



Cudurka COVID-19 miyuu dhammaadey?

Luulyo 2022

Jawaab: Maya.

COVID-19 ma dhammaan, sida laga soo xigtey Hay'adda Caafimaadka Adduunka.

Maalin walba, adduunka oo dhan ilaa malaayiin dad ah ayaa weli waxaa ku dhaca cudurka COVID-19.

- Qaarkood waxay fasax ka qaataan shaqada si ay u bogsadaan, qaar kalena waxay yeellan karaa astaamo daran waxayna u baahan karaan daryeel cusbitaal.
- Dad badan ayaa sidoo kale la ildaran dhibaatooyin muddo-dheer sida “ceeryaamada maskaxda/brain fog” ama daal (‘covid dheer’), kuwaas oo imaan kara toddobaadyo ilaa bilo ka dib qaadista hore.

Tani waa sababta ay muhiim u tahay in aad cusbooneysiiso tallaalkaaga, in aad gacmahaaga si joogto ah u dhaqdo, in aad mudnaan siiso dadka in aad kula kulanto bannaanka ama meelo hawo wanaagsan leh, iyo in aad raacdo talooyinka caafimaadka dadweynaha ee degaankaaga.



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Social Determinants of Health

Waxaa xaqiijiyey
MedComm – oo ah
Naadiga Gaarista ee
Ururka Ardeyda
Caafimaadka ee McGill.

Want to learn more?

You can find out more about COVID-19
here: <https://bit.ly/CanCovid-19>

Qoraalkan looguma talogalin in uu beddel u noqdo daryeelka iyo talada xirfadeed. Had iyo jeer raadso adeegyada xirfadle caafimaad ama adeeg bixiye caafimaad kale oo la aqoonsan yahay si aad u weyddiiso su'aalaha laga yaabo in aad qabto.