



# Ireland waxa ay arkaysaa inay aad u kordheen caabuqyada fayraska caadiga ah jiilaalkan

## Ilaali naftaada iyo kuwa aad jeceshahayba

Caabuqyada sida hargabka, COVID-19 iyo RSV ayaa hadda sababay inay dad badan ku bukoodaan Ireland. Waxay tani horseedaysaa inuu dadka ka tan bato Waaxyaha Gurmadka degdega ah ee isbitaalkeena iyo kordhitaanka wakhtiyada sugitaanka ee adeegyada GP-ga (dhakhtarka qoyska)

- Carruurtu waxay marar badan qaadi karaan caabuqyada fayraska sida durayga iyo hargabka
- Dadka da'da ah ayaa sidoo kale u nugul caabuqa waxayna noqon karaan kuwo aad ula xanuunsan
- Cudurada dillaaca waxay u badan yihiin inay ka dhex dilaacaan dadka ku nool goobaha mashquulka ah ama saxmada badan leh

### Noqo mid caafimaad qaba oo ka hortag faafidda caabuqyada:

- Guriga joog haddii aad xanuunsan tahay oo ilmahaaga guriga ku ilaali haddii ay xanuunsan yihiin. **Ha ku milmin dadka kale.**
- Qaad tallaabooyin dheeraad ah si aad uga fogaato caabuqyada neef-mareenka –



Ku dabool qufacaaga iyo hindhisadaada tiish ama xusulkaaga haddii aadan haysan tiish



Gacmahaaga ku nadiifi saabuun iyo biyo ama gacmo nadiifiye



Xiro maaskarada wajiga markaad joogto meelaha saxmada badan leh

- **Qaado tallaalka** si aad uga hortagto COVID-19 (bilaash) iyo hargab (bilaash u ah kuwa u qalma) – ma ahan goor dambe!
- Adiga qudhaaga maaree calaamadahaaga ama calaamadaha ilmahaaga laakiin ogow meesha aad ka heli karto iyo goorta aad heli karto kaalmo caafimaad haddii loo baahdo – oo aad ka helayso Farmashiistaha ama Dhakhtarka



[www2.hse.ie/living-well/winter/how-to-stay-well-in-winter](http://www2.hse.ie/living-well/winter/how-to-stay-well-in-winter)