



INFEKSHANKA NEEF-MAREENKA

Hagaha tallaabo-tallaabada ah ee ku saabsan sida loo maareeyo infekshanka.



TALLAABOYINKA ISKAA ISKU DARYEELIDA AH

1. Sida naftaada u wanaajin kartid
2. Hubi mudada ay qaadan karaan astaamahaaga
3. Ka feejignow astaamaha halista ah
4. Meesha caawimaad laga helo

Haddii aad u maleyneysid in aad qabtid COVID-19 fadlan booqo qeybta coronavirus ee GOV.UK iyo NHS si aad u hesho hagihi iyo macluumaadkii ugu danbeeyey.

1. SIDA NAFTAADA U WANAAJIN KARTID

Wax kasta oo infekshankaagu ahaado, waxaad sameyn kartaa waxyaabahan soo socda si aad iskaga caawiso.



Isticmaal parastamol si aad iskaga yareeyso qandhada; had iyo jeerba waxaad raacdaa tilmaamaha



Weydii farmashiistahaaga wixii talo ah ee ku saabsan qaabka loo yareeyo astaamaha



In badan naso ilaa aad ka roonaato



Cab cabitaan badan si aad uga hortagto dareemida haraad.



Isticmaal maryo/af-tire marka aad hindhisto si aad u joojiso faafidda infekshanka



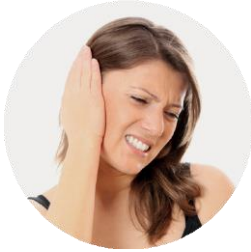
Iska dhaq gacmahaaga si aad u joojisid faafitaanka infekshanka

Wixii macluumaad dheeraad ah, booqo bogga internetka NHS:

www.nhs.uk

Cudurada infekshanka badankood waxay roonaadaan iyadoon la isticmaalin antibiyootiko. Baro sida aad uga faa'iideysan kartid isticmaalka antibiyootikada adiga oo booqanaya: www.antibioticguardian.com

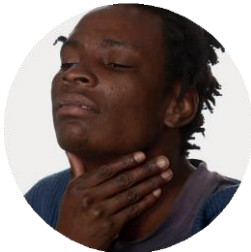
2. HUBI MUDADA AY QAADAN KARAAN ASTAAMAHAAGA



Dhego xanuun

Inta badan waxay ku roonaadaan 8 maalmood

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Dhuun xanuun

Inta badan waxay ku roonaadaan 7-8 maalmood

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Hargab

Inta badan waxay ku roonaadaan 14 maalmood

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



Qufac

Inta badan waxay ku roonaadaan 21 maalmood

Isniin	Talaado	Arbaco	Khamiis	Jimco	Sabti	Axad
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Haddii aadan bilaabin inaad wax yer xitaa ku roonaanin wakhtiyada kor ku xusan, talo ka raadso dhaqtarkaaga guud (GP-gaaga).

Haddii aad dareento inaad ka sii dareyso, taleefan u dir **[NHS] 111**, **NHS qadka tooska ah Wales ama NHS 24** (fiiri talaabada 4)

3. KA FEEJIGNOW ASTAAMAHA HALISTA AH

Haddii aad qabto infekshin oo aad yeelatid mid ka mid ah astaamaha hoos ku xusan, waa inaad si dhaqsi ah ku **aragtaa dhakhtar**. **Wac dhakhtarkaaga guud** ama **wac NHS 111**, **NHS Direct Wales** ama **NHS 24**.



Madax xanuun daran



Maqaarka oo aad u qabow



Neefsashada oo dhib noqota



Dareemidda jahwareer



Laab xanuun



Dhibaatooyinka liqitaanka



Qufac dhiig leh



Dareemida xaalada oo kasi darta

4. MEESHA CAAWIMAAD LAGA HELO

NHS INGIRIISKA



CALL 111
when it's less urgent than 999

NHS DIRECT WALES



NHS Direct Wales
0845 46 47
Galw Iechyd Cymru

NHS SCOTLAND



NHS
24
CALL 111

NORTHERN IRELAND
La xiriir dhaqtarkaaga guud



HSC Public Health Agency
Project supported by the PHA

Haddii ay xaaladu tahay MID DEGDEG AH, wac 999 si dhaqsi ah.