

# Sida la iskaga qaado Baaritaanka Xaakada (Saliva) COVID-19

Kiishada baaritaanka: sanbalka calyada waxaa lagu shubaa tuubo dabool leh, dibaalad, suuf aalkolo leh, suufka qoyaanka iyo bacda khatarta noolaha. Waxaan baarnaa COVID-19 anagoo adeegsanayna sanbalka xaakadaada (calyada).

## RAAC TALAABOYINKAAN

### 1 TOOS OO TUF CALYADA

Calyada ka qaad subaxa hore ee maalinta la qaadaayo sanbalka.

- HA u ogolaan ilmaha inuu wax cuno, cabo, ilkaha cadaydo uuna xanjo ruugo muddo 30 daqiiqo ah KAHOR intuuusan adeegsan tuubada sanbalka calyada.



### 2 ISKUXIR TUUBADA CALYADA

- Fur (furka ka qaad) tuubada sanbalka calyada ee faaruqa ah.
- Geli masafka tuubada sanbalka calyada ee maran, sida ka muuqata sawirka.



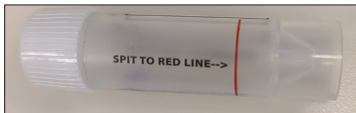
### 3 WAQTIGA AAD CALYADA TUFAYSO

- Cunuga u sheeg inuu afka saaro dusha masafka.
- Ka codso ilmaha inuu ka fakaro cuntada uu ugu jecel yahay-tani waxay ka caawinaysaa soo saarida calyo dheeraad ah.
- Ku buuxi tuubada calyada ilaa laynka cas.



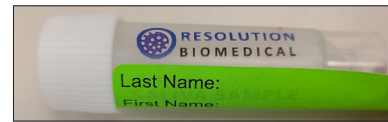
**Xunbada calyada ayaa u baahan inay ka sarayso laynka cas.**

- Haddii calyadu "ku dhagto" gudaha tuubada, si tartiib ah u garaac tuubada si aad uga dhaqaajiso calyada salka tuubada.
- Waxay qaadan kartaa in ka badan 5 daqiiqo si aad cunuga uga qaado calyada cadadkaan.



### 4 KA FURIDA MASAFKA

- Si adag furka ugu xidh dusha tuubada sanbalka calyada.
- Iska tuur masafka.
- Tirtir banaanka tuubada sanbalka calyada adoo adeegsanaaya suuf aalkolo leh si aad ugu nadiifiso calyada dheeraadka ah.
- Ha taalo 1 daqiiqo. Kadibna, ku dhaji calaamada tuubada sanbalka calyada sida ka muuqata sawirka hoose.
- Xaqiiji in magaca iyo iimeelka si fican loogu jeedo.



### 5 U DIYAAR GAROOW SI AAD U SOO DIRTO

- Saar tuubada calyada oo magacu ku yaalo gudaha bacda khatarta noolaha.
- Xaqiiji in tuubada sanbalka calyada ay taabanayso suufafka.
- Si adag u xir bacda.
- Ku dhaji hal calaamad banaanka bacda khatarta noolaha.
- Xaqiiji in magaca iyo iimeelka si fican loogu jeedo.



### 6 DIR SANBALKAAGA

**Sanbalka waa in lasoo ceshaa maalinta la qaaday.**

- Ku celi bacda khatarta noolaha oo ay ku jirto tuubada sanbalka calyadu xarunta sanbal qadista ee dugsigaaga.
- Waxaad heli doontaa natiijooyinka baaritaankaaga oo laguugusoo diraaayo iimeel kaaga imaanaaya OHSU Health ([K12covidtesting@ohsuhealthmarketing.com](mailto:K12covidtesting@ohsuhealthmarketing.com)) 1-2 maalmood gudahood kadib marka sanbalka la keeno dugsigaaga.

**Hayso tilmaamaha IYO calaamada magaca ee soo harta ISKANA tuur dhammaan alaabaha aad isticmaashay.**

Waad ku mahadsan tahay inaad qayb ka qaadatay barnaamijka baaritaanka COVID-19 ee ku laabashada dugsiyada K-12.