



Baaritaanka COVID  
ee Aasaasiga ah

*Xaanshida*

*Macluumaadka ee #1*

# Waa maxay farqiga u dhexeeya Baaritaanka PCR iyo Baaritaanka Jir- lid-dhaliyaha ee Degdegga ah? Baaritaankee ayaan maraa?

**Baaritaanka PCR** marka la is  
(loo diray shaybaarka) barbardhigo.

**Baaritaanka Jir-lid-dhaliyaha ee  
Degdegga ah**  
(baaritaanka guriga lagu qaado)

- **Tidica hiddo-sidaha** = Waxaa la adeegsadaa dheecaanada sanko si loo ogaado tidica hidde-sidaha (RNA) ee fayraska COVID
- **Shaybaarka** = Waa in lagu baaro gudaha shaybaarka waxayna qaadan kartaa ilaa 3 maalmood si loo helo natiijooyinka
- **Aad xasaasi u ah** = Baaritaanka waxaa lagu ogaan karaa fayraska xitaa kahor inta aadan isku arkin astaamaha, marka tirada fayraska kugu jira uu hooseeyso. "Tirada Fayraska" waa inta uu le'eg yahay fayraska ku jira jirkaaga..
- **Waxaa lagu ogaan karaa fayraska marka aad dib dambe u faafin karin** = Qofka weli waa laga heli karaa cudurka marka uu maro baaritaanka PCR ilaa 90 maalmood. Tani ayaa ka dhigan in baaritaanka PCR lagu ogaan karo fayraska marka aadan dib dambe u faafin karin oo fayrasku kaa wada baxo.
- **Jir-lid-dhaliyeyaasha** = Waxaa la adeegsadaa dheecaanada sanko si loo ogaado asteeyayaasha borootiinka (jir-lid-dhaliyeyaasha) laga helo dusha fayraska COVID
- **Guriga/laftaada** = Waxaa lagu samayn karaa goob baaritaan ama adiga laftaada ayaa isku baari kara guriga; natiijooyinka waxaa lagu helayaa 10 ilaa 20 daqiiqo gudahooda
- **Xasaasi Ahayn** = Baaritaanka waxaa laga yaabaa inaan lagu ogaanin fayraska marka hore ee la qaado, balse waxaa waxta leh in la ogaado marka la isqaadsiin karo (fayrasku faafi karo).
- **Waxaa lagu ogaadaa fayraska marka la isqaadsiin karo** = Qofka weli waa laga heli karaa cudurka marka baaritaanka degdegga ah lagu sameeyo muddo 5 ilaa 7 maalmood ah, iyo ilaa 14 maalmood. Haddii cudurka lagaa helo marka aad marti baaritaanka jir-lid-dhaliyaha ee degdegga ah, waxay ka dhigan tahay inaad weli cudurka faafin karto.

## BAARITAANKEE AYAAN MARAA?

**Baaritaanka PCR** (Shaybaarka) = Haddii aadan rabin inaad hubiso inaad qabin COVID oo **aadan** qabin astaamo, markaa mar baaritaanka PCR.

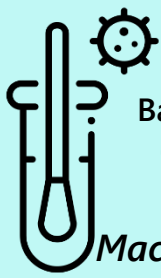
**Baaritaanka Jir-lid-dhaliyaha ee Degdegga ah** (Isku Baarida Guriga) = Haddii aad rabto inaad ogaato inaad qabto COVID oo aad **qabto** astaamo ama aad u baylah noqotay qof qaba COVID, markaa mar baaritaanka Jir-lid-dhaliyaha ee Degdegga ah. \*Si aad u hesho natiijooyin sax ah oo dheeraad ah, samee LABA baaritaan oo degdeg ah 48 saacadood u kala dhexeeya.

La Cusbooneysiiyay: August 2023

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

<https://www.bewellyarmouth.org/pcr-or-antigen-test>

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Baaritaanka COVID  
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Macluumaadka ee #2*

# Halkee ayaan ka heli karaa Qalabka baaritaanka COVID ee guriga ee BILAASHKA AH?



**Meel dhigo 2 ilaa 3 xirmo oo qalabka ah** si aad isku baarto mar kasta oo aad isku aragto astaamo, aad u dhowaatay qof kale, ama aad rabto inaad booqato qof waayeel ah ama halis sare ugu jira inuu cudurka qaado.

## Halka laga helo qalabka COVID la isaga baaro ee guriga ee BILAASHKA AH:

Isticmaal mid kasta oo ka mid ah mareegahan si aad u hesho qalabka BILAASHKA AH.

### (1) Xarumaha caafimaadka ee dawladda

Qalabka la isku baaro ee guriga ee laga heli karo xarumaha caafimaadka bulsheed ee ay dawladdu maalgeliso. Hel xarun caafimaad oo kuu dhow:

<https://findahealthcenter.hrsa.gov/>

### (2) Xubnaha MaineCare iyo CubCare

Xubnaha MaineCare iyo waalidiinta carruurta caymiska ka hesho CubCare waxay qalabka la isku baaro ee guriga ee bilaashka ah ka heli karaan farmashiyeyaasha aqbala caymiska MaineCare. Horay ugu sii qaado farmashiyaha caddaynta caymiska.



La Cusbooneysiiyay: August 2023

<https://www.maine.gov/covid19/testing>

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests?>

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Baaritaanka COVID ee  
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# Goormee ayay tahay inaan iska baaro cudurka COVID?

## Mar baaritaanka COVID...



Haddii aad qabto **astaamo** → is baar isla markiiba. Astaamahani waxay noqon karaan kuwa la mid ah kuwa hargabka ama riiraxyada.

- ✓ Cune xannuun, cabbur ama dililiq
- ✓ Qufac
- ✓ Neeft-qabasho ama dhib ku qabida inaad neefsato
- ✓ Qandho ama qarqaryo
- ✓ Daal, Muruqo ama jir xanuun
- ✓ Madax-xanuun
- ✓ Luminta dhadhanka ama urta ee cusub
- ✓ Lalabbo ama matag, shuban



Haddii aad **u baylah noqotay qof qaba COVID** → balse **AADAN** is baarin isla markiiba. Mar baaritaanka COVID 5 maalmood kadib markaad u baylah noqoto.

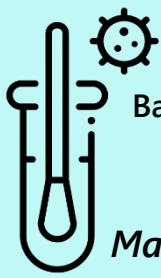
Si loo go'aamiyo maalinta ay tahay inaad marto baaritaanka COVID, booqo gujo-raacan oo isticmaal "Xisaabiyaha U-baylah Noqoshada": <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

Waxaad sidoo kale tixgelin kartaa inaad is baarto kahor:

**Inta aadan booqan qof halis sare ugu jira inuu qaado cudurka COVID** → kuwani waxaa ku jiri kara dadka waayeelka ah, dadka qaba neefta, dadka habdhiska difaaca jirkoodu liito, iyo dadka qaba xaaladaha caafimaad qaarkood.



**Haddii aad dad badan kala qaybgalayso munaasad**, sida maadeys ama caweysi ama arroos.



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Macluumaadka ee #4

## Sideen isaga qaadaa dheecaabka sanka ee loogu talagalay baaritaankayga COVID?

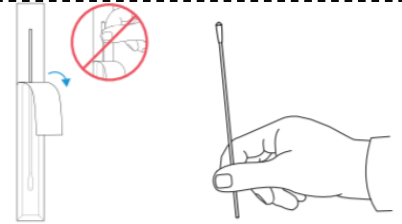
1. **Akhri tilmaamaha ku qoran qalabka baaritaanka oo u raac tallaabooyinka si taxaddar leh.** Muunad ka qaadida sanka ee khaldan waxay keeni kartaa natiijooyin aan sax ahayn.



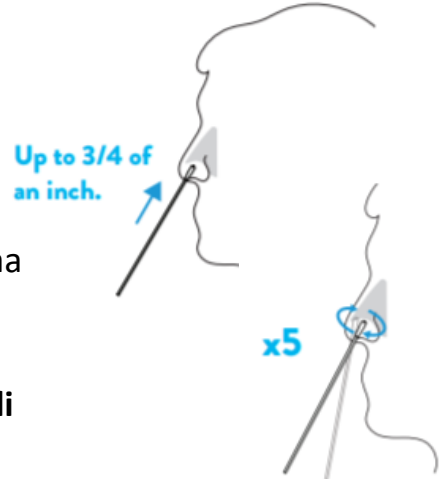
2. **Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 il-biriqsi ama isticmaal wasakhtire si aad u nadiifiso gacmahaafa, adoo gacmahaha iyo farahaha is marmarinaya ilaa ay ka engegaan ama qallalaan.**



3. **Fur xirmada suufku ku jiro dhinaca usha leh. Soo bixi suufka. Ha taaban caarada suufka ama meelna ha ka taaban.**



4. Madaxaaga ha toosnaado. Geli caarada inay dheecaanka soo qaado loogu tagalay oo dhan sanqada biddix (**u geli gudaha qiyaastii ¾ inji**)
5. Si adag u mari suufka gudaha sanqadaada adoo *si wareeg ah* u marinaya **5 jeer** ama ka badan ilaa **15 il-biriqsi**



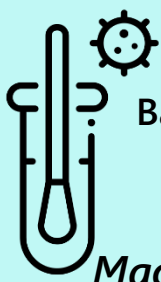
6. Ka saar suufka, geli sanqadaada midig, oo **ku celi tallaabooyinka #4-5.**

7. **Saar suufka gudaha tuubbada ama kaarka xalka leh,** iyadoo ku xiran qalabka baaritaanka. Si taxaddar leh u raac tilmaamaha haray ee loogu talagalay qalabkaas baaritaan.

La Cusbooneysiiyay: August 2023

<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests/>

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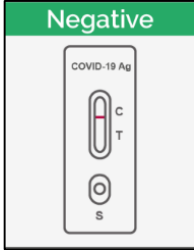


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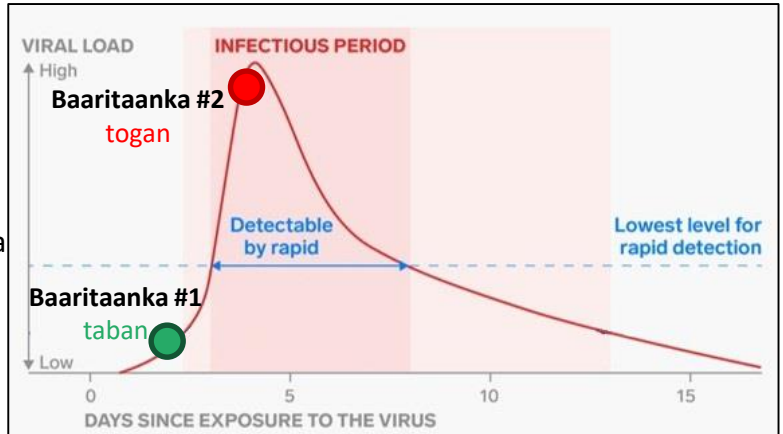
*Macluumaadka ee #5*

# Baaritaankaygu wuxuu ahaa mid taban – maxaan ugu baahanahay inaan isbaarno **MAR KALE?**



Marka la adeegsanayo baaritaanka jir-lid-dhaliyaha ee degdegga ah, natiijada baaritaanka ee taban ayaa muujisa oo keliya **HAL XARIIJIN** oo ku taala kaarka baaritaanka xariiqdaas oo u dhow xarafka “C” (control).

Natiijada taban ayaa ka dhigan in baaritaanku aan lagu ogaan cudurka. **BALSE**, tani **meesha kama saari doonto inaad qabto COVID**. Waxaa laga yaabaa inaad is baartay kahor waqti fayraska la ogaan karin. Tusaale ahaan, garaafku wuxuu muujinayaa cudurka COVID laga bilaabo maalinta u baylah noqoshada ilaa maalinta 15-aad. Baaritaanka maalinta 2-aad wuxuu muujinayaa natiijo taban. Balse baaritaanka kale ee maalinta 4, wuxuu muujinayaa natiijo togan.



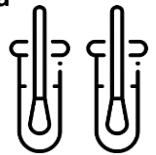
## Immisa jeer ayay tahay inaad marto baaritaanka degdegga ah ee guriga lagu sameeyo oo muddo intee le'eg ayuu qaataa?

**Haddii aad qabto astaamo...**

Isku day mar kale **48 saacadood** kadib marka koowaad ee cudurka lagaa waayo, wadar **dhan LABO baaritaan**.

Haddii aan lagaa heli cudurka markaad marto baaritaanka labaad oo aad ka walaacsan tahay inaad qabto COVID-19, waxaa laga yaabaa inaad:

- marto baaritaan kale oo guriga lagu qaado 48 saacadood kadib baaritaanka labaad
- hesho baaritaanka PCR ama wacdo bixiyaha daryeelka caafimaadkaaga

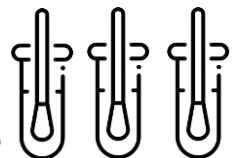


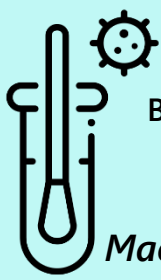
**Haddii AADAN qabin astaamo, balse aad u baylah noqotay COVID-19...**

Isku day mar kale **48 saacadood** kadib marka koowaad ee cudurka lagaa waayo, kadibna **48 saacadood** kadib marka koowaad ee cudurka lagaa waayo, wadar ahaan **dhan SADDEX baaritaan**.

Haddii aan lagaa heli cudurka markaad marto baaritaanka saddexaad oo aad ka walaacsan tahay inaad qabto COVID-19, waxaa laga yaabaa inaad:

- mar baaritaan kale oo guriga lagu qaado 48 saacadood kadib baaritaanka labaad
- hesho baaritaanka PCR ama wacdo bixiyaha daryeelka caafimaadkaaga





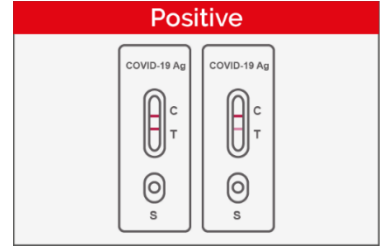
Baaritaanka COVID  
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*Macluumaadka ee #6*

# Baaritaankaygu wuxuu ahaa mid togan – hadda maxaan sameeyaa?

Marka la adeegsanayo baaritaanga jir-lid-dhaliyaha ee degdegga ah, natiijada baaritaanka ee togan ayaa muujisa **LABO XARIIJIN** oo ku yaala kaarka baaritaanka.



*XUSUUSNOW: Xariiqda labaad daciif ayay noqon kartaa. Uma baahnid inaad mar to baaritaan kale si aad u xaqiijiso natiijada*

## Waxa la sameeyo marka baaritaankaaga COVID uu noqdo mid togan:

- ✓ **IS-GO'DOOMI:** Guriga joog ilaa **5 maalmood**. QOF KASTA waa inuu sidan sameeyo, dhib ma lahan haddii la tallaalay iyo haddii kale.
- ✓ **KA ILAALI CUDURKA DADKA KALE:** Isku day inaad iska go'doomiso dadka kale ee reerkaaga ka mid ah inta ugu suurtagalka ah. Ha la wadaagin alaabta gaarka ah. Xiro maaskaro si fiican kuugu xirmaysa markaad ag joogtid dadka kale eejooga guriga (xubnaha qoyskaaga ka tirsana waa inay xirtaan maaskaro sidoo kale). Kadib marka 5-ta maalmood ee is-go'doominta ay dhammaato, waad ka bixi kartaa guriga balse waxaad xiran kartaa maaskaro marka aad joogto goobaha dadweynaha iyo markaad ag joogto dadka kale ilaa laga gaaro maalinta 10-aad.
- ✓ **HEL DAAWEYN:** Ha sugin! Daaweyn ayaa loo heli karaa cudurka COVID, sida kaniiniga loo yaqaano “Paxlovid” kaasoo kaa caawin kara astaamaha aad qabto inay kaa yaraadaan. BALSE, daaweyntu waa inay bilaabato 5 maalmood gudahooda kadib astaamaha. La xiriir xirfadle caafimaad si aad u ogaato inay habboon tahay inaad hesho daawayn.
- ✓ **HEL TAAGEERO:** Ma u baahan tahay hoy, cunto ama taageero kale marka aad la xanuusan tahay COVID? Caawimaad ayaa la heli karaa! Waxaad **wici kartaa 2-1-1**, iimayl u diri kartaa [DHHS.COVIDSocialSupport@maine.gov](mailto:DHHS.COVIDSocialSupport@maine.gov), ama buuxin kartaa Foomka Gudbinta COVID-19 (<https://www.maine.gov/dhhs/form/covid-19-referral-form>).

## Sideen u tiriyaa 5-ta maalmood ee is-go'doominta?

**Haddii aad qabto astaamo:** Maalinta 1-aad waa maalinta ugu horraysa ee buuxda kadib markay astaamahaagu bilowdeen.

**Haddii aadan qabin WAX astaamo ah:** Maalinta 1-aad waa maalinta ugu horraysa ee buuxda kadib marka lagaa helo cudurka. Haddii aad isku aragto astaamaha 10 maalmood gudahooda kadib baaritaanka, is-go'doominta 5-ta maalmood ah ayaad mar kale bilaabaysaa (iyadoo Maalinta 1-aad ay tahay maalinta ugu horraysa ee buuxda kadib marka astaamahaagu bilowdeen.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Symptoms Start** Day 0
2 Day 1	3 Day 2	4 Day 3	5 Day 4	6 Day 5	7 Leave Isolation	8
9	10	11	12	13	14	15

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<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>