

## Macluumaadka fayraska Korona ee xilligan la joogo

Billowgi sannadkan ayaa waxaa Shiinaha ka billowday cudur saf mar ah oo uu sababo fayruska Korona (COVID-19). Calaamadaha dadkan xanuunkan qaaday waxay ahaayeen xummad, qufac, neefta oo adkaata, murqa xanuun iyo madax xanuun. Calaamadaha dad badan lagu arkay waxay ahaayeen kuwa fudud, laakiin waxaa jiray dad aad ugu jirraday xanuunkan.

Xaaladdu waxay isbeddeshay maalmihi la soo dhaafay halista qaadista cudurkuna waxay ku korortay marka dhulweynaha Shiinaha laga reebo Iiraan, Kuuriyada koonfureed iyo Waqooyiga Talyaaniga gaar ahaan soonaha Lombardia, Piemonte iyo Emilia-Romagna. Macluumaadyada wakhtiga la socda ee ku saabsan cadadda dadka cudurka qaaday ee Finland waxaa laga ogaanayaa bogagga THL: Ajankohtaista koronaviruksesta COVID-19 <https://thl.fi/en/web/infectious-diseases/what-s-new/coronavirus-covid-19-latest-updates>

### Sidan samee, haddii aad ka shakiso, in aad qaaday fayruska Korona

Finland waxaa hadda ka jira xilli hargabeed ballaaran, kaas oo ay calaamadihiisu aad ugu egyihiin kuwa cudurka fayruska Korona. Arrinta ugu weyn ee ay ku kala duwan yihiin waa u nuglaanshaha fayruska Korona.

Haddii aad joogtay soonaha uu fayruska Korona ka dillaacay kaddibna aad isku aragto 14 maalmood gudohood marki aad soonahaas ka soo tagtay calaamadaha caabuqa habdhiska neefmareenka oo degdeg ah, sida xummad, qufac ama neeftu kugu adkaato, telefoon kula xiriir (maalmaha shaqada saacadda 7-20) rugta talabixinta fayruska Korona ee Helsinki tel. 09 310 10024. Waxaad sidoo kale lambarkan wici kartaa, marka adiga ama ehelkaadu uu u nugulyahay cudurka ama aad ka welwesho calaamadaha cudurka.

Habeenki 20.00 saac kaddib iyo dhammaadka todobaadyada, waxaa dadka reer Helsinki arrimaha la xiriira qaadista fayruska Korona talo ka siinayana Caawimaadda Heeganka tel. 116 117.

### Safarka lagu aaday soonaha cudurka safmarka ah uu ka dillaacay kaddib miyaa lagu laaban karaa xannaano-maalmeedka ama dugsiga?

Haddii ka soo laabashada soonaha uu cudurka safmarka ah ka dillaacay kaddib aadan isku arkin xummad ama calaamadaha kale ee caabuqa habdhiska neefmareenka sida qufac ama neefta oo adkaada, sida caadiga ah waa lagu laaban karaa shaqada, xannaano-maalmeedka ama dugsiga.

Haddii ay calaamaduhu soo muuqdaan 14 maalmood gudohood ka soo laabashada soonaha cudurka safmarka ah kaddib, degdeg telefoonka ugula xiriir daryeelka caafimaadka.

### Miyee aadista safarku xadidan tahay?

Wasaaradda arrimaha dibaddu waxay hadda ku talinaysaa in gebi ahaanba la iska ilaaliyo u safridda gobolka Hubei iyo safarada kale ee aan muhiimka aheyn ee meelaha kale ee Shiinaha ku yaal. Taxadar gaar ah in la yeesho ayaa la soo jeedinayaa, marka loo safrayo Kuuriyada Koonfureed, Iiraan ama Talyaaniga.

Ogeysiisyada fasarka ee wakhti la socda waxaa laga helaa bogga [wasaaradda arrimaha dibadda](#).

### **Habka ugu fiican ee qaadista cudurka looga hortago waa dhaqista gacmaha**

Fayruska Korona ee cusub waxaa la isaga ilaalin karaa si lamid ah sida la isaga ilaaliyo kuwa kale ee sababa caabuqyada habdhiska neefmareenka iyadoo lagu dadaalayo [nadaafadda wanaagsan ee gacmaha](#).

### **U qufac si sax ah – ha qaadiin dadka kale**

- Ku dabool afkaaga iyo sankaaaga fasaleetiga diifka ee mar kaliya la isticmaalo, marka aad qufaceyso ama hindhisayso.
- Fasaleetiga aad isticmaashay degdeg ugu rid qashinka.
- Haddii aadan heysan fasaleetiga diifka, ku qufac ama hindhis qaybta kore ee funaanadaada, gacantaada maya.

### **Hay'adda caafimaadka iyo nolol wanaagga ayaa xaaladda la soconaysa**

Hay'adda caafimaadka iyo nolol wanaagga (THL) ayaa la soconaysa xaaladda dalka iyo tan caalamiga ah waxayna bixinaysaa tilmaamaha cudurka looga hortago ([www.thl.fi](http://www.thl.fi)).

Waaxda cudurada faafa ee Laanta daryeelka bukaanka ee Helsinki iyo Uusimaa (HUS) ayaa deegaan ahaan tilmaan u siinaysa dadka ka shaqeeya daryeelka caafimaadka. Helsinki waxay u shaqeynaysaa hab tilmaamahaas waafaqsan.