

Waa salaaman tahay!

Shalay oo taariikhda ku beeganayd 10 maarso, waxay Hay`adda arrimaha caafimaadka dadwaynaha [Folkhälsomyndigheten], sare u qaaday heerka halista uu cudurka ku faafu dalka Iswiidan, kaasoo lagu qiimeeyey mid aad u sareeyo. Laga bilaabo shalay, waxaa Gobolka Kronoberg laga helay hal qof kaasoo la xaqiijiyay in uu ku dhacay fayruuska loo yaqaanno [coronavirus, covid-19]. Hoyga qofka cudurka ku dhacay wuxuu ku yaalla gobol kale, laakin wuxuu kumeelgaar ahaan ku sugna Gobolka Kronoberg. Waxaan ogsoon nahay inaad su`aallo xiriir la leh fayruuska loo yaqaanno [coronavirus] is-waydiinayso iyo in xilhaayaha xannaanadda/waalidka ahaan aad walwalsan tahay.

## **Xaaladda hab joogto ah kala soco barta internetka**

### **[www.vaxjo.se](http://www.vaxjo.se)**

Imminka ma jiro warar la xaqiijiyay oo ku saabsan in fayruuska loo yaqaanno [coronavirus] laga helay dugsiyada Gobolka. Dowladda hoose Växjö waxay hab taxadarsan ula socota horumarka arrintaan, waxay hab joogto ah u cusboonisiisaa warbixinada, kuwaasoo ku soo bandhigto barta internetka [www.vaxjo.se](http://www.vaxjo.se). Maadaama xaaladda ay hab joogto ah isku bedbedesho, waxaan ka codsanaynaa inaad horumarkeeda barta internetka kala socoto, waxaan farin cusub email kugu soo diri doonaa haddii arrinta ay wax wayn iska bedesho oo keliya.

## **Sidatan ayaan ugu hawlan nahay arrimaha**

Hawlgallada maamullada dugsiyada waxay ku salaysan yihiin kahortegid, taasoo ujeedada tahay in guud ahaan hoos loo dhigo heerka faafinta fayruuska maadaama noocyaha fayruusyada influenso kale ay jiraan. Taalaabada guud ahaan looga hortago infeekshanada ku dhaca mariinada neefsashada, waxaa weeyaan in aan weejiga ama indhaha aan la taaban, tan kale waa in layska ilaaliya xiriir la yeelashada dadyoowga xannuunsan. Warbixin arrintaan ku saabsan waa la sii kordhiyay maadaama u jiro fayruuska loo yaqaanno [coronavirus].

Waxaan idinku talinaynaa inaad tixraacdaan **[talada ku saabsan nadaafadda gacmaha heerka sare](#)** ee Hay`adda arrimaha caafimaadka dadwaynaha [Folkhälsomyndigheten].

Dowladda hoose Växjö waxay tixraacda talada Hay`adda arrimaha caafimaadka dadwaynaha [Folkhälsomyndigheten], taasoo ku saabsan dhinaca amaanka faafinta fayruuska, in imminka aynan jirin sabab u arday caafimaad qaba usan dugsiga ku tegin. Ardayda fasallada dugsiyada xannaanadda, dugsiyada biloowga/hoose/dhexe, dugsiyada gaarka ah iyo dugsiyada sare oo boqolkiiba caafimaad qaba way tegi karaan dugsiga wayna ka qaybgeli karaan dugsi-dhigashada.

Waxaa Hay`adda arrimaha caafimaadka dadwaynaha [Folkhälsomyndigheten], laga soo xigsaday in ardayda iyo shaqaalaha dhowaan booqday goobaha halista ay ka jirto, aynan guriga ku hakan haddii aynan lahayn calaamahada cudurka, laakin waa in ay fiirogaar siiyaan calaamahada cudurka sida qufac, cillada neefsashada iyo qandho. Haddii calaamadaha noocaas ay dareemaan waa in guriga iska joogaan oona kaddib la xiriiraan goobaha daryeel-caafimaadeedka.