

Tilmaamaha Ka dambeeya Baaritaanka COVID-19 Kahor Qalliinkaaga

Instructions After COVID-19 Test Before Your Procedure

Isolate yourself from others

You were tested for COVID-19 today to protect you, our staff and other patients before your procedure or surgery. It may take up to 72 hours to get your results.

Until you have your procedure, **limit your contact with other people** to prevent possible exposure to the virus. Follow these instructions to protect yourself until you have your procedure.

Go straight home

Stay home until you need to go to your procedure or surgery:

- Do not leave your home **unless you need urgent medical care** and be sure to wear a face mask and wash your hands. You can go into your yard, but you should not have any visitors.



Household members should also stay away from others until after the procedure. If others in your home need to go to work, or run essential errands:

- They need to use caution to keep at least 6 to 10 feet away from others, wear a face mask and practice good hand washing any time they leave the home.

Ka fogow dadka kale

Waxaa lagaa baaray COVID-19 maanta si loo ilaaliyo naftaada, shaqaalahayaga iyo bukaannada kale kahor qalliinkaaga ama qalliinka. Waxay qaadan kartaa illaa 72 saacadood si loo helo natiijooyinkaaga.

Illaa inta aad ka galaysid qalliinkaaga, **xaddid xiriirka aad la yeelanaysid dadka kale** si aad uga hortagto suurtagalnimada ah inaad qaado fayraska. Raac tilmaamahan si aad u ilaaliso naftaada illaa aad ka gasho qalliinkaaga.

Toos guriga u tag

Guriga joog illaa aad u baahatid inaad aado qalliinkaaga ama qalitaankaaga:

- Ha ka tagin gurigaaga marka laga reebo **haddii aad u baahato daryeel caafimaad oo degdeg ah** oo xaqiiji inaad xirato maaskarada wejiga oo aad gacmahaaga dhaqdo. Waxaad aadi kartaa dayrkaaga/ beertaada, laakiin waa inaad an yeelan dad ku soo booqda.

Xubnaha qoyska waa inay sidoo kale ka fogaadaan dadka kale illaa laga gaaro qalliinka kadib. Haddii dadka kale ee gurigaaga jooga ay u baahan yihiin inay shaqo aadaan, ama ay doontaan adeegyo muhiim ah:

- Waxay u baahan yihiin inay ka taxadaraan si ay uga fogaadaan dadka kale ugu yaraan 6 illaa 10 fiit, ay xirtaan maaskarada wajiga ayna ku celceliyaan gacmo dhaqashada wanaagsan markasta oo ay guriga ka baxaan.



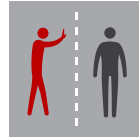
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- They should avoid traveling, larger groups of people, restaurants and bars.

Precautions you need to take until your procedure is done if any household member is going out:

- **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.
- **Wear a face mask when others are around, and have them wear face masks also.** If you require close contact for help, your caregiver should wear a face mask and gloves whenever handling any bodily fluids.
- **Do not share bedding, towels, dishes, utensils or drinking containers.** Wash dishes in hot water or use a dishwasher.



- Waa inay iska daayaan safarka, kooxaha ka kooban dad badan, maqaayadaha iyo baararka.

Taxaddarrada aad u baahan tahay in aad qaaddo illaa qalliinkaaga la dhammaystiro haddii xubin qoyska ka mid ah uu baxayo guriga dibadiisa:

- **Dadka kale ka fogoow ugu yeraan 6 illaa 10 fiit marka aad joogtid guriga.** Hal qol hala seexan ama waqti ha kula qaadanin dadka kale. Isticmaal musqul kale, haddii ay suurtagal tahay.
- **Xiro maaskarada wajiga marka ay dadka kale ay ku ag joogaan, oo iyagana u xir maaskarada wajiga sidoo kale.** Haddii aad u baahato in xariir dhow aad qof la samayso si aad caawimaad uga hesho, daryeelahaaga waa inuu xirtaa maaskarada wajiga iyo galoofis markasta oo uu gacanta lagalayo waxyaalo dareere ah oo jirka qofka xanuunsan ka soo baxa.
- **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.

Protect yourself and others

Wash your hands well and often with soap and water:

- Wet your hands with clean water and apply soap.
- Rub the soap on your hands to get a bubbly lather.
- Scrub the lather over the backs and fronts of your hands and fingers, between your fingers, and under your nails for at least 20 seconds.
- Rinse your hands with water and dry them with a clean towel.



Badbaadi naftaada iyo dadka kale

Had iyo jeer gacmahaaga si fiican ugu dhaq saabuun iyo biyo:

- Gacmahaaga ku qoy biyo nadiif ah oo mari saabuun.
- Saabuunta gacmahaaga mari si xumbo ay uga samaysanto.
- Ku xoq xumbada qeybta kore iyo gudaha ee gacmahaaga iyo farahaaga, inta u dhexeysa farahaaga, iyo cidiyahaaga hoostooda ugu yaraan 20 ilbiriqsi.
- Gacmahaaga raaci biyo nadiif ah oo ku qalaji shukumaan nadiif ah.

Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

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.



Clean and disinfect high-touch surfaces in your household at least 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.



Isticmaal gacmo nadiifiye aalkahool leh oo ka kooban ugu yaraan 60% aalkolo ah haddii saabuun iyo biyo aan la heli karin.

Xaqiiji inaad dhaqdo gacmahaaga:

- Ka dib markaad ka duufsato sanko, hindhisato ama qufacdo
- Ka dib markaad isticmaasho suuliga
- Inta aadan wax cunin ama diyaarinin cuntada
- Kahor inta aadan 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.

Nadiifi oo jeermiga ka dil meelaha inta badan la taabo ee gurigaaga dhexdiisa ah ugu yaraan maalin kasta. Meelahaas waxaa ka mid ah gacantaada, albaabka, miisaska, miisyada cuntada, badhanka nalka, gacanka, boodhka kumbiyuutarka, taleefannada, rimuutyada, shaashadaha, musqulaha, tubooyinka iyo weelka 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 oggoolow 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 galloon oo biyo ah, ama 4 qaado oo biliij ah iyo 1 rubuc oo biyo ah.

Watch for signs

Contact your doctor or the procedure site right away if you have any signs of illness such as:

- Cough
- Fever
- Chills
- Headache
- Sore throat
- Muscle or body aches
- Loss of smell or taste
- Nausea
- Diarrhea
- Vomiting
- Pain
- Shortness of breath or trouble breathing

Traveling to procedure

Have a responsible adult drive you to your procedure and back home after.

- Both you and the driver should wear face masks.
- Sit in the back seat on the passenger side, so there is as much distance between you as possible.

Please avoid the use of public transportation, including the bus, taxi or Uber for example.

U fiirso astaamaha

La xiriir dhaqtarkaaga ama xarunta qalliinka isla markiiba haddii aad qabo astaamo cudur sida:

- Qufaca
- Qandhada
- Qarqarka
- Madax xanuun
- Dhuun xanuun
- Xanuun murqaha ama jirka ah
- Dareenka wax urinta ama dhadhanka oo luma
- Lalabbo
- Shuban
- Mataga
- Xanuun
- Neefsashada oo yaraata ama neefsashada oo dhib noqota

Habka loo safro

Qof qaangaar ah oo mas'uul ah haku geeyo goobta qalliinkaaga oo markaas kadibna hakugu soo celiyo guriga.

- Labadiinaba adiga iyo darawalkuba waa inaad xirataan maaskarada wajiga.
- Fadhiiso kursiga dambe ee dhinaca rakaabka, si markaa loo helo masaafo dheer oo idin dhaxaysa intii suurtagal ah.

Fadlan iska ilaali isticmaalka gaadiidka dadweynaha, oo ay ka mid yihiin baska, tagsiga ama Uber, tusaale ahaan.

If you test positive

If your test shows you have COVID-19, your procedure may be postponed. You will be referred for care based on your symptoms. You should remain at home and isolate yourself for 10 days. You will not need to be tested again before your procedure is rescheduled.

If it is not possible to delay your procedure, precautions will be taken to protect you and our staff.

Haddii baaritaankaagu noqdo mid togan

Haddii baaritaankaagu muujiyo inaad qabto COVID-19, waxaa laga yaabaa in qalliinkaaga dib loo dhigo. Waxaa lagu gudbin doonaa xarun daryeel iyadoo lagu salaynaayo astaamahaaga. Waa inaad guriga joogtaa oo isku go'doomisaa ilaa 10 maalmood. Uma baahan doontid in lagu baaro mar kale ka hor inta aan dib loo qaban ballanta qalliinkaaga.

Haddii aysan suurtagal ahayn in dib loo dhigo qalliinkaaga, taxadar ayaa la samayn doonaa si loo ilaaliyo naftaada iyo shaqaalaheena.