Waalidka ama Mas'uulka Qaaliga ah,

Fadlan **ha joogo ilmahaaga guriga oo yuusan imaanin dugsiga** oo wac xafiiska soo xaadiritaanka haddii isaga ama iyada ay qabaan mid kamid ah calaamadaha liistada hoos ku qoran. Ka saarida dugsigu waa muhiim marka ilmahaagu uu aad u jiran yahay inuu ka qaybqaato hawlaha caadiga ah, xaaladda ama jirradu waxay u abuurtaa jawi aan badqab ahayn ama aan u caafimaad qabin dadka kale, ama marka xanuunku u baahan yahay heer daryeel ama kormeer oo aan lagu maareyn karin dugsiga.

Sababtoo ah dadku waxay wali isku sii faafin karaan ka dib markay dareemaan sooraysasho, waxaa lagu talinayaa in shakhsiyaadka ay qaataan taxadar dheeri ah inta lagu jiro 5ta maalmood ee ugu horeysa ee ku soo noqoshada hawlaha caadiga ah ka dib COVID-19, hargabka, RSV, ama fayrasyada kale ee neef-mareenka. Ardaydu waxay tixgelin karaan [xirashada maaskarada](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDIsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3LmNkYy5nb3YvcmVzcGlyYXRvcnktdmlydXNlcy9wcmV2ZW50aW9uL21hc2tzLmh0bWwiLCJidWxsZXRpbl9pZCI6IjIwMjQwMzE4LjkxOTczODIxIn0.waDSNglcLj_daX9SYdXwyNwJvi5lnXEypf-IKozVeqc%2Fs%2F1824071178%2Fbr%2F239021069746-l&data=05%7C02%7Csearnhardt%40auburn.wednet.edu%7C05d7ad8f793141e183cb08dc4764e4b6%7C403a0f537a364eaaaec11fb4a260bfe2%7C1%7C1%7C638463745958358970%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=9ueMJWuGX0%2Fs8dQ6n9%2FxDsMdDMPrSeLDFr%2BNQltwpgQ%3D&reserved=0), dhaqida [gacmaha ee joogtada ah](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3LmNkYy5nb3YvaGFuZHdhc2hpbmcvd2hlbi1ob3ctaGFuZHdhc2hpbmcuaHRtbCIsImJ1bGxldGluX2lkIjoiMjAyNDAzMTguOTE5NzM4MjEifQ.H5uIA4GX3Mc38Eg5MFEyN5JgarTqOZ6yz5_HG90pV24%2Fs%2F1824071178%2Fbr%2F239021069746-l&data=05%7C02%7Csearnhardt%40auburn.wednet.edu%7C05d7ad8f793141e183cb08dc4764e4b6%7C403a0f537a364eaaaec11fb4a260bfe2%7C1%7C1%7C638463745958374414%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=9qL5umJHbtWLLI3ioUwY9jnskY4nKW8Gsm5mcMi8Soc%3D&reserved=0), iyo [kala fogaanshaha jirka](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Flnks.gd%2Fl%2FeyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsInVybCI6Imh0dHBzOi8vd3d3LmNkYy5nb3YvcmVzcGlyYXRvcnktdmlydXNlcy9wcmV2ZW50aW9uL3BoeXNpY2FsLWRpc3RhbmNpbmcuaHRtbCIsImJ1bGxldGluX2lkIjoiMjAyNDAzMTguOTE5NzM4MjEifQ.Ar8CHXa3h7YlfGq9Yxp0aox5FUI1_4K9fHEkQfgwqwY%2Fs%2F1824071178%2Fbr%2F239021069746-l&data=05%7C02%7Csearnhardt%40auburn.wednet.edu%7C05d7ad8f793141e183cb08dc4764e4b6%7C403a0f537a364eaaaec11fb4a260bfe2%7C1%7C1%7C638463745958387771%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=TpWnIeVe3C0FzrfIAOfOWzzSUUGhN%2FZUQBIsVgigIQc%3D&reserved=0) marka ay suurtagal tahay, sida taxaddarrada dheeraadka ah.

**Calaamadaha u baahan ka saaritaanka:**

|  |  |
| --- | --- |
| **Qandho** | Guriga ha joogaan haddii ay qabaan qandho ka badan 100.4º F ilaa inta 24 saacadood aysanqandho ka qabanin, iyada oo aan qandho yareyn daawooyinka iyo calaamadaha oo si weyn u soo roonaanaya. |
| **Finan/caabuqa maqaarka** | Guriga ha joogo wixiifinan kasta oo aan la garanayn ilaa uu dhakhtarku baaro oo uu cadeeyo inuu u soo noqdo ama finanka uu si buuxda u xaliyo. Guriga ha joogo haddii goob banaan ama qoyaan ka socdo oo aan lagu dabooli karin faashad ama aan la dhayi karin. |
| **Shuban, Mantag** | Guriga ha joogaan ilaa uu ka dhamaadomataga iyo/ama shubanka ilmaha oo ay awoodaan inay cunaan iyada oo aanay astaamahu soo laaban iyo astaamaha kale ayaa si weyn loo xalliyay haddii ay jiraan. |
| **Indhaha oo guduud noqda qoyaan ka yimaado/Caabuqa Indhaha** | Guriga ha joogo ilaa uu dhakhtarku ka cadeeyo inuu ku soo laabto dugsiga ama ilaa ilmuhu qaadanayo antibiyootiga 24 saacadood oo calaamaduhu ay ka soo raynayaan. |
| **Qufac Cusub oo Bilaw ah/Dhuun Xanuun/ Sanka oo diif ka socdo iyo/ ama in laga Waayo Covid** | Guriga ha joogo haddii ardaygaagu qandho qabo, aanu si buuxda uga qaybqaadan karin hawlaha caadiga ah, ama aanu awoodin inuu wax liqo. Waxaa laga yaabaa inay soo laabtaan marka ay si weyn u soo roonaadaan oo ay qandho la'aan yihiin daawo la'aan 24 saacadood. |
| **In Looga Shakisan yahay COVID-19 ama Laga Helay** | Baaritaanka ayaa lagula talinayaa laakiin loogama baahno. Guriga ha joogo ilaa astaamuhu ay ka soo raynayaan guud ahaan OO ardaygu aanu lahayn qandho ka badan 100.4º F ama ka badan 24 saacadood iyada oo aan la siinin dawooyinka qandhada yareeya. |
| **Injir/Cayayaan** | Waxaa laga yaabaa inuu soo laabto kadib daawaynta injirta nool iyo marka dhamaan injirta nool laga saaray. |

Calaamaduhu waxay raacaan hagaha cudurka faafa ee OSPI: [Microsoft Word - Infectious Disease Control Guide3-11-04pdf.doc (www.k12.wa.us)](https://www.k12.wa.us/sites/default/files/public/healthservices/pubdocs/infectiousdiseasecontrolguide.pdf)