

Tilmaamaha Go'doominta iyo Ka Saaritaanka ee loogu talagalay Goobaha daryeelka caruurta

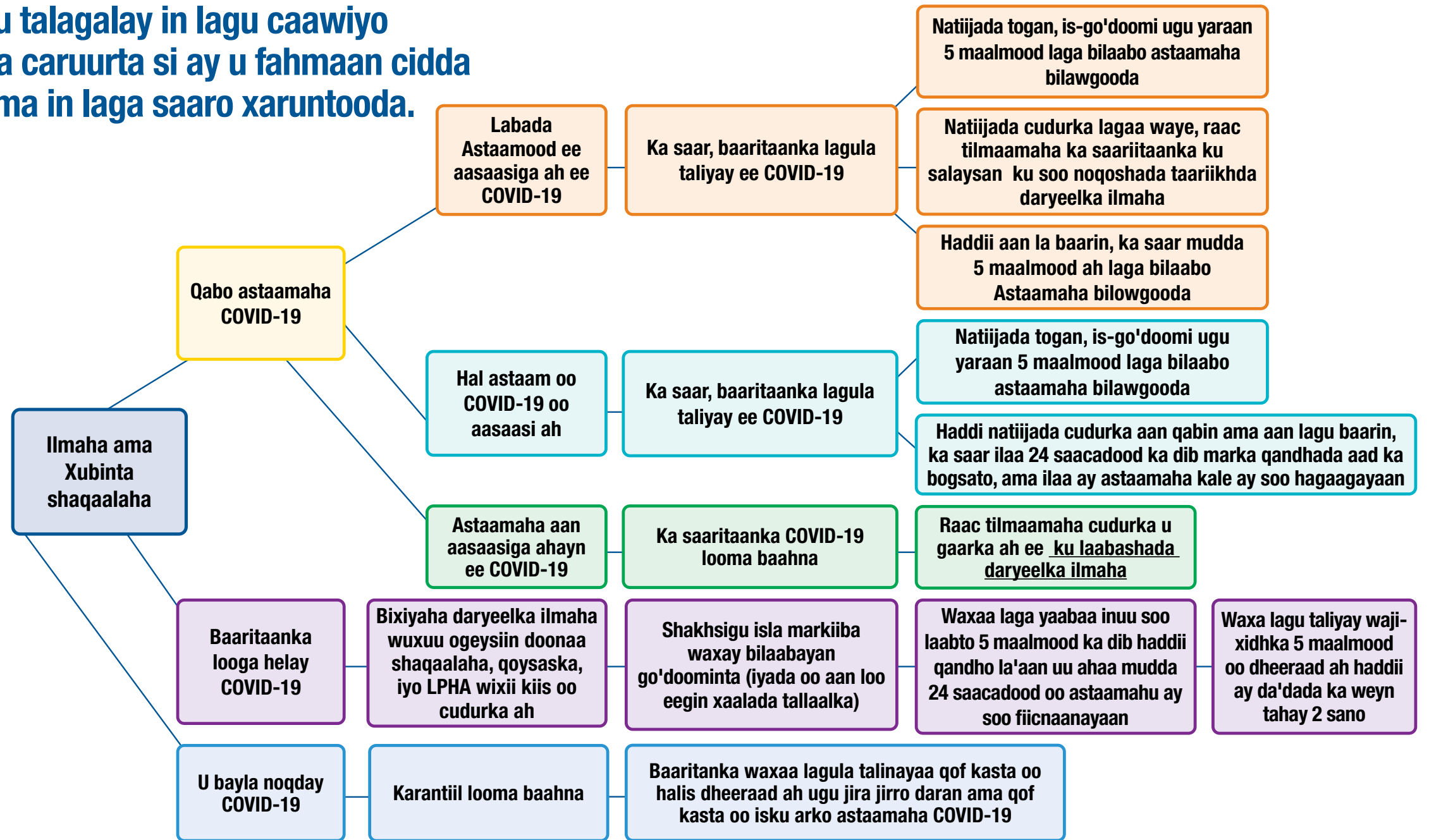
Geedkan go'aanka waxa loogu talagalay in lagu caawiyo hagida bixiyayaasha daryeelka caruurta si ay u fahmaan cidda u baahan in la go'doominyo ama in laga saaro xaruntooda.

Go'doominta waa ugu yaraan mudda 5-maalmood ah dadka laga helay cudurka ama qaba laba astaamood oo asaasi ah ka dib markii ay u bayla noqdeen COVID-19. Shakhsiyadka jira 2 sano iyo ka weyn waxa lagula talinayaa in ay maaskaro xirtaan mudda 5 maalmood oo dheeraad ah (maalinta 6-aad ilaa maalinta 10-aad) ka dib marka ay dhamaato muddadooda 5-ta maalmood ee is go'doominta. Shakhsigu waa inuu sii wadaa is go'doominta haddii aysan astaamuhu kaso raynin maalinta 5 aad.

Ka Saaritaanka waxaa loola jeedaa ka ilaalinta ilmaha ama xubin ka tirsan shaqaalaha goobta daryeelka ilmaha haddii ay muujiyaan astaamaha cudurrada faafa.

Astaamaha ugu horreeya ee COVID-19 waa qufac cusub (aan caadi ahayn, oo aan la xiriirin xaalad hoose oo la og yahay sida neefta ama xasaasiyadda), heerkul dhan 100.4°F ama ka sarreeya, qarqaryo, neefta oo yaraata, iyo luminta dhadhanka ama urka ee cusub.

Astaamaha aan asaasiga ahayn ee COVID-19 waa daal, murqo ama jir xanuun, madax-xanuun, cune xanuun, sanko oo caburmo, diif, lallabbo, matag, iyo shuban.



Su'aalo miyaad qabtaa? Fadlan la xiriir ProviderContact@ode.oregon.gov ama khadka caawinta Haddii Lagaa Helay Cudurka ee [Maamulka Caafimaadka Oregon](https://www.oregon.gov/ODE/EarlyLearning/EarlyLearningDivision/Pages/COVID-19-FAQ.aspx)

Helitaanka dukumiintiga: Shakhsiyadka naafada ah ama shakhsiyadka ku hadla luuqad aan aheyn Ingiriis, OHA waxay ku bixin kartaa warbixinta qaabab kale oo dadban sida fasiraadaha, daabicida farta waaweyn, ama farta indhoolayaasha. Kala xiriir Qaybta Ka-jawaabista iyo Kasoo Kabsashada fayraska Korona (CRRU) lambarka 503-979-3377 ama iimeyl uga dir CRRU@dhsosha.state.or.us. Waan aqbalnaa dhammaan wicitaanada gudbinta ah ama waxaad garaaci kartaa 711TTY ama COVID19.LanguageAccess@dhsosha.state.or.us.