

Fayadhawrka – Nadaafadda

- ✓ Sida ugu wanaagsan oo aad isaga dhawrilahayd jermiga faafa waxay tahay ado gacmaha iska dhaqa iskana qalajiya. Waxaad gacmaha ku meydha saabun ama shey leh alkolo ugu yaraan 20 ilbiriqsi. Waa muhim in aad marka aad gacmo-dhaqatid inaad iska qalajisid.
- ✓ Gacmo iska dhaqid iskana qalajin:
 - ⊙ Inta aadan raashinka diyaarinin iyo inta aadan raashinka cunin
 - ⊙ Ka dib marka aad qufacdid ama aad hindhistid ama aad diifsatid, ama aad ilmo ka siimisid ama aad musqusha gashid ama aad qof jiran xanaaneysid.
- ✓ Dabool qufacaaga iyo hindhisadaada. Islamarkiiba xanshida aad isticmaashey ku rid welka qashinka oo dabool leh ama ku xir bac.
- ✓ Isku day in aadan uga dhowaan in ka badan hal mitar qofka jiran si aadan u faafinin jermiska.



Haddaad meheraddada aad gurigaaga ku qabsatid ama aad bacmushtari tahay

- ✓ Waxaad u baahan tahay in aad ka fikirtid sidii aad meheraddaada u maamuli lahayd. Waxaad fikrado ka heli karta bogga intarnetka eee www.med.govt.nz boggiisa Tilmaamaha qorsheynta bacmushtarka. Waxaad liiska ka doorata Influenza Pandemic Planning Information for Business Continuity' (Qorsheynta marka ay dilaacdo xargabka influwesada loo yaqaano) dabeetana waxaad doorata 1. Business Continuity Planning Guide'.
- ✓ Waxaad kala tashata caymiskaaga arrimaha la xirira dhacdooyinka caynkaas.

Macluumaad dheeraad ah iyo isu-qorsheynta looga hortagaayo haddii uu dilaaco sasmarada hargabka waxaad ka heli karta bogga intarnetka:

www.moh.govt.nz/pandemicinfluenza

ama waxaad wacda telefoonka

Healthline 0800 611 116

Isu diyaarinta sasmarada hargabka soo socda



Waa in aad qorsho leedahay



Waa in aad diyaarsata saheyda gurmada deg-deg ah



Fayadhawrka – nadaafadda



Iyo wixii kale oo aad kaga hortegi lahayd...

Isu diyaarinta sasmarada hargabka soo socda

Marka uu hargab cusub ka dilaaco addunka oo dad badan saameeya (si dhaqsiyo leh u fida) waxaa loo yaqaana sasmarada hargabka.

Khobarada

caafimaadka iyo dawladaha caalamka ayaa ka wawalaya in jeermiska hargabka ee xayawaanka waxyeelaynaya uu isku badalayo jeermis si fudud dadka u waxyeeleeya. Haddii jeermisyadan cusub ay ku faafaan New Zealand, dad badan oo naga mid ah ayaa waxay ahaan karaan kuwa aad u xanuunsan.

Waxaa jira waxaayabo sahlan oo aad isaga diyaarin kartid arrintan

Waa in aad qorsho leedahay

Marka ay sasmaradu dilaaco waxaa laga yaaba adiga iyo reerkaaguba inaad jiratan oo muddo dhawr toddobaad guriga taalan. Waa in aad qorsheysata adiga iyo reerka iyo aasxaabtada sidii aad:

- ✓ qofkii cuntada iyo saadka idinka caawini lahaa haddii adiga iyo reerkaaguba aad jirataan
- ✓ haddii aad dawooyin joogta ah qaadatid sida kiniiniga dhiig karka, waxaad had iyo jeer ku dadaasha inaad dawada cusboneysatid inta aysan kaa dhammaanin
- ✓ waxaad meel muuqda oo sahlan (sida albaabka friijkaaga ku qorata) telefoonada muhiinka ah sida kuwa dadka kugu dhow-dhow, deriskaaga iyo dakhtarkaaga
- ✓ waxaad diyaarsata sahayga gurmada deg-degga ah. Waxaad liiska saheya ka eegta boogga hore ee gudaha buuga jaalaha ah ee telefoonada ama eeg "Get ready Get thru" barta: www.getthru.gov.nz oo dooro 'sida loo tiktoonaanayo'.



Buuxi sahayda gurmada deg-degga



- ✓ Sameyso sahayda cuntada iyo cabitaanka oo kuugu filan ugu yaraan hal toddobaad. Dooro raashinka qalalan ee daasadaha iyo baakooyinka ee muddo badan ooli kara.
- ✓ Paracetamol ama ibuprofen waxay ku wanaagsan yihiin in ay xumadda ka jebiyaan xanuunka iyo jucda ka yareeyaan. Ha siini caruurta wax kale adoon la tashanin farmasiyaha ama dakhtarkaaga marka hore.
- ✓ Dadka jiran haddi ay af-gashiga isticmaalan waxay hoos u dhigeysa inuu jermisku fido. Af-gashiga waxaa laga iibsana karaa farmashiyaha ama (dukaamada qalabka dhismaha). Haddii sasmarada durayga dilaaco waxaa dadka loo sheegeysa sidii ay u isticmaali lahaayeen af-gashiga. Af-gashiga muddo yar uunba la isticmaali karaa, waxaa loo baahan yahay in la beddelo marka uu ku qooyo hindisada iyo qufaca.
- ✓ Waa in aad haysta hanshiyo (ama hanshida musqusha) iyo baco aad ku asturtid hanshiyada aad isticmaashay.
- ✓ Ka fikir wixii aad isku madaddaalini lahaydeen haddii ay dhacdo in reerkaagu uu guriga ka soo bixi kari waayo muddo ka badan toddobaad (sida buugaag, ciyaaro iyo fidiyo).

Talaalka hargabka

- ✓ Waxaad dakhtarkaaga sanad waliba weydiisata talaalka hargabka . Talaalka caadiga ee sanad waliba mar la qaato kaama badbaadineyso haddi dilaacdo sasmara, haseyeeshe waxay ka difaaceysa hargabka caadiga inuu kugu dhaco. Maadaama feyraska sida hargabka uu haddi iyo jeer is-bed-beddelo waa in aad sanad waliba istalaasha.
- ✓ Talaalku wuxuu bilaash u yahay daka da'doodu yahay 65 iyo wixii ka sareeya waxaa kale uu bilaash u yahay dadka waaweyn iyo caruurta qaba cudurada muddada dheer haya sida neefta.