

# Ma u baahan tahay xog ku saabsan COVID-19?

## Waaxda Caafimaadka Bulshada ee Toronto (Toronto Public Health) ayaa ah ishaada xogta.

Waxaa jira qaabab badan oo kaa caawin kara ka hortagga faafinta jeermiska oo aad naftaadana uga ilaaliso xanuunka cusub ee aan horey loo aqoon ee 2019-COVID-19 ee karoonavirus ka iyo caabuqyada kale ee neefmareenka. Qaabka ugu fiican ee caabuqa looga hortaggo ayaa ah in aad iska ilaaliso oo aad iska dhowrto fayraska adiga oo qaadaya tallaabooyinka ka hortagga ah ee ay ka midka yihiin:

- Gacmahaaga ku dhaq saabuun iyo biyo ama isticmaal nadiifiyaha gacanta oo laga sameeyay alkolada.
- Iska ilaali gacantaada oo aadan iska dhaqin in aad ku taabato indhahaaga, sankaa, iyo afkaaga.
- Ka fogow in aad ku dhowaato dadka xanuunsan.
- Guriga iska joog marka aad xanuunsan tahay.
- Qufucaaga ama hindhishadaada ku dabool istiraasho, ka dibna markiiba istiraashka ku tuur qashinka oo gacmahaaga iska dhaq.
- Haddii istiraasho aadan haysan, ku hindhish ama ku qufac shaarkaaga gacantiisa ama garabkaaga.
- Si joogto ah isaga nadiifi oo jeermiska ka baabi'i meelaha iyo dusha sare ee meelaha inta badan la taabto

Dadka guryaha degan waxaa la xusuusinayaa inay isticmaalaan ilo xog la aamini karo, oo caddayn ku salaysan ee ku saabsan xanuunka cusub ee karoonavirus ka. Bogga internetka ee Toronto Public Health (Waaxda Caafimaadka Bulshada ee Toronto) si joogto ah ayaa loo cusboonaysiinayaa inta xog cusubka soo kordhayaan si dadka guryaha degan looga caawiyo inay helaan oo lagu wargeliyo xogta ku saabsan xanuunka COVID-19. Booqo [Toronto.ca/coronavirus](https://toronto.ca/coronavirus) ama wac **416-338-7600**.