



UK Government

NHS

Test and Trace

Sida aad naftaadu uga baareyso cudurka fayraska korona (COVID-19) ka hor in aadan cusbitaalka aadin



Kani waa hage si fudud loo akhriyo.

Jannaayo 2021

Tusmo

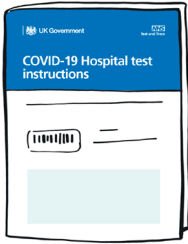
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1 Hordhac



Department
of Health &
Social Care

Hagahaan wuxuu ka soo baxay Waaxda
Caafimaadka iyo Daryeelka Bulshada ee
Dowladda.



Wuxuu kuu sheegayaa:

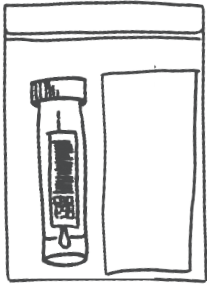
- waxa la sameeyo marka aad hesho
xirmadaada qalabka baaritaanka.



- Sida aad isaga baareyso korona
fayraska.

Korona fayras waa cudur ku faafaya
caalamka oo dhan. Dad badan ayaa waxay
ugu yeeraan COVID-19.

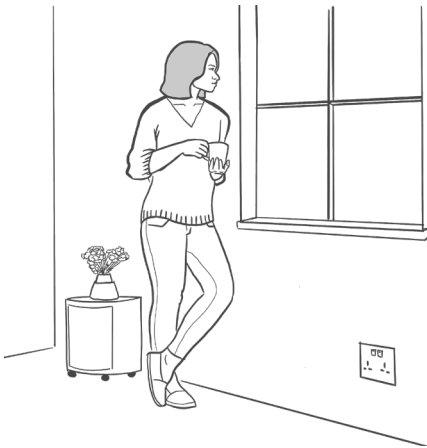
Withdrawn 11 May 2022



Waxaannu haynaa qalab baaritaan oo loogu talagalay fayraska korona (coronavirus)

. Baaritaanka ayaa waxaa isku sameeyn kara adiga naftaada.

Waxaad u baahan tahay in aad baaritaanka sameeyso oo aad is-karantiisho muddo 3 maalmood ah ka hor inta aadan cusbitaalka tagin si aad u xaqiijiso in aadan xanuunsanayn.



Iskarantiilistu waxyar ka dhigan tahay:

- wad in aad gurigaaga joogtaa.



- dadka kale uma dhowaan kartid.



Korona fayras

Waxaad qabi kartaa korona fayras adiga oo aanan dareemin xanuun.



Dadka qaar aad iyo aad ayay ula xanuunsadaan.

Astaamaha korona fayraska

Waxaad yeellan kartaa heerkul sare iyo qafac.



Waxaa laga yaabaa in aadan awoodin in aad wax dhadhamiso ama uriso.

Haddii aad qabtid wax ka mid ah astaamaha korona fayras waa in aad is-karantiisho waxaadna xajisan ama ballansan kartaa baaritaan.



2

Diiwaangeli xirmadaada ka hor inta aadan baaritaanka sameyn

Run ahaantii waa muhiim in aad diiwaangeliso baaritaankaaga isla-markiiba marka aad hesho xirmadaada.



Haddii aadan diiwaangelin, adiga iyo cusbitaalkaba ma heli kartiin natiijooyinkaaga baaritaanka habraacaagana waxaa laga yaabaa in uu dib u dhaco.

Diiwaangeli baaritaankaaga adiga oo booqanaya:

www.gov.uk/register-hospital-test

Si aad u diiwaangeliso waxaad u baahan doontaa:

- **daawonsiga dalabkaaga (ID).** Wuxuu ka kooban yahay ilaa 10 lambar. Waxaad kani ka heli kartaa farriinta aad heshay.
- **barkoodhka xirmadaada baaritaanka.** Wuxuu ka kooban yahay 11 xuruuf iyo lambarro. Barkoodhkan ka eeg buug-yarahaaga, tuubada caaga ah, bacda aan-daadin iyo sanduuqa soo-celinta.
- **barkoodhkaaga boostada Royal Mail** ee ku yaalla warqadda lagu dhejiyo boostada ee lacagteeda horey loo bixiyay. Wuxuu ka kooban yahay ilaa 13 xuruuf iyo lambarro.



3

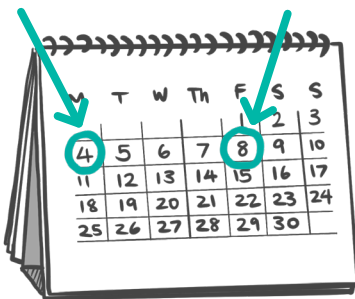
Ballanso qaadista baqshadaada



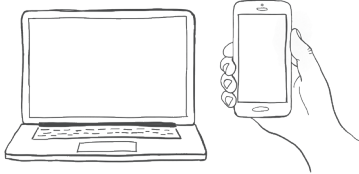
Qaadaha waa qofka qaadaya xirmada baaritaankaaga ee geynaya shaybaarka

Ballanso qaadaha

Maalinta cusbitaalka



Waxaad u baahan tahay in aad ballansato cidda qaadaysa 4 maalmood ka hor inta aadan cusbitaalka aadin.



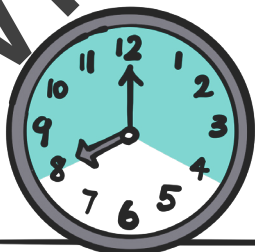
Si aad u xajisato ama u ballansato qofka qaadaya, booqo

www.collections.royalmail.com

laga bilaabo 8 subaxinimo(am) ilaa 6 galabnimo(pm) ama wac 0800 0511811.



Waxaad u baahan doontaa barkoodhkaaga Royal Mail.



8 subaxinimo – 4 galabnimo

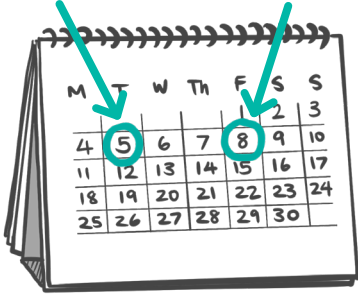
Qofka qaadaya ayaa imaan doonta inta u dhaxeysa 8 subaxnimo(am) iyo 4 galabnimo(pm) ee maalinta xigta.

4

U-diyaar-garow baaritaanka

Baaritaanka iska qaad

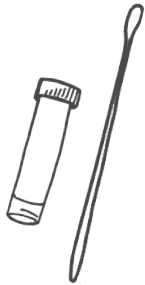
Maalinta cusbitaalka



Baaritaankaagu samee 3 maalmood ka hor inta aadan cusbitaalka aadin.

Waxaad u baahan tahay in aad baaritaanka sameyso oo aad xirmada qalabkaaga xirxirto ka hor 7 subaxnimo(pm) ee maalinta, si loogu diyaariyo qaadista.

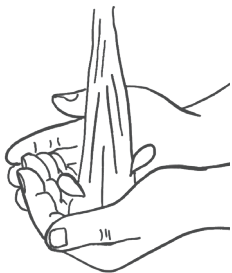
Baaritaanka ma ahan wax laga walwalo. Wuxuu noqon doonaa mid degdeg ah oo aanan waxyeello ka geysan doonin.



Nadiifi oo qalaji sagxadda. Kadibna alaabta ku jirta xirmada baaritaanka ku fur sagxadda korkeeda.

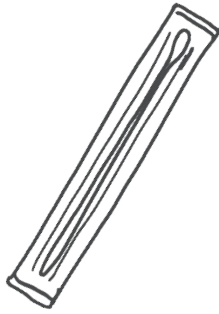


Haddii sankaaugu uu diif ka socdo, waxaad u baahan doontaa in aan ku diifsato tiish ka hor inta aadan baaritaanka iska qaadin.



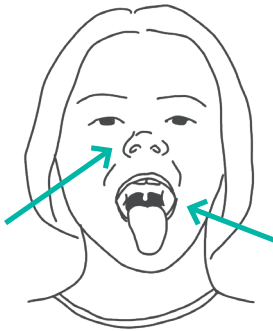
Ka hor inta aadan baaritaanka iska qaadin, gacmahaaga ku dhaq biyo iyo saabuun.

With drawn 11 May 2022



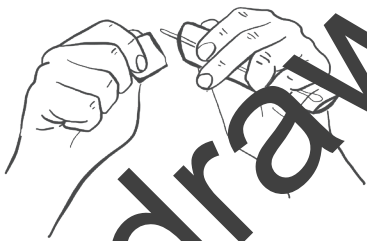
Baaritaanka waxaa laga qaadi doonaa cunahaaga ama sankaaga iyada oo la adeegsanayo **qoriga madaxa suufka kaga duuban.**

Qoriga madaxa suufka kaga duuban waa sida qoriga dhukayga la isaga bixiyo oo weyn.



Waxaad u isticmaali doontaa isla qoriga madaxa suufka cunahaaga iyo sankaaga.

Haddii aadaa dhacaanka cunahaaga ka soo qaadi kalin, waxaad beddelkaa ka soo qaadi kartaa labada dallool ee sankaaga.



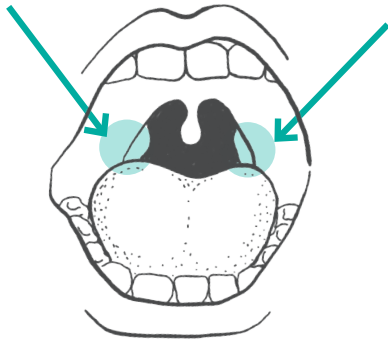
Fur xirmada si tartiib ahna uga soo bixi **qoriga madaxa suufka kaga duuban.**



Caaradda qoriga madaxa suufka kaga duuban waa in aysan taaban sagxaddo kale ama waxay halayn kartaa ama wax u dhimi kartaa natiijooyinkaaga.

5

Qoriga madaxa suufka kaga duuban ee cunaha

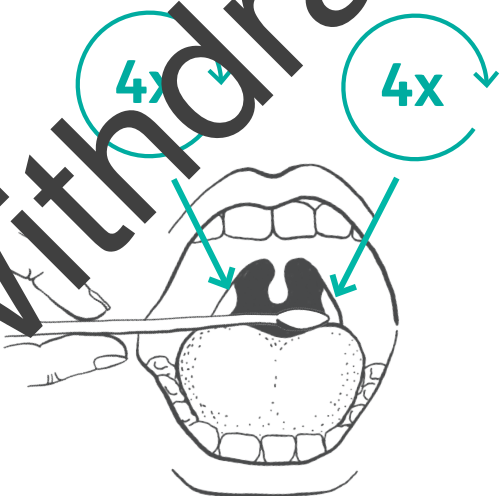


Eeg gudaha afkaaga oo hel qumankaaga. Qumankaaga waxa qaybta jilicsan ee ku taalla xagga dambe ee dhuntaada.



Waxaad u baahan tahay in aad afkaaga kala furto oo aad carabkaaga bannaanka u soo saarto.

U adeegso qoriga madaxa suufka kaga duuban in aad sambal uga soo qaado dhuntaada

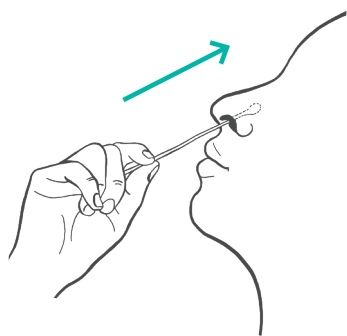


Si tartiib ah ugu xoq qoriga madaxa suufka kaga duuban qumanka ku yaalla xagga dambe ee cunahaaga 4 jeer dhinac kasta.

Waxaa laga yaabaa in ay xoogaa raaxo la'aan ah keento waxayna kaa dhigi kartaa in aad margasho dareento, balse kuma xanuunjin doonto.

6

Qoriga madaxa suufka kaga duuban ee sankka



Adeegso isla qorigaasi madaxa suufka kaga duuban si aad sambal uga soo qaado sankaga. Haddii uu duran yahay mid ka mid ah daloolka sankaga, ka soo qaad daloolka kale.

Geli qoriga madaxa suufka kaga duuban daloolka sankaga si tartiib ah hore ugu riix.

Kuma xanuunjin doono oo meel fog ma gaari doon.

Si tartiib ah qoriga ugu warwareeji muddo 10 wareeg oo dhammeystiran.

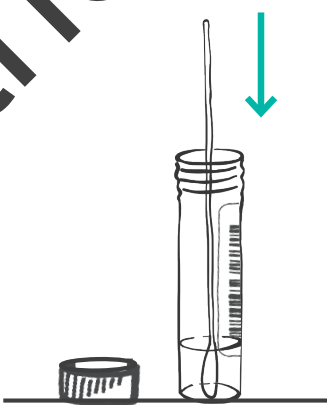
Kuma xanuunjin doono balse waxaa laga yaabaa in uu xoogaa raaxo la'aan ah kuu keenno.

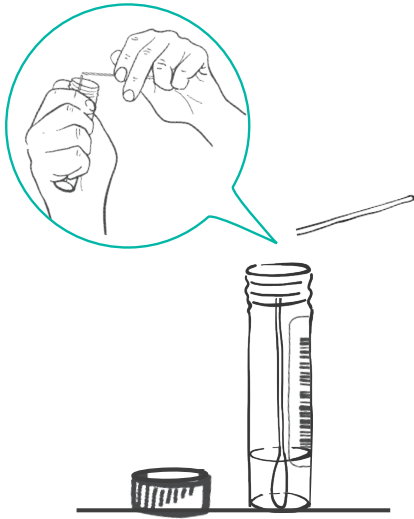
Haddii aadan dheecaanka ka soo qaadin cunahaaga, haddaba dheecaanka ka soo qaad daloolka kale ee sankka.

Geli qoriga madaxa suufka kaga duuban **tuubada caaga ah**.

Tuubada caaga ah waa weel yar oo uu dareere yar ka buuxo.

Hubso in dareeruhu uu ku sii jiro tuubada.





Ka jabi dhammaadka dambe ee qoriga madaxa suufka kaag duuban si uu u galo gudaha tuubka caaga ah adiga oo aan laabin.



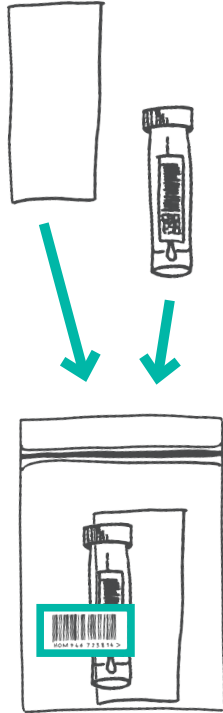
Si adag u dhuuji daboolka tuubka caaga ah ka-dibna hubi in uu si sax qo ugu xirmay.



Waa intaas oo keliya, si fiican ayaad sameeysay. Haddaba waxaad u baahan tahay in aad xirxirto qalabka baaritaanka si aad ugu diyaariso qaadista.

7

Xirxir qalabka baaritaankaaga



Marada qoyaanka dhuuqda waa gabal yar oo maro jilicsan ah.

Tuubada caaga ah iyo marada dhuuqda qooyanka si wadain ah wada geli **bacda aan-dadin**.

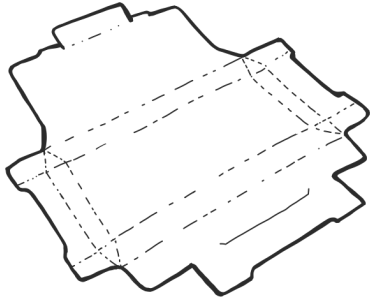
Bacda aan-dadin waa in uu ku dul qoran yahay barkoodhka.



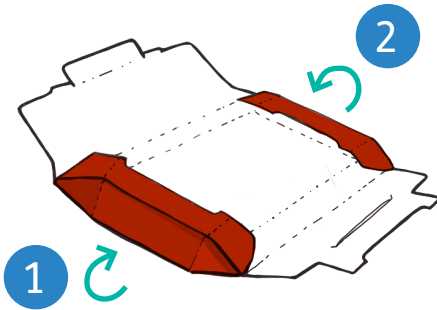
Bacda ka saar xoogaa hawo ah.

Ka-dibna xaashida dhuuban ka fuji xagga sare ee bacda. Waxaa ka hooseeya meel dhegdheg leh.

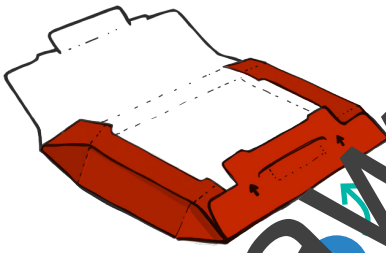
Isku riix xagga sare ee bacda si aad u xirto.



Diyaari sanduuq kartoona ah.



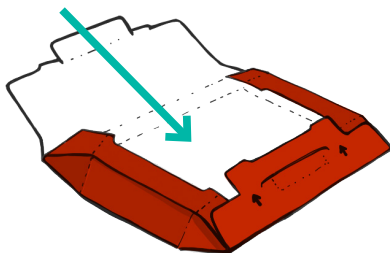
Marka koowaad, dhinacyada isugu soo laab dhinaca dhexda.

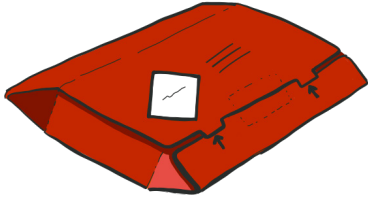


Ka-dibna, u soo laab qaybta hoose ee furka dhinaca dhexe ee dusha dhinacyada.

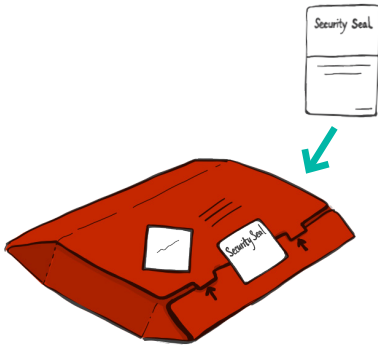


Bacda ku rid sanduuqaaga gudahiisa.



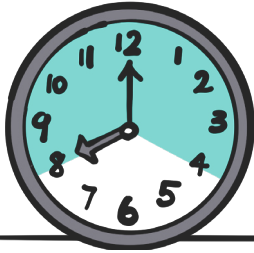


Soo laab qaybta kore ee daboolka ka-dibna ku riix qaybta hoose si aad kartoona u xirto.



Xir adiga oo ku dhejinaya shaqada amaanka.

Waa intaas oo ka hore, si fiican ayaad sameeysay. Haddaba wuxuu diyaar u yahay in qofka qaada.



8 subaxnimo - 4 galabnimo

Qofka qaadaya ayaa wuxuu imaan doonaa inta u dhaxeysa 8 subaxnimo(am) iyo 4 galabnimo(pm).

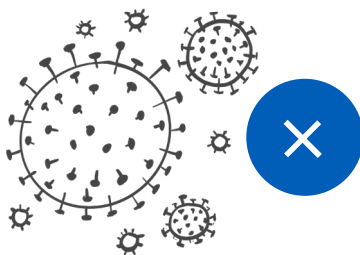
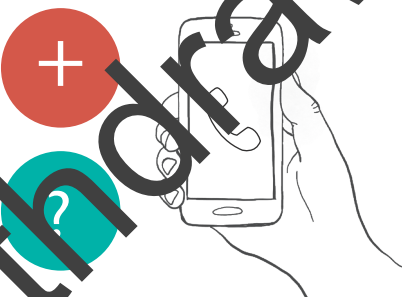
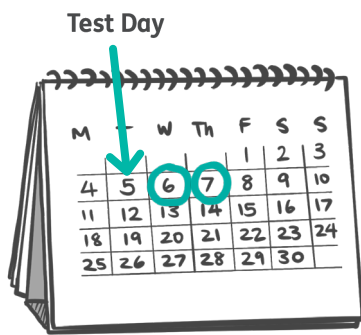


Qofka qaadaya marka uu yimaado, albaabka fur, waxaad kartoona la celinayo dhigtaa bannaanka ka-dibna albaabka xir.

Qofka qaadaya wuxuu kartoona geyn doonaa shaybaar baaritaan. Haddii aad seegto qofka qaadaya, wac 0800 0511811.

8

Hel natiijooyinka baaritaankaaga



Si dhaqso leh uma oggaan doontid natiijooyinka. Qofka qaadaya ayaa wuxuu baaritaankaaga geyn doonnaa shaybaarka si loo soo baaro.

Waa in aad iskarantiisho ilaa iyo inta laga gaarayo maalinta aad cusbitaalka aadayso. Waa in aad sugtaa natiijooyinkaaga baaritaanka. Tani waxay qaadan kartaa ilaa 2 maalmood.

Waxaad natiijooyinka baaritaanka u heli doontaa farriin ahaan. Cusbitaalkaaga ayaa sidoo kale email ahaan u heli doonna natiijooyinkaaga.

Haddii natiijada baaritaanku uu yahay waa laga helay ama ma cadda Wac cusbitaalkaaga si aad ugala hadasho wax xiga ee la sameeyo.

Haddii natiijada baaritaanku ay noqoto waa laga waayay Waxay ka dhigan tahay in baaritaanka uusan helin korona fayras. Waxaad u baahan tahay in aad sii wado karantiilka ilaa aad cusbitaalka ka tageyso.

9

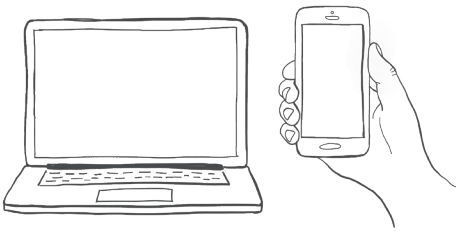
Wixii macluumaad dheeraad ah



Haddii aad u baahan tahay macluumaad dheeraad ah, booqo:

www.gov.uk/government/publications/supported-living-services-during-coronavirus-covid-19

Haddii aad qabtid wax su'aalo ah oo ku saabsan baaritaankaaga fayraska korona, wac:



- **0800 0511811** haddii aad ku nooshahay Ingiriiska, Wales ama Waqooyiga Ireland
- **0300 303 2713** haddii aad ku nooshahay Scotland

Khadadku waxay furan yihiin **7 subaxnimo (am) ilaa 11 fiidnimo(pm)** maalin kasta.

Haddii aad dareento in xaaladaadu ay ka sii dartay, ama aadan fiicnaan 7 maalmood ka dib:

- booqo barta internetka ee NHS 111 www.111.nhs.uk
- ama wac 111

