risk of getting very sick or if your symptoms get worse. People at higher risk for severe illness include young children, older adults, people with weakened immune systems, people who are pregnant, and people with disabilities.
- Treatment must be started within a few days of getting sick to work. These medicines can make it less likely you will get very sick or need to go to the hospital.

## Returning to Normal Activities

- You can go back to normal activities after at least one day (24 hours) **if you are feeling better overall and have not had a fever for at least 24 hours** without using fever-reducing medicines.
- **After returning to normal activities, take these extra steps for the next 5 days.** The more steps you take, the lower your risk of getting others sick.
  - Wash your hands with soap and water or use hand sanitizer often.
  - Keep a physical distance from other people as much as possible.
  - Wear a face mask that fits well and is high quality.
  - Improve the air quality by opening a window, using an air filter, or gathering outside.
  - Clean and disinfect surfaces as much as possible.
- You can continue to spread the virus to others, even if you're feeling better. If you develop a fever or start to feel worse, avoid contact with others again until you feel better.
- Your workplace, school or child care program may have different return policies after being sick. Please check with the organization directly to learn more.