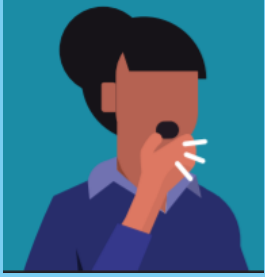


# JALEECOYINKA COVID-19

Macluumaadka illaa May 2021

## ASTAAMAHA

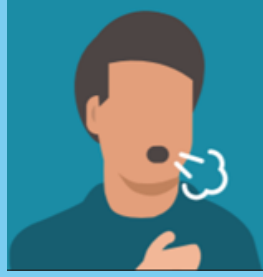
CALAAMADAHA LOO YAQAAN 'COVID-19' AYAA LAGA YAABAA INAY KU SOO BAXAAN 14 MAALMOOD GUDAHOOD MARKA AY SOO GAADHAAN WAXAANA KA MID AH:



Qufac  
qallalan



Qandho



Neefta oo kugu  
yaraata



Daal ama  
Xanuun



Lumida urka ama  
Dhadhanka

## GUDBINTA

### QOF ILAA QOF:

1. Inta udhaxeysa dadka sida dhow isugu dhow (qiyaastii 6 fuudh)
2. Iyada oo loo marayo dhibcaha neef-mareenka ee la soo saaray markii qof cudurka qaba uu qufaco ama hindhiso.

### HAWADA:

1. Fayrasku sidoo kale wuxuu ku sii raagi karaa hawada daqiiqado ilaa saacado isagoo maraya dhibco yaryar iyo walxo yaryar
2. Tani waxay awood u yeelan kartaa inay qaadsiiso dadka in ka badan 6 fuudh u jira qofka cudurka qaba ama xitaa ka dib marka qofka cudurka qaba uu ka baxo booska.

### DUSHA WASAKHAYSAN

1. Waxaa sidoo kale looga tagi karaa dusha sare iyo walxaha uu taabto qof cudurka qaba
2. Haddii aad taabatid wax wasakheysan ka dibna aad taabatid wejigaaga, waad ku dhici kartaa.

## AYAA QATAR UGU JIRA?

1. COVID-19 wuxuu saameyn ku yeelan karaa qof walba. Si kastaba ha noqotee, dadka da'doodu ka weyn tahay 60 iyo dadka qaba xaaladaha caafimaad ee hadda jira ayaa ku jira khatar weyn waana inay qaadaan taxaddar dheeri ah.
2. Dadka la soo xiriiray qof kasta oo laga helay cudurka ama uu la xiriiro kooxo badan oo dad ah ayaa sidoo kale khatar weyn ugu jira soo-gaadhis waana inay go'doomaan 14 maalmood, sida ugu macquulsan.
3. Dadka qaarkiis waxaa laga yaabaa inay yeeshaan astaamo khafiif ah ama xitaa astaamo haba yaraatee, laakiin weli waxay u dhaqmi karaan sida kuwa xanbaarsan oo ay dadka kale u qaadsiin karaan. Fadlan qaado taxadarada lagugula taliyay oo dhan iyadoon loo eegin da'da iyo xaaladda caafimaad.

## WAXYAABAHA MASKAXDA LAGU HAYO:

1. Ka dhageyso talo kaliya ilaha lagu kalsoon yahay sida dowladda, WHO, ama UNHCR iyo la-hawlgalayaasheeda
2. Fadlan is-daaweyn ama ha isku dayin daaweyn kale adiga oo aan talo caafimaad helin.
3. Ku faafi bulshadaada, gaar ahaan carruurta.
4. Waqtigaan la joogo, tallaalada looma heli karo qof walba. Haddii ay jiraan wax isbeddel ah oo ku yimaada duruufahan, UNHCR ama hay'adaha ay wada shaqaynta leeyihiin ayaa kula soo socodsiin doona.



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# SIDA LOO BADBAADIYO NAFTAADA IYO DADKA KALE:

## *Ka taxadaritaan:*



Nadaafad wanaagsan iyo taxadar fudud ayaa yareyn kara faafitaanka.

Si joogto ah ugu dhaq gacmahaaga saabuun iyo biyo, ama nadiifiye gacmo ku saleysan aalkolo.

Ku qufac ama ku hindhis unug ama suxulkaaga, maahan gacmahaaga.



Ka fogow taabashada indhahaaga, sankaa iyo afkaaga gacmo aan la maydhin.

Nadiifi oo jeermiga ku nadiifi dusha iyo walxaha badanaa taabto.



Ku tababar carqaladeynta bulshada - Ka fogow meelaha dadku ku badan yihiin oo yaree la xiriirka dadka iyo kooxaha.

Ha booqan dadka kale ama ha ku casuumin qofna gurigaaga. Gudaha ku jir mooyee haddii aan loo baahnayn inaad ka baxdo mooyee.



## *Dhaqannada ugu wanaagsan ee maaskarada:*



Had iyo jeer xiro maaskaro dhexdeeda dadweynaha. Maaskarkaagu waa inuu daboolaa sankaa iyo afkaaga gebi ahaanba. Ha taaban banaanka maaskaro. Hadaad sameysid, dhaq gacmahaaga.

Shareeraynta labbiska ama isticmaalka laba waji waxay kordhin kartaa kahortaga fayraska. Had iyo jeer isticmaal waji dabool oo ku siiya dhar jilicsan isla markaana u adeegso noocyo kala duwan (maro iyo qalliin) labbiska.

Haddii aad isticmaaleyso maaskaro N95, laba-laabid looma baahna.



# SIDA LOO MAAREEYO COVID-19

Haddii aad muujisid wax calaamado ah, fadlan isla markiiba go'doomi, raadi gargaar caafimaad, oo la soco astaamahaaga adigoo sugin natiijooyinka baaritaanka.



## RAADINTA CAAWIMAAD CAAFIMAAD:

1. Wac Nambarka Caawinta Dowlada Delhi **011-22307145; 1075** ama Wasaaradda Dhexe ee Caafimaadka iyo Daryeelka Qoyska Lambarka Taleefoonka **011-23978046**; ama
2. Booqo rugta kuugu dhow ama dhakhtar kasta oo kuu dhow; ama
3. Waxa kale oo aad kala xidhiidhi kartaa BOSCO wixii caawimaad la xidhiidha Covid oo laga helo [**9354527130** (West Delhi); **8287753677** (South Delhi)]. BOSCO waxay kaa caawin kartaa habka baaritaanka iyo bixinta helitaanka isbitaalada iyo daawooyinka. Adeegyada BOSCO waxaa heli kara labadaba qaxootiga iyo magangelyo-doonka iyadoo aan la kala soocin.

Fadlan haka walwalin xaaladaada UNHCR, laguma xiri doono ama lagu masaafurin doono inta aad raadineyso gargaar caafimaad.

## KORMEERKA & DAAWEYNTA:

- Ha argagixin, kiisaska khafiifka ah ee Covid waxaa lagu daaweyn karaa guriga.
- Ha is-daaweynin, la tasho dhakhtar wixii dawo ah.
- La soco heerka oksijiinta 6dii saacadoodba mar. Haddii heerka oksijiintu ka yar yahay 92% la tasho dhakhtar oo raadso daryeel cisbitaal
- Isku day inaad ku jiifsatid calooshaada ('u nugul-booska') si aad u hagaajiso heerka oksijiinta ee jirka.
- La soco heerkulka 6 saacadood kasta.

- Joog guriga, oo u fur daaqadaha hawo-qaadashada.
- Joogtee cunto nafaqo leh. Haddii ay suurtagal tahay, ku dar kaabisyada vitamin C, Zinc.
- Xirasho mask (shareebka labajibaaran, hadday suurogal tahay) isla markaana ilaaliso isdhexgalka inta ugu yar adoo u danaynaya Covid xubin qoys oo togan.
- Raadi daryeel caafimaad oo deg deg ah haddii ay dhibaato kugu noqoto neefsashada; qandho sare / qufac daran, gaar ahaan, haddii uu soconayo in ka badan 5 maalmood.

## DACWADAHA UNHCR:

- Haddii warqaddaada UNHCR UCC / Buluuga uu dhacayo waxaad la xiriiri kartaa lambarrada bilaashka ah ama la-hawlgalayaasha UNHCR si loogu cusboonaysiiyo isla. Waxaad kaarka beddelka ah ka heli doontaa WhatsApp ama email adiga oo adeegsanaya lamaane UNHCR ah.
- Dhammaan wareysiyada iyo howlaha UNHCR waxay sii wadi doonaan in laga sameeyo meel fog ilaa ogeysiis dheeri ah.
- Taariikhaha ay qoondeysay UNHCR way is beddeli kartaa iyadoo laga hadlayo dhibaataada taagan. Xaaladahaas oo kale, fadlan ha welwelin, oo si naxariis leh uga hubso UNHCR wixii tilmaamo dheeraad ah.
- Wixii diiwaangelin ah ee cusub, fadlan la xiriir UNHCR ama hay'adaha la shaqeeya.
- Fadlan ha u safrin xafiisyada UNHCR. Wixii arrimo deg deg ah, la xiriir:
  - UNHCR SGBV Khadka caawinta: **9821235410** (Mon-Fri: 9am to 5.30pm)
  - UNHCR Toll Free Khadka caawinta: **18001035635** (Mon-Fri: 9am to 5.30pm)
  - UNHCR email: **indne@unhcr.org**

## MACLUUMAADKA IYO XIRIRRADA KALE EE WAXTARKA LEH:

### BOSCO

- Home Sanitization: **8882900938** (West Delhi); **8287867065** (South Delhi)
- Mental Health support: **9354540467** (West Delhi); **8287735301** (South Delhi)
- Ration support: **8882971826** (West Delhi); **8287860795** (South Delhi)

Waad weydiin kartaa xarunta kuugu dhow ee BOSCO si aad u hubiso inaad xaq u leedahay kaalmada raashinka ama barnaamijyada kale ee taageerada ee UNHCR.

### Migration & Asylum Project (MAP)

- Phone: 9711128603
- Email: office@aratrust.in

### SLIC

- Priyanka: **9654185764**
- Anshum: **8585912524**



### Police & Government

- COVID Helpline: **1075**
- Women/Police: **1091**
- Childline India Foundation: **1098**
- NCW Domestic Abuse Whatsapp Helpline: **7217735372**



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