LEXINGTON PUBLIC SCHOOLS
KA REEBIDA IYO DIB UGU SOO CELINTA DUGSIGA COVID-19 KA DIB

Shuruudahan soo socda ee baarista waxay ku saleysan yihiin cilmi baarista hadda socota. Sababtoo ah dadka qaba COVID-19 waxay soo sheegaan astaamo aad u fara badan, oo u dhexeeya calaamadaha fudud iyo jirro ba'an, shuruudaha soosocda waxay ka caawin doonaan dugsiga sida uu ku aqoonsan lahaa dadka qaba COVID-19

KA REEBIDA DUGSIGA COVID-19 AWGIIS

Ardayda qaba laba ka mid ah calaamadahan: Xumad (la cabiray ama sareyso), qabow, dhaxan/ qarqar, murqo xanuun, madax xanuun, cuno xanuun, lallabo, matag, shuban, qufac

AMA

Ardayda hal ka mid ah calaamadahan: Neefta oo yaraata, neefsashada oo dhib noqota, dhadhanka oo luma iyo urka.

→

FICIL

Ardayda iyo shaqaalaha leh astaamahan waa in si dhaqso leh loogu go'doomiyaa aagga loogu talagalay oo loo diraa guriga sida ugu dhaqsaha badan. Uga baahan qofka calaamadaha leh inuu xiro maaskaro inta aad sugeyso, haddii loo dul qaadan karo.

DIB-UGU SOO LAABASHADA DUGSIGA KADIB COVID19-

Ardayda/shaqaalaha leh astaamaha COVID-19 ee laha helo xanuunka

Ka reeb:

- Ugu yaraan 10 maalmood tan iyo marka ay astaamuhu soo ifbaxaan.

IYO:

- Ugu yaraan 24 saacadood qandho la'aan iyada oo aadan qaadan daawada qandhada jabisa
- **IYO:**
- Calaamadaha cudurka oo soo fiicnaada.

Ardayda/shaqaalaha leh astaamaha COVID-19 AANAN laga baarin

Ka reeb:

- Ugu yaraan 10 maalmood tan iyo markii ugu horreysay ee cudurka soo ifbaxay.

IYO:

- Ugu yaraan 24 saacadood oo qandho la'aan iyada oo aadan qaadan daawada qandahda jabisa

IYO:

- Calaamadaha cudurka oo soo fiicnaada.

way ku laaban karaan dugsiga hadii dhaqtarka baaritaan ku samaayee oo uu warqad u soo qoro.

Ardayda/shaqaalaha leh sataamahaa COVID-19 laga waayay xanuunn

Ka reeb:

- Ugu yaraan 24 saacadood oo qandho la'aan iyada oo aandan qaadan daawada qandhada jabisa
- **IYO:**
- Calaamadaha cudurka oo soo fiicnaada.

- *Ma'ahan ardayga/xubnaha shaqaalaha in xanuuga COVID-19 laga soo baaro si ay dugsiga ugu soo laabtaan*
- *Ma'ahan qofka laga helo COVID-19 mar labaad baaritaan lagu celiyaa/ uu warqada ka keenaa dhaqtar si uu dugsiga ugu soo laabto*