

# Sida Si Badqab Leh Loo Naasnuujiyo Haddii Aad Qabto COVID-19

Xiriiriyaha La Heli Karo: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

Si dhab ah uma ogin in hooyooyinka qaba COVID-19 ay u gudbin karaan cudurka carruurta ku jirta naasnuujinta, balse iyadoo lagu saleynayo waxa aan ognahay, tani uma badna.



## Haddii aad qabto COVID-19 oo Aad Doorato Inaad Naasnuujiso

- Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 il-biriqsi kahor naasnuujinta.
- Xiro afxir marka aad naasnuujinayso IYO mar kasta oo aad wax ka yar 6 cag u jirto ilmahaaga.
  - » Ha u gelin gaashaan waji ama afxir ilmahaaga. Gaashaanka wajiga ama afxirka ayaa kordhin kara halista ah cilladda dhimashada lama filaanka ah ee dhallaanka (Sudden Infant Death Syndrome, SIDS) ama neef ku dhega iyo ceejiska shilka ah.



## Haddii Aad Qabto COVID-19 oo Aad Dooratid Inaad Bamka ama Gacanta Isaga Listid Caanaha Naaska

- Isticmaal bamka naaskaaga (ha wadaagin bamka naaska).
- Xiro afxir marka aad naaska bam ku lisayso.
- Ku dhaq gacmahaaga saabuun iyo biyo ugu yaraan 20 il-biriqsi kahor intaadan taaban wax ka mid ah bambka ama dhalada.
- Nadiifi bamkaaga kadib markaad isticmaasho, mar kasta.
- Isku day in qof kula deggan uu ilmaha siiyo caanaha bamka lagu lisay. Hubso inaysan qabin COVID-19 oo aysan ugu jirin halis sii kordheysa.
- Daryeel-bixiye kasta oo kula nool ayaa laga yaabaa inuu u-baylah noqday cudurka, waana inuu xirto afxir marka ay u jiraan 6 cag ilmaha inta aad ugu jirto go'doonka\* oo dhan COVID-19, iyo inta ay ku jiraan karantiilka\*\*.

\* Go'doon waxaa loola jeedaa ka ilaalinta qof qaba cudurka dadka kale, xitaa gurigiisa.

\*\*Karantiil waxaa loola jeedaa in laga fogaado qof laga yaabo inuu u-baylah noqday COVID-19 dadka kale.

## Naasnuujinta Haddii Aad Ka Go'day Ilmahaaga Dhashay

Haddii aad qabto COVID-19, waxaad dooran kartaa inaad si kumeelgaar ah uga go'do ilmahaaga dhashay si loo yareeyo halista ku faafitaanka COVID-19 ilmahaaga. Si kastaba ha noqotee, waxaa kugu adkaan karta inaad bilowdo ama aad sii wado naasnuujinta. Waxa jira tallaabooyin aad qaadi karto oo kaa caawin kara badashada caanahaaga:

- Ku lis bam ama quudi 2-3 saac kasta (ugu yaraan 8-10 jeer 24 saac gudahooda, oo ay ku jirto habeenkii), gaar ahaan maalmaha ugu horreeya. Tani waxay u seenyaale sinaysaa naasaha si ay u soo saaraan caano waxayna kahortagtaa marinnada caanaha ee xiran iyo caabuqyada naasaha.
- Haddii aadan awoodin inaad caano keento ama aad si kumeelgaar ah u joojiso naasnuujinta sabab kasta ha noqotee, tixgeli inaad caawimaad ka hesho bixiyaha taageerada naasnuujinta.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)