

# Tilmaamaha Isbitaal Ka-saarida Bukaanada COVID-19

## COVID-19 Discharge Instructions

You are being discharged from the hospital with a positive COVID-19 test. Follow these instructions to know how to keep yourself and others safe as you recover.

### About COVID-19

Coronaviruses often cause mild diseases, such as the common cold. This new virus, SARS-CoV-2, causes a respiratory illness called Coronavirus Disease 2019 or COVID-19. Most people with COVID-19 have mild or moderate illness, and don't require a hospital stay.

COVID-19 spreads easily between people who are in close contact. Often the virus is spread by coughs or sneezes or by touching surfaces that have the virus on it.

### Your care at home

**Get plenty of rest and sleep.** You may feel weak and tired for a while, but your energy level will improve with time.



Waxaa laga saarayaa isbitaalka iyadoo lagaana heley COVID-19. Raac tilmaamahaan si aad u ogaatid sida aad naftaada iyo dadka kaleba u badbaadin karto inta lagu jiro mudada soo kabashadaada.

### Wax ku saabsan COVID-19

Korona fayras badanaa wuxuu sababaa cuduro khafiif ah, sida hargabka caadiga ah. Fayraskaan cusub, SARS-CoV-2, wuxuu sababa cudur ku dhaca neefmareenka oo la yiraahdo Cudurka Korona Fayras ee 2019 ama COVID-19. Inta badan dadka qaba COVID-19 waxay qabaan jiro yar ama dhexdhexaad ah, umana baahna inay isbitaal joogaan.

COVID-19 wuxuu si fudud ugu faafaa dadka xiriirkooda aad iskugu dhow yahay. Badanaa fayraska waxaa uu ku faafaa qufac ama hindhiso ama in la taabto meelaha fayras uu ku jiro ama saaran yahay.

### Daryeelkaaga inta aad joogtid guriga

**Hel nasasho iyo hurdo badan.** Waxaa laga yaabaa inaad dareento daciifnimo iyo daal illaa mudo, laakiin heerka tamartaada ayaa waqti kadib fiicnaan doona.



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**Drink fluids to keep your urine light yellow or clear.** Choose water and other caffeine-free clear liquids until you feel better. If you have kidney, heart or liver disease and have to limit fluids, talk with your doctor before you increase the amount of fluids you drink.



**Cab cabitaanno si ay kaadidaadu u ahaato jaallo qafiif ah ama mid nadiif ah.** Dooro biyo iyo cabitaanno aan ku jirin kafayn ilaa inta aad ka ladnaanayso. Haddii aad qabtid cudurada kilyaha, wadnaha ama beerka oo ay tahay inaad xaddido cabida cabitaannada, kala hadal dhakhtarkaaga ka hor intaadan kordhinin cabitaannada aad cabtid.

**Take your medicines exactly as prescribed.** Call your doctor if you think you are having a problem with your medicine. Take acetaminophen (Tylenol) as directed to control fevers and to help ease body aches.



**U isticmaal daawooyinkaaga isla sidii loogu talagalay.** Wac dhakhtarkaaga haddii aad u malaynaysid inaad dhibaato ku qabto dawadaada. U isticmaal acetaminophen (Tylenol) sida lagu faray si aad u maareyso qandhada iyo si ay kaaga caawiso yareynta xanuunka jirka.

**Take care of your cough so you can rest.** A cough that brings up mucus from your lungs is common. It's one way your body gets rid of the infection. If your coughing keeps you from resting or causes chest pain, call your doctor. He or she may suggest a medicine to reduce the cough.



**Ka taxadar qufacaaga si aad u nasato.** Qufac wata duuf ka soo baxa sanbabbada ayaa ah mid caadi ah. Waa hal qaab oo jirkaaga uga takhaluso infekshanka. Haddii qufacaagu kaa horjoogsado inaad nasato ama uu sababa xanuun dhanka xabadka ah, wac dhakhtarkaaga. Dhakhtarka wuxuu kuu soo jeedin karaa daawo yareysa qufaca.

**Don't smoke, vape or allow others to smoke or vape around you.** If you need help quitting, talk to your doctor about programs and medicines to help you quit. These can increase your chances of quitting for good.



**Sigaar ha cabin, ha dhuuqin shiishad hana oggolaanin dadka kale inay agtaada sigaar ku cabaan ama ay shiishad ku dhuuqaan.** Haddii aad u baahan tahay caawimaad si aad u joojiso cabista sigaarka, kala hadal dhakhtarkaaga barnaamijyada iyo daawooyinka kaa caawinaya joojinta cabista sigaarka. Kuwaani waxay kordhin karaan fursadahaaga ah inaad si wanaagsan u joojiso cabista sigaarka.

**Get up and move.** Frequent movement during the day keeps blood flowing in your legs and reduces risk for blood clots.



**Kac oo dhaqdhaqaaq sameey.** Dhaqdhaqaaqa joogtada ah ee la sameeyo maalintii ayaa xajinaya in dhiiggu sii maro lugahaaga wuxuuna yareeyaa khatarta xinjirowga dhiigga.

**Watch your symptoms and contact your provider if you have problems or questions.**



**La soco astaamahaaga lana xiriir adeeg bixiyahaaga haddii aad dhibaatooyin ama su'aalo qabto.**

## Protect your loved ones

## Daryeelkaaga inta aad joogtid guriga Ilaali dadka aad jeceshahay

**Stay away from others** in your home as much as possible. Limit visitors.



**Ka fogow dadka kale** ee jooga gurigaaga inta macquulka ah. Iska yareey dadka ku soo booqanaya.

**Wash your hands often** with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol. Be sure to wash your hands:



**Ku dhaq gacmahaaga had iyo jeer** saabuun iyo biyo ugu yaraan 20 ilbiriqsi, ama isticmaal nadiifiye alkolo leh oo ay ku jiraan ugu yaraan 60% aalkolo ah. Xaqiiji inaad dhaqdo gacmahaaga:

- After blowing your nose, sneezing or coughing
- After using the bathroom
- Before eating or preparing food
- Before touching anyone else in the house

- Ka dib markaad ka duufsato sanko, hindhisato ama qufacdo
- Ka dib markaad isticmaasho suuliga
- Kahor inta aadan wax cunin ama diyaarinin cuntada
- Kahor inta aadan taaban qof jooga guriga

**Anyone helping with your care should also be washing their hands well.** Be sure to wash before and after providing any care or having any contact with trash, laundry or utensils used by the ill person.



**Cid kasta oo gacan ka geysata daryeelkaaga sidoo kale waa inay gacmahooda dhaqaan.** Xaqiiji inaad nadiifiso gacmahaaga ka hor iyo ka dib markaad daryeel siiso ama aad xiriir/taabasho la yeelato qashin, mashinta dharka lagu dhaqo ama alaabta maacuunta ee uu isticmaaley qofka jiran.

**Cover your mouth and nose** with a tissue or the inside of your elbow when you cough or sneeze.



**Ku dabool afkaaga iyo sankaa**ga tiish ama qeybta gudaha ee suxulkaaga marka aad qufacayso ama aad hindhiseyso.

**Clean and disinfect high-touch surfaces** in your household every day. This includes door knobs, tables, countertops, light switches, handles, keyboards, phones, remotes, touch screens, toilets, faucets and sinks.



**Nadiifi oo jeermiga ka dil meelaha inta badan la taabo** ee gurigaaga dhexdiisa ah maalin kasta. Meelahaas waxaa ka mid ah gacantaada, albaabka, miisaska, miisyada cuntada, badhanka nalka, gacanka, boodhka kumbiyuutarka, taleefannada, rimuutyada, shaashadaha, musqulaha, tubooyinka iyo weelka alaabta lagu dhaqo.

- Most household disinfectants should be effective, such as Lysol, Clorox or similar store-brand products. Follow the instructions on the container.
- You can also use a diluted bleach solution to disinfect surfaces. Be sure to leave it on for at least one minute and allow for good ventilation in the area during and after use. Check that the bleach is not expired. Mix 5 tablespoons or  $\frac{1}{3}$  cup of bleach in a gallon of water, or 4 teaspoons of bleach in 1 quart of water.

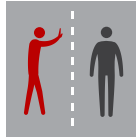
- Badanaa jeermis-dileyaasha laga isticmaalo guryaha waa inay ahaadaan kuwo wax ku ool ah, sida Lysol, Clorox ama badeecooyinka la midka ah ee dukaamada lagu iibiyo. Raac tilmaamaha ku qoran weelka.
- Waxaad sidoo kale isticmaali kartaa warankiilo biyo lagu daray si aad u nadiifso meelahaas. Xaqiiji inaad kaga tagto ugu yaraan hal daqiiqo una oggolow hawo wanaagsan aagga nadiifinta inta lagu jiro iyo ka dib isticmaalka. Hubi in daawadu aysan ahayn mid dhacay. Isku qas 5 qaado ama  $\frac{1}{3}$  koob oo biliij ah iyo hal fuusto oo biyo ah, ama 4 qaado oo biliij ah iyo 1 rubuc oo biyo ah.

**Wash laundry with the warmest temperatures** recommended on the label. Use gloves if handling laundry for an ill person, if possible. It is okay to wash laundry from the ill person with other laundry. If gloves aren't available, be sure to wash your hands well after handling laundry.



**Ku dhaq dharka heerkulka ugu diiran** ee lagu sheegey qeybta tilmaanta. Istimaal galoofis haddii aad dhaqeyso dhar uu iska leeyaha qofka buka, haddii ay suurogal tahay. Waa caadi in dharka qofka jiran iska leeyahay lala dhaqo dharka kale. Haddii galoofis aan la heli karin, iska xaqiiji inaad gacmahaaga si fiican u dhaqdo ka dib markaad maydho dharka.

**Keep at least 6 to 10 feet away from others** in your home. Don't sleep or spend time in the same room with others. Use a different bathroom, if possible.



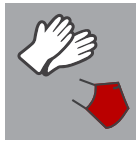
**Dadka kale ka fogoow ugu yeraan 6 to 10 fiit** marka aad joogtid guriga. Hal qol hala seexan ama waqti ha kula qaadanin dadka kale. Istickmaal musqul kale, haddii ay suurtagal tahay.

**Don't share bedding, towels, dishes, utensils or drinking containers.** Wash dishes in hot water or use a dishwasher.



**Dadka kale hala wadaagin gogosha sariirta, shukumaannada, alaabta wax lagu cuno, maacuunta ama weelasha cabitaanka.** Ku dhaq suxuunta biyo kulul ama isticmaal qalabka alaabta lagu dhaqo.

**Use a separate, trash bag-lined trash can** for any tissues, gloves and masks that have been used by the ill person or items used to care for them. Tie the trash bag shut, remove it from the trash can and throw it away with other household trash.



**Istickmaal weelka qashinka oo bac ku dhegan oo gooni ah** si aad ugu rido tiishashka, galoofisyada iyo maaskarooyinka ay isticmaaleen dadka jiran ama alaabta loo isticmaalay in lagu daryeelo dadkaas. Xidh bacda weelka qashinka, ka saar weelka qashinka oo ku tuur meeaha qashinka kagu rido adigoo raacinaya qashinka kale ee guriga.

**Wear a facemask when others are around, if available.** If that's not possible and the person requires close contact for help, the caregiver should wear a facemask and gloves whenever handling any bodily fluids. Avoid reusing gloves and masks. If masks are not available, use a scarf or bandana to cover your nose and mouth.



**Xiro maaskarada wajiga marka aad la joogtid dad kale, haddii la heli karo.** Hadeysan taasi suuragal aheyn oo qofkuna u baahan yahay xiriir dhow si uu caawimaad u helo, daryeel bixiyuhu waa inuu xirtaa maaskarada wajiga iyo galoofis markasta oo uu gacanta lagalayo waxyaalo dareere ah oo jirka qofka xanuunsan ka soo baxa. Ka fogow inaad dib u isticmaashid galoofyada iyo maaskarada. Haddii maaskarada aan la heli karin, isticmaal maro ama faashad si aad u daboosho sankaaaga iyo afkaaga.

For more information on disinfecting your home, visit [cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html).

Wixii macluumaad dheeraad ah oo ku saabsan nadiifinta/jeermis ka dilida gurigaaga, booqo [cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html).

## Keep your community safe

**Stay home.** Don't leave, except to get medical care and needed items.

**Stay in touch with your doctor.** Be sure to get care if you feel worse or you think it's an emergency.

**Avoid public transportation.** Avoid using public transportation, ride-sharing or taxis.

**Keep a safe 6- to 10-foot distance from others** to prevent disease spread.

## Limit contact with pets and other animals

Limit contact with pets and animals, just like you would people.

- There have been some reports of pets becoming sick with COVID-19. It is recommended that people with the virus limit contact with animals until more information is known.
- When possible, have another member of your household care for your animals while you're sick.
- If you must care for your pet or be around animals while you are sick, wash your hands before and after you touch the animal or any of the animal's items. These include feeding bowls, bedding, crates, leashes or toys.

## Badbaadi bulshadaada

**Guriga joog.** Banaanka ha u bixin, marka laga reebo inaad raadsanaysid daryeel caafimaad iyo waxyaabaha daruuriga ah ee loo baahan yahay.

**La xiriir dhaqtarkaaga.** Xaqiiji inaad hesho daryeel haddii aad dareento inaad sii xanuunsanayso ama aad u maleynayso inay tahay xaalad degdeg ah.

**Ka fogow gaadiidka dadweynaha.** Ka fogow isticmaalka gaadiidka dadweynaha, wadaagida baaskiilada ama tagaasida.

**Ka fogow dadka kale masaafo illaa 6- to 10-fiit ah** si looga hortago faafida cudurka.

## Iska yaree xiriirka aad la yeelanaysid xayawaanka guri joogta ah iyo xayawaannada kale

Yaree xiriirka aad la yeelanaysid xayawaanka guri joogta ah iyo xayawaannada kale, si la mid ah sida aad uga fogaan lahayd dadka.

- Waxaa jiray warbixino sheegaya in xayawaannada gurya joogta ah la xanuunsadaan COVID-19. Waxaa lagu taliyaa in dadka qaba fayrasku ay xaddidaan xiriir la yeelashada xayawaanaadka illaa macluumaad dheeraad ah laga helo.
- Haddii ay suurtagal tahay, xubin kale oo qoyskaaga ka mid ah ha ilaaliyo xayawaankaaga inta aad xanuunsan tahay.
- Haddii ay daruuri noqoto inaad daryeesho xayawaankaaga guri joogta ah ama in aad ag joogtid inta lagu jiro mudada aad jiran tahay, dhaq gacmahaaga kahor iyo kadib markaad taabato xayawaanka ama alaabaha kale ee xayawaanka uu leeyahay. Alaabtaas waxaa ka mid ah saxuunta lagu quudiyo, gogosha sariirta, dambiilaha, xariga qoorta loogu xiro ama waxyaabaha lagu ciyaarsiiyo.

## When to stop self isolation

Only stop your self isolation under these conditions:

- You have had **no fever for at least 24 hours (1 day) without use of any medicine** that reduces fever, such as acetaminophen (Tylenol) **and**
- **Other signs have improved**, such as less coughing, and easier breathing **and**
- **At least 10 days have passed** since your signs of illness first started.
  - **If you were very sick with COVID-19, you need to stay home for up to 20 days** after your first signs appeared.
  - If you have a very weakened immune system because of a health condition or medicines, you may need to **have testing done to check if you are safe to be around others**. Talk to your doctor to get more directions.
- You contact your doctor to be sure that it's safe for you to stop.

Re-testing for COVID-19 is not recommended in most cases.

## When should I call for help?

**Call 911** if you have any emergency warning signs for COVID-19 and get medical attention right away. Emergency warning signs include:

- Severe problems breathing or shortness of breath

## Goorta ay tahay in la joojiyo isgo'odoominta/karantiilka

Kaliya ku jooji isgo'odoominta xaaladaha soo socda:

- Aadan qabin **qandho ugu yaraan 24 saacadood (1 maalmood) adigoon isticmaalin daawada** lagu yareeyo qandhada, sida acetaminophen (Tylenol) **iy**
- **Calaamadaha kale ay soo fiicnaadeen**, tusaale ahaan qufaca oo yaraada, iyo neefsashada oo fududaata **iy**
- **Ugu yaraan 10 maalmood la dhaafay** tan iyo markii calaamadahaaga jirrada ay bilowdeen.
  - **Haddii aad ula xanuunsanayd COVID-19, waxaad u baahan tahay inaad guriga joogto ilaa 20 maalmood** ka dib markii calaamadaha kuugu horreeya ay kaa soo baxeen.
  - Haddii aad qabto nidaamka difaaca jirka oo daciif ah sababo la xiriira xaalad caafimaad ama daawooyin aad qaadata awgeed, waxaad u baahan kartaa **in lagugu sameeyo baaritaan si loo hubiyo inay nabdoon tahay inaad ka agdhowaato dadka kale**. La hadal dhakhtarkaaga si aad u hesho tilmaamo dheeraad ah.
- Waxaad la xiriirtaa dhakhtarkaaga si aad u xaqiijiso inay aamin kuu tahay inaad joojiso isgo'odoominta.

Inaad mar kale iska baarto COVID-19 laguma talinayo xaaladaha badankood.

## Goorma ayaan raadsadaa caawimaad?

**Wac 911** haddii aad leedahay wax calaamado digniin ah oo muujinaya inay jirto xaalad degdeg ah oo COVID-19 ah isla markaana hel daryeel caafimaad. Calaamadaha digniinta ee xaaladaha degdegga waxaa ka mid ah:

- Dhibaatooyin daran oo dhanka neefsashada ah ama neefsashada oo gaabata

- Persistent pain or pressure in the chest
- New confusion or unable to wake up
- Bluish lips or face
- Facial drooping, weakness of one arm or leg, or difficulty speaking

Call your doctor now or seek medical care if:

- You have new or worse trouble breathing.
- You develop new swelling, tenderness, pain or discoloration in your leg(s), arm(s).
- Your coughing gets worse.
- You have a new or higher fever.
- You are dizzy, lightheaded or feel like you may faint.

Watch closely for any changes in your health, and be sure to contact your doctor if:

- You do not get better as expected.
- You have any problems with your medicine or other treatment.

When you call 911 or your doctor, make sure you tell them that you have COVID-19.

- Xanuun joogto ah ama cadaadis xabadka ah
- Jahwareer cusub ama in aadan awoodi karin inaad soo toosto/kacdo
- Bishimaha ama wajiga oo buluug noqda
- Wajiga oo maqaar noqdo, daciifnimo hal gacan ama lugta ah, ama hadalka oo dhib kugu noqda

Wac dhakhtarkaaga hadda ama raadso daryeel caafimaad haddii:

- Ay kula soo deristo xaalad cusub oo ah neefsashada oo ku dhibta ama ay ka sii darto.
- Aad yeelato barar cusub, jilicsanaan, xanuun ama midabka lugta(lugaha), gacanta(gacmaha) oo is bedela.
- Qufacaagu uu ka sii daro.
- Aad leedahay qandho cusub ama sareysa.
- Aad dawaqsan tahay, khafiif tahay ama aad dareemeysid inaad suuxi rabtid.

Si dhow ula soco wixii isbeddel ah ee ku yimaadda caafimaadkaaga, oo xaqiiji inaad la xiriirto dhakhtarkaaga haddii:

- Aadan u bogsanin sidii aad filaysay.
- Aad dhibaato ku qabto dawadaada ama daaweyntaada kale

Markaad wacdo 911 ama dhakhtarkaaga, xaqiiji inaad u sheegto inaad qabto COVID-19.

## To learn more

For reliable and up to date information on COVID-19, try these sites:

- [go.osu.edu/coronavirus](https://go.osu.edu/coronavirus)
- [cdc.gov/coronavirus](https://cdc.gov/coronavirus)
- [coronavirus.ohio.gov](https://coronavirus.ohio.gov)

You can also call the Ohio Department of Health Hotline with questions at [1-833-4-ASK-ODH \(1-833-427-5634\)](tel:1-833-4-ASK-ODH).

## Si aad waxbadan uga barato

Si aad u hesho macluumaad la isku halleyn karo oo cusbooneysiisan ee ku saabsan COVID-19, iskuday inaad booqato bogaggaan:

- [go.osu.edu/coronavirus](https://go.osu.edu/coronavirus)
- [cdc.gov/coronavirus](https://cdc.gov/coronavirus)
- [coronavirus.ohio.gov](https://coronavirus.ohio.gov)

Waxaad sidoo kale wici kartaa Khadka Tooska ah ee Waaxda Caafimaadka ee Ohio haddii aad qabtid wax su'aalo ah [1-833-4-ASK-ODH \(1-833-427-5634\)](tel:1-833-4-ASK-ODH).