

LA HADLIDA CARRUURTAADA INTA LAGU JIRO DILAACA CORONAVIRUS (COVID-19)

Tusahani wuxuu ka caawin doonaa ilmahaaga wixii ku saabsan (COVID-19). Ka sokow tusayaasha sidii loo heli lahaa amaan iyo sheekaysi xaqiijin ah, waxaa jira meela kugu xiraya macluumaad wax ku oolla.

Ha ka cabsi qabin ka hadalka coronavirus (COVID-19)

- Carruurta badankeed ayaa horayba u maqlay caabuqa, waalidiinta iyo daryeelayaashuna maaha inay ka fogaadaan wixii taas ku saabsan ka hadlida cudurka.
- In aan laga hadlin wixii ku saabsan caabuqa waxay ka dhigaysaa carruurta inay aad uga welwelaan. Ka caawin ilmahaaga in uu la socdo adiga oo siinaya xaqiiqooyin ka yimid meela lagu kalsoonaan karo. Tani waxay aad ayay ugu caqli celinaysaa marka la dhinac dhigo waxay ka maqlayaan saaxiibadood ama warbaahinta bulshada.

Isticmaal daacadnimo ilmaha qancinaysa

- Ka feker wixii ku saabsan da'da ilmahaaga. Sii macluumaad adoo adeegsanaya luqada ay fahmi doonaan.
- Dhib ma leh haddii aadan ka jawaabi karin wax walba; in ilmahaagu ku heli karo ayaa macna samaynaysa.
- Samay intii karaankaaga ah si aad ugu jawaabto si daacad ah oo la fahmi karo. Hal mar macluumaad aad u badan ooda hawga qaadin, maadama taasi ku culus tahay.
- Isku day inaad ahaato khayr sheeg markaad la hadlayso ilmahaaga.
- Ka fogow inaad u hadasho si ka dhigi karta ilmahaaga inuu dareemo welwel.

Ilmahaagu ha ku hago

- Ku martiqaad ilmahaaga in uu kuu sheego wax kasta oo uu maqlay oo ku saabsan COVID-19, iyo siday dareemayaan.
- Sii fursadaha ay kugu weydiiyaan suaallo. Diyaar u noqo inaad ka jawaabto su'aallaha kana hubi ilmahaaga.
- Carruuraha qaarkood ayaa ka welweli doona wixii ku saabsan dadka kale in ka badan tooda. U ogolow inay ku xirnaadaan qoyska iyo saaxiibada intii karaankaaga ah iyaga oo isticmaalaya tiknoolajiga sida Facetime.

U rajay khayr

- U dhugyeello luqada aad u isticmaalayso, ilmahaaga iyo kuwa kaleba. Xasuuso in carruurta ay dhegaysan doonaan sheekada dadka waaweyn in ka badan caadigii.
- Wax kama jiraan ha ka soo qaadin cabsida ilmaha. Waa la fahmi karaa inay welwelsan yihiin sababtoo ah weligood ma soo marin waxaan oo kale hadda ka hor.
- U sheeg ilmahaaga in dhakhaatiirta iyo sayniyahanadu meel kasta oo ay adduunka joogaan ay aad u shaqaynayaan inay fahmaan wixii ku saabsan COVID-19 ayna nooga dhigaan amaan.

Diirada saar wixii aad samayn lahayd si aad amaan u ahaato

- Sii iyaga door ku saabsna waxa dhacaya. Bar muhiimada masaafa siinta bulshada, gacma dhiqida iyo sidii arrimahaas wax fiican looga qaban lahaa. Xasuusi masuuliyadooda si ay uga xafidaan kuwa kale qufaca iyo hindhisada.
- Haddii carruurta ay arkaan dadkii waaweynaa oo xiranaya maaskiga wajiga, u sharax in dadkaasi ay samaynayaan taxadar siyaada ah laakiin maaskiga wajigu uma aha muhiim dadka badankiis waqtigaan.
- Xasuusi inay wacaan 000 haddii iyaga ama qoyskoodu ay yihiin kuwa aan amaan haysan.

Ku dheganow wixii maalin walba la qabanayey

- Maalmo la qorsheeyey oo leh cuntooyin caadi ah iyo waqti hurdo ayaa muhiima qaybna ka ah ka dhigida carruurta kuwa caafimaad qaba oo faraxsan.
- Markaad awoodo, yeello hawl maalmeed joogto ah. Abuur jadwal la wadaagayo oo qoyska kuna dheji firijka halkaas oo qof waliba arki karo.
- Ku dar tusaale ahaan waqtiga banaanka la jiro, waqtiga cayaarta, waqti camal la'aanta ah, waqtiga aan teknoolaji lagu jirin, waqti hal abuur leh iyo waqti waxbarasho.
- Dhib maaha inaad rogrogmi karto waxna ka qabato baahida iyo shucuurta ilmahaaga.

Hadalka sii wad

- Ogow waxa ilmahaagu uu yaqaan ama ka welwelsan yahay. Waa muhiim inaad ogaato haddii ay maqleen macluumaad qalad ah.
- Weydii su'aallo aan loo hayn jawaab ah ama haa ama maya.
- Haddii ilmahaagu ku weydiiyo waxyaalla aadan aqoon jawaabteeda, sidaas u sheeg. U isticmaal su'aasha fursad wadajir ahaan loo raadiyo.
- Haddii carruurtaadu aanay u muuqan inay xiisaynayaan ama aanay ku weydiin su'aalla badan, taasi dhib maaha.
- Ha ogaadeen in aan kulligeen rabno in aan dhegaysano kana hadalo.

Sheekooyinka u xir si taxadar leh.

- Waa muhiim in aadan uga tegin carruurta xaallad welwel leh sheekada ka dib.
- Markaad soo gabagabayso sheekada, raadi calaamadaha inay welwel qabaan. Taasi waxay noqon kartaa dhawaaqa hadalkooda, neefsashadooda ama sida iyaga ka muuqata.

Waxyaallaha laga fiiriyo carruurtaada.

Waa caadi in carruurta iyo kuwa korani muujiyaan astaama welwel leh. Waxay muujinayaan waxaa ka mid ah:

- baqdin iyo walaac
- xanaaq, jaahwareer iyo isku buuqsanaan
- ka xumaan
- diidmo

Xasuuso imaad naftaada daryeesho

- Haddii aad aragto inaad walaacsan tahay, qaado waqti si aad isu dejiso ka hor inta aadan isku deyin inaad la sheekaysato ama ka jawaabto ilmahaaga su'aalahiisa.

- Haddii aad walaacsan tahay ama cabsanayso, u sheeg ilmahaaga inaad heli doonto macluumaad aadna dhowaan la hadli doonto.
- Macluumaadka soo socda oo dibada ah ayaa la heli karaa si uu u kaalmeeyo caafimaadkaaga maskaxeed iyo samaqabka:
 - Headspace - qoysaska iyo saaxiibada <https://headspace.org.au/friends-and-family/life-issues/>
 - Beyondblue – COVID19 <https://www.beyondblue.org.au/the-facts/looking-after-your-mental-health-during-the-coronavirus-outbreak>
 - Lifeline - caafimaadka dhimirka iyo samaqabka inta lagu jiro qaraxa COVID-19 <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Macluumaad intaas ka badan

Si uu kuu caawimo markaad la hadlayso ilmahaaga

- **Raising Children Network** Coronavirus (COVID-19) iyo carruurta Australia
<https://raisingchildren.net.au/guides/a-z-health-reference/coronavirus-and-children-in-australia>
- **Emerging Minds** – supporting children during the coronavirus outbreak
<https://emergingminds.com.au/resources/supporting-children-during-the-coronavirus-covid-19-outbreak/>
- **KidsHealth** - Coronavirus (COVID-19): Sida loola hadlo ilmahaaga (How to Talk to Your Child)
https://kidshealth.org/en/parents/coronavirus-how-talk-child.html?fbclid=IwAR2r7q2P5WJ56w4ryrhfnPjB0IYtzT5DrPi60IJFqYs-atwmZn_JpDgJ4Y0
- **eSafety Office:**
 - COVID-19: ilaalinta dugsiyada iyo ka dhigida amaan online ah (keeping schools and learning safe online)
 - COVID-19: kitka online-ka ee amaanka ah iyo waalidinta iyo daryeellayaasha (an online safety kit for parents and carers)

Si aad ula wadaagto carruurta iyo dadka dhalinta yar iyo dadka online-ka ah

- **headspace** - how to cope with stress related to Novel Coronavirus
<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>
- **ReachOut** - coping during the coronavirus <https://au.reachout.com/collections/coping-during-coronavirus>

Macluumaad dhamaystiran oo ah kii ugu dambeeyey iyo talada COVID-19, booqo:

- [Websaytka DET ee coronavirus-ka](#)
- [websaytka DHHS ee coronavirus-ka](#)