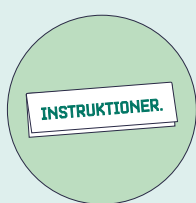
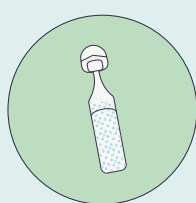


TILMAAMAHHA

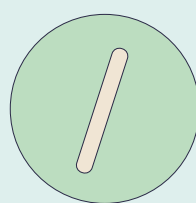
QALABKA MUUNADA WAXAA KU JIRA



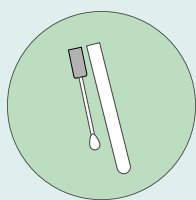
TILMAAMAYAASHA



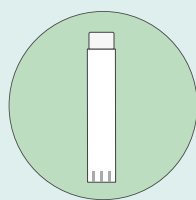
DHALO YAR OO KU
JIRTA CUSBO STERILE
AH NaCl 0.9%



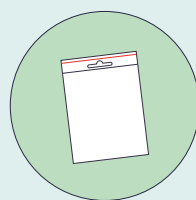
USHA CARABKA
LAGU CELIYO



TUUBBOOYINKA
TIJAABADA OO LEH
USHA QAADISTA
MUUNADA



BAARISTA
CANDHUUFTA



BAC AFKA KAXIRAN



CE LA
CALAAMADEEYAY
QALBKA MUUNADA
SHAQSIYEED



BAARIDA PCR I
TAYADA LAHUBO
SHEYBAARKA



JAWAABTA

WAXQABADKA
Natiijooyinka daraasadda
ansaxinta.

dareen: 95.7%
gaar ahaaneed: 99.1 %
Amaan: 97.8 %



Dynamic Code AB
Fridtunagatan 24
582 13 Linköping

Buug-gacmeedkan ayaa
dib loo hubiye oo la
soo saaray 29-kii
Juun 2021

Haye! Kani waa Qalabka Xeerka Dhaqdhaqaaqa covid-19 oo ah qalabka muunada shaqsiyeed. Muunad qaadistu waxay qaadataa dhowr daqiiq oo keliya in la dhammaystiro ka dibna waxaa loo diri karaa shaybaarkayaga si loo baaro. Waxaad heli doontaa jawaab ku saabsan haddii muunadaadu ka kooban tahay SARS-CoV-2. Waxaad ka heli kartaa jawaabta baaritaanka 1177.se Ka fiiri waxa khuseeya gobolkaaga 1177.se

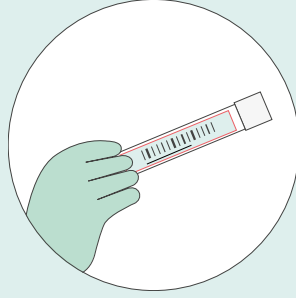
→ **Waa inaad soo dirtaa muunadda isla maalintaas** Akhriso tilmaamaha oo dhan kahor intaan bilaabin muunada, si aadan u dhaafin wax muhiim ah Muunadda waa in si dhakhso leh loo qaadaa marka sheeyaasha muunadda la furo. Ha i isticmaalin qalabka muunadda haddii ay waxyeello gaareyn.

Xaaladdan oo kale, laxariir bixiyahaaga daryeelka caafimaad qalab munad cusub. **Natiijooyinka baaritaanka waxay ansaxyihiin oo keliya haddii muunadda si sax ah loo qaaday iyadoo la raacayo tilmaamaha.** Qalabku waa inuu dhex yaala qolka leh heerkul xiliga muunad qaadista Waxaa lagula taliyay bukaanada jira 13 ama ka weyn Caruurta da'doodu u dhaxayso 6-12, muunad qaadista waa in ay fuliayaan mas'uul ama xirfadle daryeel caafimaad. Caruurta ay da'doodu u dhaxayso 1-5 sano, muunad qaadista waa in ay fuliyaan oo keliya xirfadlayaasha daryeelka caafimaadka.



1. AQRI GEBI AHAANBA TILMAAMAHA

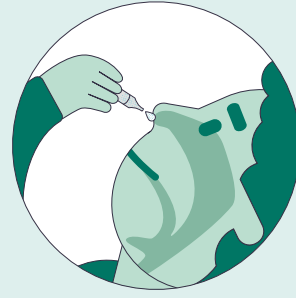
Ku bilow inaad nadiifiso gacamahaaga adigoo mar marinaya alkalohol. Akhri tilmaamaha oo dhan ka hor intaan bilaabin muunad qaadista, si aadan u seegin waxa muhiimka ah.



2. HUBI XOGTA

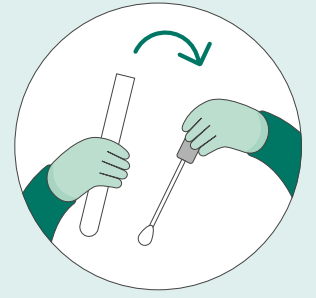
La soo bax tuubada tijaabada adoo adeegsanaya usha muunad qaadka oo hubi in macluumaadkaaga shakhsiyeed ay ku saxsan yihiin calaamadda

Haddii macluumaadku khaldan yahay, la xiriir goobta laga soo ururiyey xirmada muunaddaada.



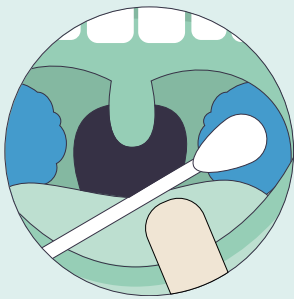
3. SANKAAGA KU RAACI ISU DARKA SALIIN

a) Haddii sankaaagu duuf xiran yahay, marka hore khiyaamee.
b) Ka fur daboolka dusha sare ee ampoule-ka (ampoule) isku darka saliinka. Madaxaaga gadaal u foorari oo qiyaas ahaan tifiq kusii kala bar isku darka hal duleel oo sankaa ah. Inta hartay ku tifiq duleelka sankaa kale. Haku yara negaado (10-15 ilbiriqsi) ka dibna u oggolow in isku darku inuu dhex maro hungurigaaga adigoo liqaaya.



4. DIYAARI LAQISTA MUUNADA

a) La soo bax tuubada tijaabada adoo adeegsanaya usha muunad qaadka.
b) Hubso inaad haysato muraayad ama taleefan gacmeed leh kamarad si aad hoos ugu eegi kartid cunaha.
c) Daboolka ku wareeji tuubada tijaabada oo xusuusnow inaad taaban qaybta jilicsan ee usha muunada.

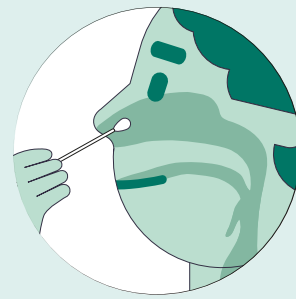
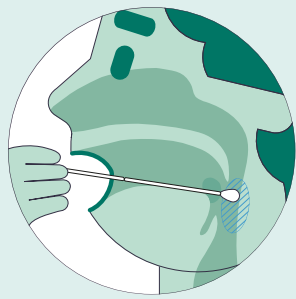


5. KA SOO QAAD MUUNADA QUMANKA IYO DALQADA

Kafiiri muraayada. Madaxaaga waxyar gadaal u jeedi oo afkaaga aad u kala qaad si aad u hesho sawir cad oo qumanka ah.

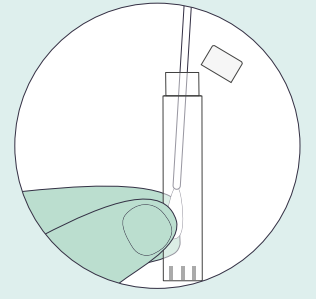
b) Isticmaal usha celisa carabka sifo aad carabkaaga uga ilaaliso qaybta dambe ee afkaaga.

c) Usha muunada, ku xoq qumanka labada dhinac ee cunaha illaa 5-7 ilbiriqsi. Isku day inaad ilaaliso inaad taaban qaybaha kale ee afka.



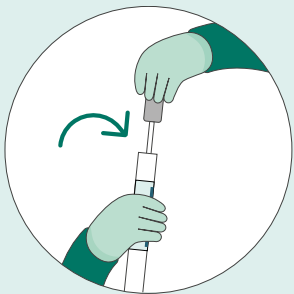
6. KA SOO QAAD MUUNADA SANKA

a) Geli qaybta jilicsan ee usha muunada qaadista 2-3 sintimitir hal duleel sankaa oo ku wareeji darbiga sankaa 5-7 ilbiriqsi.
b) Ku soo celi muunada ururinta si la mid ah sankaa duleelkiisa kale. Xusuusnow inaad la jaanqaado muunada sankaa carruurta. Dadka waaweyn, 2-3 cm ayaa lagu quseeya, laakiin carruurta tani waxay u baahan kartaa inay ka hooseyso, iyadoo kuxiran da'da ilmuhu jiro.
e) U gudub talaabada 7 adigoo usha muunada hoos u dhigin.



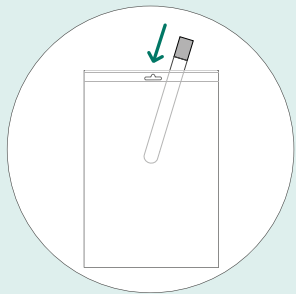
7. MUUNADA CANDHUUFTA

a) Soo qaad tuubada tijaabada candhuufta oo fur daboolka.
b) Ku tuf candhuuf 2-3 jeer tuubada baaritaanka.
c) Gudaha u gali usha muunada candhuufta oo ku wareeji dhowr meelood.
d) Tuur tuubada tijaabada candhuufta
e) U gudub talaabada 8 adigoo usha muunada hoos u dhigin.



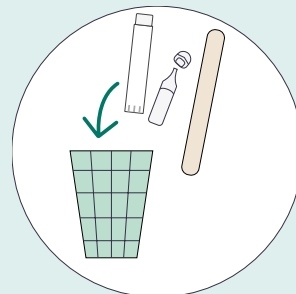
8. FURKA SAAR

Dib ugu rid usha muunada tuubada tijaabinta oo si adag daboolka u xir.



9. XIR XIRADA MUNADA

Ku rid tuubada tijaabada usheeda munada bacda jiinyeerka oo xir. Ku keydi bacda waxyaabaha kujira qaboojiyaha illaa aad ka gudbeyso baaritaanka. Tani waa in la sameeyaa **isla maalintaas**.



10. TUUR SHEEYADA KALE

Tuur tuubada tijaabada candhuufta, usha carabka celisa iyo isku darka saline qashinka guriga ee caadiga ah. Kuwani waa inaan **lala** soo gudbin muunada.



11. SOODIR OO SUG JAWAABTA

U soo gudbi muunada isla **maalintaas** iyo isla goobtii laga soo ururiyey. Haddii qalabka muunad qaadista laga soo ururiyay farmashiyaha, oo haya qof aan lahayn wax calaamad ah/Wakiil kuu soo dhiibo adiga. Waxaad heli doontaa natiijooyinka baaritaanka 1177.se saddex maalmood gudahood. Haddii aadan helin jawaab seddex maalmood ka dib, waa inaad dalbataa tijaabo cusub oo aad u soo sheegtaa natiijooyinka baarida ee la seegay ee taageerada 1177 adeegyada e-e ee Vårdguiden