

Tilmaamaha Daryeelka Korona Fayras (COVID-19) Kadib Baaritaanka

Coronavirus (COVID-19) Care Instructions After Testing

You were tested for COVID-19 today. The results will take 1 to 2 days to come back.

If you do test positive for COVID-19, you will be contacted with your results and given more direction at that time. Most people have mild illness are able to recover at home.

Follow these instructions to know how to keep yourself and others safe as you recover.

Waxaa lagaa baaray COVID-19 maanta. Natiijooyinka waxaa ay qaadan doonaan 1 ilaa 2 maalmood si loo helo.

Haddii lagaa helo cudurka COVID-19, waxaa lagaala soo xiriiri doonaa natiijooyinkaaga waxaana markaas lagu siin doonaa tilmaamo badan. Dadka badankood ee qaba jirro sahlan waxay awoodaan in ay guriga ku bogsadaan.

Raac tilmaamahaan si aad u ogaatid sida aad naftaada iyo dadka kaleba u badbaadin karto inta lagu jiro mudada soo kabashadaada.

Your care at home

Stay home except to get medical care.



Get plenty of rest and sleep.



Daryeelkaaga inta aad joogtid guriga

Guriga joog marka laga reebo haddii aad raadsanayso daryeel caafimaad.

Hel nasasho iyo hurdo badan.



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Drink plenty of fluids. 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 dareere kugu filan. 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.

Do not 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.



Ha cabin sigaar, 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.

Have a 2-week supply of prescription and over the counter medicines, food and other essentials. Reach out to family, friends and neighbors to stay in touch and to get any help you may need.



Hayso sahayda daawada kugu filan, cunto iyo waxyaabaha kale ee muhiimka kuu ah kuwaas oo kugu filan illaa 2 toddobaad. La xiriir qoyska, saaxiibada iyo deriska si aad u xaal ogaato oo aad u hesho wixii caawimaad ah ee aad u baahan karto.

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



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

Protect your loved ones

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



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:

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

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.



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



Ilaali dadka aad jeceshahay

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

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:

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

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.

Ku dabool afkaaga iyo sankaga 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.

- 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.



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

- 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 biliijku uusan ahayn mid dhacay. Isku qas 5 qaado ama $\frac{1}{3}$ koob oo biliij ah iyo hal galloon 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.



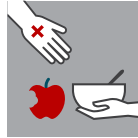
Ku dhaq dharka heerkulka ugu diiran ee lagu sheegey qeybta tilmaanta. Istimmaal galoofis haddii aad dhaqeyso dhar uu iska leeyaha qofka buka, haddii ay suurogal tahay. Waa caadi in dharka qofka jiran iska leeyahay lala dhaqo dharka kale. Haddii galoofis aan la heli karin, iska xaqiiji inaad gacmahaaga 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.



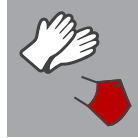
Dadka kale ka fogoow ugu yaraan 6 to 10 fiit marka aad joogtid guriga. Hal qol hala seexan ama waqti ha kula qaadanin dadka kale. Istimmaal musqul kale, haddii ay suurtagal tahay.

Do not share bedding, towels, dishes, utensils or drinking containers. Wash dishes in hot water or use a dishwasher.



Hala wadaagin dadka kale 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.



Isticmaal 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 sankaga 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 yareey 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, dambiihaha, xariga qoorta loogu xiro ama waxyaabaha lagu ciyaarsiiyo.

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
- 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.

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
- 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
- cdc.gov/coronavirus
- 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)**.

Si aad waxbadan uga barato

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

- go.osu.edu/coronavirus
- cdc.gov/coronavirus
- coronavirus.ohio.gov

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