

# Hagahaaga tallaaba ku tallaabo ee ACON Flowflex™ SARS-CoV-2 Baaritaanka Antijeena Degdega (Is-Baarida)

## Digniin

Ha isku qasin oo ha barbardhigin qeybaha xirmooyinka ee baaritaanka kale

**Si taxadar ah u aqri tilmaantaan oo dhan ka hor intaadan bilaabin.**

Baaritaankaan wuu ka duwanaan karaa baaritaanada kale ee aad horaan u isticmaashay.

## Baaritaanka sanka kaliya



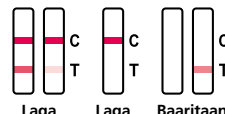
**1. Mari suufka labada sanqo**



**2. Howlgeli muunada**



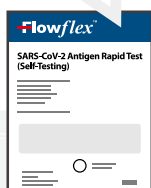
**3. Sug**



**4. Natiijooyinka**

Ku soo wargeli  
natiijooyinka  
baaritaankaaga  
NHS

**5. Wargelin**



Tilmaamahaan waxay la xiriiiraan Baaritaanka Antijeena Degdega ee ACON Flowflex™ SARS-CoV-2 (Is-Baarida), koodhka badeecada: L031-118Y5 kaliya.

Tilmaantaan waxay sharaxdaa sida looga baaro nafsadaada ama qof kale COVID-19, oo u soo sheeg natiijooyinka NHS. Noocyada luuqada kale waxaa ku jiro Welsh iyo bandhigyada fiidiyaha waa [gov.uk/covid19-self-test-help](https://www.gov.uk/covid19-self-test-help)

# Waxa aad u baahantahay inaad sameysid

## Hagahaaga tallaabo ku tallaabo

Baaritaanka Antijeena Degdega ee ACON Flowflex™ SARS-CoV-2 (Is-Baarida) waa baaritaan degdeg ah oo lagu ogaanayo COVID-19 meesha isticmaalayaasha ka qaadaan muunadooda suufka ee banka.

Waxaa loogu tallogalay is-baaritaanka shaqsiga iyo ogaanshaha *cudurka* kaliya la adeegsado.

Wada aqri tilmaamaha oo raac tallaabooyinka ku jiro qaabka saxda ah.

## Maxay tahay sababta inaad isu baartid

Xirmadaan is-baaritaanka shaqsiga COVID-19 waa baaritaanka suufka ee banka si loo fiiriyo haddii aad caaqubeysantahay. Waxay kuu sheegi kartaa haddii aad qabtid fayraska, xittaa haddii aadan laheyn aastaamo. Si kastaba waa inaad raacdaa tilmaamaha qaranka si aad u fiirisid nooca baaritaanka kugu haboon.

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# Tilmaanta iyo keydinta

## Digniinta

U keydi baaritaanadaada si gooni ah si aad u hubisid inaad helin qeybaha isku qasmay. Dareeraha hal nooc baaritaan ah kuma shaqeynayo baaritaan kale.

- Haddii aad qabtid biraha sanko, ka saar biraha ka hor suuf marinta.
- Haddii aad la kulantid san dhiiga inta lagu jiro suuf marinta, fadlan jooji suuf marinta. Suuf marinta lama adeegsan karo oo waxaad u baahaneysaa inaad markale bilowdid.
- Badeecooyinka laguma sameynin goomaha dhacaanka geedaha. Si kastaba waxaa jiro suurtagalnimada ee raadraacdo waxaa la soo bandhigi karaa inta lagu jiro gaadiidka ama hababka maareynta.
- Ha cunin, ha cabin ama sigaar haku cabin aaga meesha muunooyinka ama xirmooyinka lagu qabto.
- Ha adeegsan baaritaanka haddii qeyb walba ay waxyeelanto.
- Dhammaan alaabaha baaritaanka la isticmaalay waa in si badqab ah loogu tuuraa qashinka gurigaaga.
- Wada dhaq gacmahaaga ka hor iyo ka dib adeegsiga kadib.
- Ka fogow adeegsiga muunooyinka wato dhiiga.
- Caavinta suuf marinta iyo nidaamka baaritaanka waxaa looga baahan karaa kuwa qabo arimaha gacanta iyo aragga.
- Ha adeegsan buufiska sanko oo ugu yaraan 30 daqiiqo ka hor intaadan qaadin muunada suufka sanko.

## Keydinta iyo qabashada

- Ku keydi xirmada baaritaanka meel ka fog carruurta iyo xayawaanka.
- Xirmada baaritaanka waa in lagu keydiyaa heerkulka u dhaxeeyo 2 - 30 °C. HA BARAFEYN.
- Ha adeegsan baaritaanka kadib isticmaalka oo taariiqda ku daabacan daboolka xiran.
- Baaritaanka waa in lagu sameeyaa heerkulka u dhaxeeyo 15 - 30 °C.



### Si badqab ah u tuur xirmada baaritaankaaga.

Markii baaritaankaaga la dhameystiro, geli dhammaan tusmooyinka xirmada baaritaanka la adeegsaday ee ku jiro qashin qubka qoyskaaga guud. Wada dhaq gacmahaaga tuurista kadib.

# Ku saabsan baaritaankaan

## Yaa ku haboon baaritaankaan



### Dadka weyn ee da'dooda ah 18 iyo ka weyn

Is-baaritaanka iyo wargelinta, iyo caawin haddii loo baahdo.



### Qaangaarada da'da 12 illaa 17

Is-baarida iyo soo sheegida dadka weyn kormeerida. Qofka weyn wuxuu sameyn karaa baaritaanka, sida muhiimka ah.



### Carruurta

Waa inuu baaraa qof weyn. Ha sameynin baaritaankaan haddii aadan dareemeynin kalsoonida lagu baarayo canuga.

## Haddii aad muujisid astaamo cusub oo COVID-19

Booqo [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) oo tallada ugu dambeyso.

### Diyaari baaritaanka dhawaan lagu talliyay:

Booqo [gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) ama soo wac xarunta xiriirka macmiilka adiga oo soo wacayo **119**. Leemanka waxay furanyihiin 7am illaa 11pm maalin walba (bilaash u ah wacitaanka leenleena iyo mobeelada).

Haka daahin caawin helida haddii aad walaacsantahay. Aamin dareenkaaga.



## Digniinta



Haddii aad ka walaacsantahay wax ku saabsan **aastaamahaaga**, ama haddii astaamahaaga ka sii daraan, la xiriir Dhaqtar Qoyska, Booqo NHS **111** adeega onleenka ee **111.nhs.uk** ama soo wac **111** si aad si toos ah ula hadashid qof.

Wixii gurmada caafimaadka, soo garaac **999** islamarkiiba.



# Diyaari aaga baaritaankaaga

**Waxaad u baahaneysaa:** waqtiyeeyaha sida saacada gacanta, saacad ama aalada mobeelka, istiraashooyin, nadiifiyaha sagxada, jeermisdilaha gacmaha ama saabuun iyo biyo diiran.



- 1 Si taxadar ah u aqri hagaha tilmaantaantaan. Ka daawo onleenka fiidiyaha baaritaanka suufka haddii aad u baahantahay caawin badan: [gov.uk/covid19-self-test-help](https://gov.uk/covid19-self-test-help)



- 2 Islamarkiiba ka hor intaadan bilaabin baaritaanka, nadiifi oo qalaji sagxada simman si aad u saartid xirmada baaritaanka.



- 3 Wada dhaqo gacmahaaga 20 ilbiriqsi, adiga oo adeegsanayo saabuun iyo biyo diiran ama jeermisdilaha gacmaha.

Haddii aad sameyneysid wax ka badan hal baaritaan, nadiifi sagxada oo dib u dhaq gacmahaaga inta u dhaxeysa baaritaan walba.

# Fiiri tasmnooyinka xirmadaada

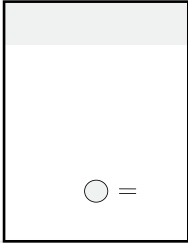
## Digniinta

Ha isku qasin oo ha barbardhigin qeybaha xirmooyinka ee baaritaanka kale

## Sanduuqaaga baaritaanka waa inaad haystaa:

**1x**

Sanduuqa leh Qashinka biyaha soo saartida godka hayaha tuubada



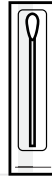
**7x**

Baagida Qashinka



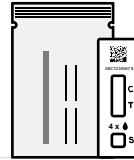
**7x**

Suufka La tuuro ee gudaha ku xiran



**7x**

Cajalada Baaritaanka xiran baakida



**7x**

Soo saarida Biyaha Tuubada



## Tallada

### Sii jawaab ku saabsan xirmada baaritaankaaga ama soo sheegida waxyeelada

Haddii qeyb walba oo xirmada baaritaankaaga ay waxyeelanto ama maqantahay, ha isticmaalin xirmadaas baaritaanka. Weli waad isticmaali kartaa xirmooyinka kale ee baaritaanka ku jiro baakida.

Haddii aad waxyeelowday ama aad la kulantay falcelinta adiga oo isticmaalayo xirmada baaritaanka, fadlan soo sheeg. Si aad u bixisid jawaab celin ku saabsan xirmada baaritaankaaga, ama soo sheeg inaad waxyeelantay booqo: [gov.uk/covid-19-test-feedback](https://gov.uk/covid-19-test-feedback)




119



Ama soo wac **119** (bilaash ka ah mobeelada iyo leenleena). Leemanka waxay furanyihiin maalin walba, 7am illaa 11pm. **119** waxay bixiaa taageero oo 200 luuqadood ah sidoo kale sida Aastaamaha BritishLuuqada.

# Hagaaji baaritaankaaga

## Muhiim ah

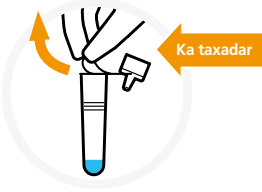
Hubi adeegsiga oo taariiq ahaan ah (  ) lagu daabacay baakida xiran. Ha isticmaalin aalada baaritaanka kadib isticmaalkeeda oo taariiq ahaan ah.



- 4 Ka saar cajalada baaritaanka baakida xiran oo geli sagxad simman oo nadiif ah.

### Digniinta

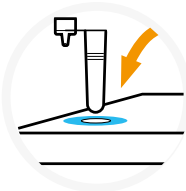
Markii la furo, ku bilow baaritaanka 30 daqiiqo gudahood.



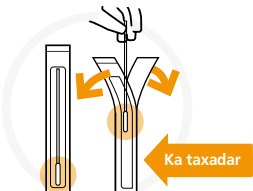
- 5 Ka fageynta tuubada biyaha soo saarto wajigaaga, si taxadar ah u fiiq koolada xiritaanka ee tuubada si aad uga fogaatid inay daataan dareere walba.

### Digniinta

Haddii dareeraha ku jiro tuubada biyaha soo saarida ay galaan maqaarka ama indhaha, dhaq islamarkiiba oo raadso caawin caafimaad haddii ay muhiim tahay.



- 6 Geli tuubada soo saarida biyaha gudaha qabtaha tuubada soo saaraha biyaha si aad uga fogaatid in biyaha daataan.



- 7 Hel suufka la tuuri karo ee ku jiro gudaha daboolaha xiran oo aqoonso fiida jilicsan, dharka ah. Fiiq furitaanka suufka baakideysan kaliya markii aad diyaar u tahay inaad isticmaashid. Si tartiib ah uga saar suufka.



- 8 Ha taaban fiida dharka ah.

### Digniinta

Marnaba ha taaban fiida jilicsan, dharka ah ee suufka ama waxaad u baahneysaa inaad markale ku bilowdid suuf cusub.

# Baaritaan ku sameynta qof kale



## Haddii aad baareysid carruurta ka yar 12

Carruurta ka yar 12 waa inuu baaraa qof weyn. Raac tilmaamaha ku saabsan sida loo diyaariyo oo loo baaro canug ama qof u caawin u baahan. Waxaad ka daawan kartaa fiidiyaha muujinta: [gov.uk/covid19-self-test-help](https://gov.uk/covid19-self-test-help)



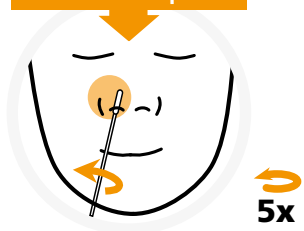
**Haddii aad baareysid canug**, tusii iyaga xirmada baaritaanka oo kala hadal wax ku saabsan waxa aad sameyneysid. Haddii ay suurtoagal tahay, ku fariisi qof kale dhabtiisa ama qof hakuu celiyo gacantooda. Weydii canuga inuu ku afufo sankooda istiraashada. Geli istiraashada weel. kadib wada dhaqo gacmahaaga **20 ilbiriqsi**, adiga oo adeegsanayo saabuun iyo biyo diiran ama jeermisdilaha gacmaha.



- 9 Si tartiib ah u geli fiida dharka suufka mid ka mid ah sankooda illaa aad ka dareentid diidmada qaar.



Mari suufka labada sanqaba



- 10 Wareeji suufka 5 jeer adiga oo ku xoqayo gudaha sanqada.

- 11 Ka saar suufka oo geli isla suufka sanqada kale. Ku celi tallaabada 9 iyo tallaabada 10.



# Ka qaad muunada suufkaaga

## Tallada

Waxqabadka ugu wanaagsan, saar suufka la tuuri karo tuubada soo saarto biyaha sida ugu dhaqsiha badan kadib markaad marisid suufka sanqada.

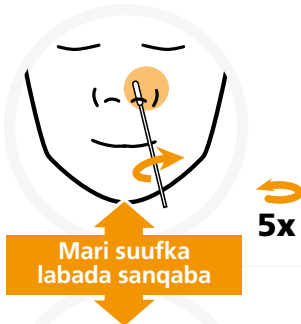


Ku afuuf sankaaga istiraashada. Geli istiraashada weel, kadib wada dhaqo gacmahaaga **20 ilbiriqsi**, adiga oo adeegsanayo saabuun iyo biyo diiran ama jeermisdilaha gacmaha.

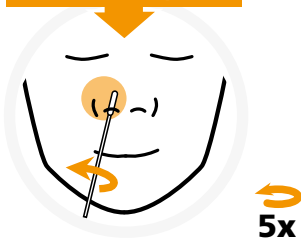


- 12** Geli fiida dharka oo dhan ee suufka hal sanqada ah. Adiga oo si tartiib ah u isticmaalayo wareejinta, riix suufka wax ka yar 2.5 cm ee geeska sanqada.

Tan waxay dareemi kartaa raaxo la'aan. Ha gelin suufka qoto dheer walba haddii aad dareentid diidmo xoogan ama xanuun.



- 13** Wareeji suufka 5 jeer adiga oo ku xoqayo gudaha sanqada.

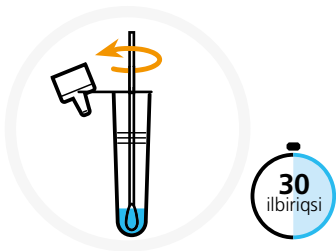


- 14** Ka saar suufka oo geli isla suufka sanqada kale. Ku celi tallaabada 12 iyo tallaabada 13.

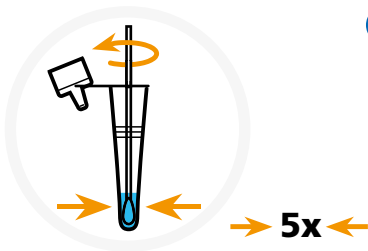
# Nidaamka muunada suufka

## Digniinta

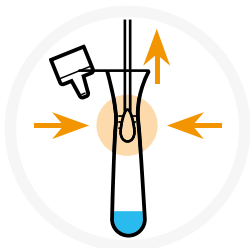
Haka tagin baaritaanka si aad u sameysid wax ka badan 30 daqiiqo sida midaan u sababeysoe natiijo maran.



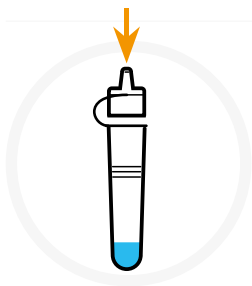
- 15 Kor u qaad tuubada soo saarida biyaha oo geli fiida dharka suufka ah tuubada si markaas ugu jiraato dareeraha. Ugu riix fiida geeska tuubada soo saarto biyaha si xoogan, adiga oo u wareejinayo wareega tuubada oo 30 ilbiriqsi. Waxqabadka ugu wanaagsan, saar suufka tuubada soo saarto biyaha sida ugu dhaqsaha badan kadib markaad marisid suufka sanqada.



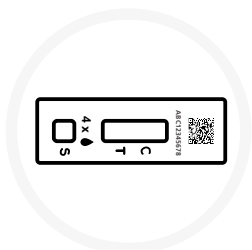
- 16 Wareeji suufka 5 jeer adiga oo isku dhuujinayo dhinaca tuubada. Tan waa ku wareejinta muunadaada dareeraha.



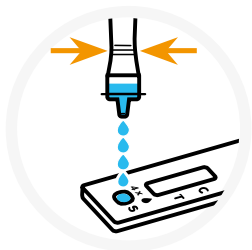
- 17 Ku qabo qabo tuubada soo saarto biyaha suufka adiga oo ka saarayo. Hubi inaad ka saartid dhammaan dareeraja fiida jilicsan ee suufka. Geli suufka baagida qashinka lagu siiyay.



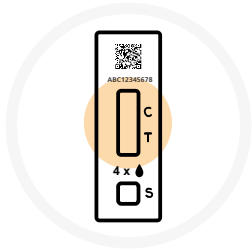
- 18** Si adag ugu dhaji fiida dhibciyaha tuubada soo saarida biyaha. Isku wada qas adiga oo gilgilayo ama luxayo hoosta tuubada.



- 19** Hubi in xirmada baaritaanka ay saarantahay sagxad simman oo nadiif ah. Ha dhaqaajin kaseedka inta lagu jiro baaritaanka.



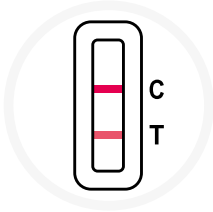
- 20** Si tartiib ah iskugu qabo tuubada soo saarida biyaha si aad si wanaagsan ugu gelisid 4 dhibcood oo dareeraha ah muunada (S) ee kaaskedka baaritaanka. Hubi inaad dhibcineysid dareere oo ma ahan dareeraha hawada ah. Geli tuubada soo saarida biyaha baagida qashinka.



- 21** Fiiri waqtiga iyo oo hagaaji waqtiyeyaha. Sug 15 daqiqo ka hor intaadan aqrin natiijadaada. Aqri natiijooyinka markii waqtiyeyaha gaaro 15-30 daqiqo. Ha aqrin 30 daqiqo kadib.

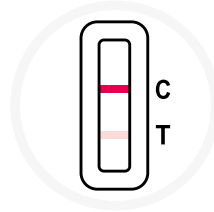
# Aqri natiijooyinka

## + Haddii lagaa helo baaritaanka



### Labo leen ayaa soo baxdo.

Hal leen midabeysan waa inuu ku yaalaa qeybta leenka xakameynta (C), iyo leen kaloo midabeysan waa inuu ku yaalaa qeybta leenka baaritaanka (T).



Labo leen, hal u dhow C iyo mid u dhow T, xittaa leemanka laga helo, waxay muujiyaan in baaritaanka laga helay.

Haddii aad heshid natiijada laga helay, waxaad noqon kartaa mid aad u caabuqeysan.

## Waxa la sameeyo midda xigta:

- Raac tallada guri joogista iyo ka fogaanshaha taabashada dadka kale [nhs.uk/stay-at-home](https://www.nhs.uk/stay-at-home)
- Soo sheeg natiijadaada (fiiri bogga 14 oo raac tilmaamaha). Adeega soo sheegida natiijooyinka ayaa ku siinayo tilmaanta ugu dambeyso ee waxa la sameeyo mida xigta.
- Haddii aad awoodid, u sheeg dadka aad u dhawaatay wax ku saabsan natiijada baaritaanka lagaa helay cudurka.



## Maxaa dadka kale ee ku nool qoyskaaga u baahanyihiin inay sameeyaan::

- Dadka aad la nooshahay waa inay raacaan tallada oo sida looga fogaado inuu ku dhaco ama faafinta COVID-19 ee: [nhs.uk/stay-at-home](https://www.nhs.uk/stay-at-home)



## ⊖ Haddii laga waayo baaritaanka



Hal leen midabeysan ayaa ka soo baxo qeybta leenka xakameynta (C). Ma jira leen ka soo baxayo qeybta leenka baaritaanka (T). Haddii aad heshid baaritaanka laga waayay, waxay u badantahay inuusan kugu dhicin xiliga baaritaanka la qaaday.

Natiijada baaritaanka laga waayo, si kastaba, lama hubo inaad qabin COVID-19. Adiga iyo qoyskaaga waa inaad raacdaan tallada oo sida looga fogaado ku dhicitaanka iyo faafinta COVID-19 [nhs.uk/how-to-avoid-covid](https://nhs.uk/how-to-avoid-covid)



## ⊘ Natiijada marant



**Soo sheegida natiijooyinka laga waayay ama maran waxay ku caawisaa NHS inay ogaadaan inta baaritaano ee la adeegsaday, iyo haddii ay jiraan dhibaatooyin kale ee baaritaanada.**

Leenka xakameynta (C) ku guuldareysato inay soo baxdo, ama kaliya hal qeyb gaduudan (T) soo baxdo, waxaa loola jeedaa in baaritaanka maranyahay.

**Haddii aad heshid natiijada maran**, tan waxaa loola jeedaa inaysan suurtoagal aheyn in la dhaho inaad qabtid cudurka markii baaritaanka la sameeyay. Si loo hubiyo haddii aad qabtid fayraska koronaha, qaado baaritaan kale sida ugu dhaqsiiha badan ee suurtoogalka ah.



**Dib ha u isticmaalin waxna** ee baaritaanka ugu horeeyo, iyo bilowga nidaamka baaritaanka ee tallaabada 1.

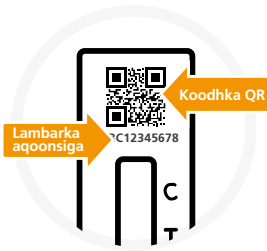
**Haddii dhibaata ay sii jiraato**, jooji isticmaalka xirmooyinka baaritaanka isla markiiba. Haddii aadan laheyn baaritaan kaloo la heli karo, waxaad qaadan kartaa baaritaan kale adiga oo:

- booqanayo [gov.uk/get-coronavirus-test](https://gov.uk/get-coronavirus-test)
- ka soo wacayo xarunta xiriirka macmiilka **119**.  
Leemanka waxay furanyihiin maalin walba, 7am illaa 11pm.



# Soo sheegida natiijadaada

## Waa inaad soo sheegtaa natiijadaada laga helay, laga waayay ama maran



Qorista dhammaan natiijooyinka baaritaanka waxay ka caawisaa saynisyahanada inay helaan dilaaca fayraska cusub iyo tallada sida looga jawaabo.

Haddii dadka soo sheegaan kaliya natiijada laga helay, heerarka dacwada wuxuu u muuqdaa mid ka sareeyo sida ay dhabtii yihiin.

Marka xittaa haddii natiijadaada **laga waayo** ama **marantahay**, waxaad hubineysaa in warbixinta NHS ay sax ahaato.

Waxaad u baahantaahy **koodhka QR** ama **lambarka aqoonsiga** si aad u soo sheegtid natiijadaada.

## Sida loo soo sheego natiijadaada



### Ku soo sheeg onleenka (sida ugu dhaqsiiyaha badan)

Haddii aad ku nooshahay England,  
Wales ama Wuqooyiga Ireland booqo:  
[gov.uk/report-covid19-result](https://gov.uk/report-covid19-result)



Haddii aad ku nooshahay **Scotland** booqo:  
[covidtest.scot](https://covidtest.scot)



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### Ku soo sheeg taleefon ahaan

Soo wac **119**

Leemanka waxay furanyihiin maalin walba,  
7am illaa 11pm, (bilaash ka ah mobeelada  
iyo leenlaanada)

## Aastaamaha la adeegsaday



Soo saaraha



Waxaa ku jiro ku filnaan  
oo  $<n>$  baaritaanada



Xadeynta heerkulka



Aalada caafimaadka  
baaritaanka ogaanshaha  
cudurka



Adeegsiga-taariiq ahaan



Dib ha u isticmaalin  
lambarka



Kala tasho tilmaamaha  
wixii adeegsiga ah



Lambarka aqoonsiga



Liiska sheeyada



Wakiilka la Ansixiyay ee  
Bulshada Yurubiyanka



Taariiqda soo saarida



Ku hay qaleel



Ha adeegsan haddii baakida  
ay waxyeleysantahay



Dib ha u jeermisdilin



Ka fogey qoraxda



Ku jeermisdil adiga oo  
adeegsanayo kiimikada  
ethylene oxide



La warshadeyn karo



Digniin, fadlan  
tixraac tilmaanta

# Waxaad dhameystirtid baaritaankaaga, markii aad soo sheegtid natiijadaada



Soo sheeg  
natiijada  
baaritaankaaga

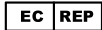
Saadka aaladaan waxaa loo ogolyahay kaliya sida ka qeyb ah howlgelinta Hay'ada Amniga Caafimaadka UK (UKHSA) sida waafaqsan barnaamijka Baaritaanka iyo Raadraaca NHS.


## Baaritaanka Antijeena Degdega Flowflex™ SARS-CoV-2 SARS-CoV-2 (Is-Baarida)



**ACON Biotech (Hangzhou) Co., Ltd.**  
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Webssyda: [www.aconbio.com](http://www.aconbio.com)  
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**AMA**



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Nooca 1151414701 Laga bilaabo taariiqda 2022-03-22

Dhammaan warbixinta iyo sawirada ku jiro dokumintigaan waa sax sida ACON Biotech (Hangzhou) Co., Ltd. Baaritaanka Antijeena Degdega Flowflex™ SARS-CoV-2 (Is-Baarida), Koodhka Badeecada: L031-118Y5.

Tilmaantaan buug-yaraha waxaa kaliya uu tixraaca Baaritaanka Antijeena Degdega ACON Flowflex™ SARS-CoV-2 © (Is-Baarida), L031-118Y5