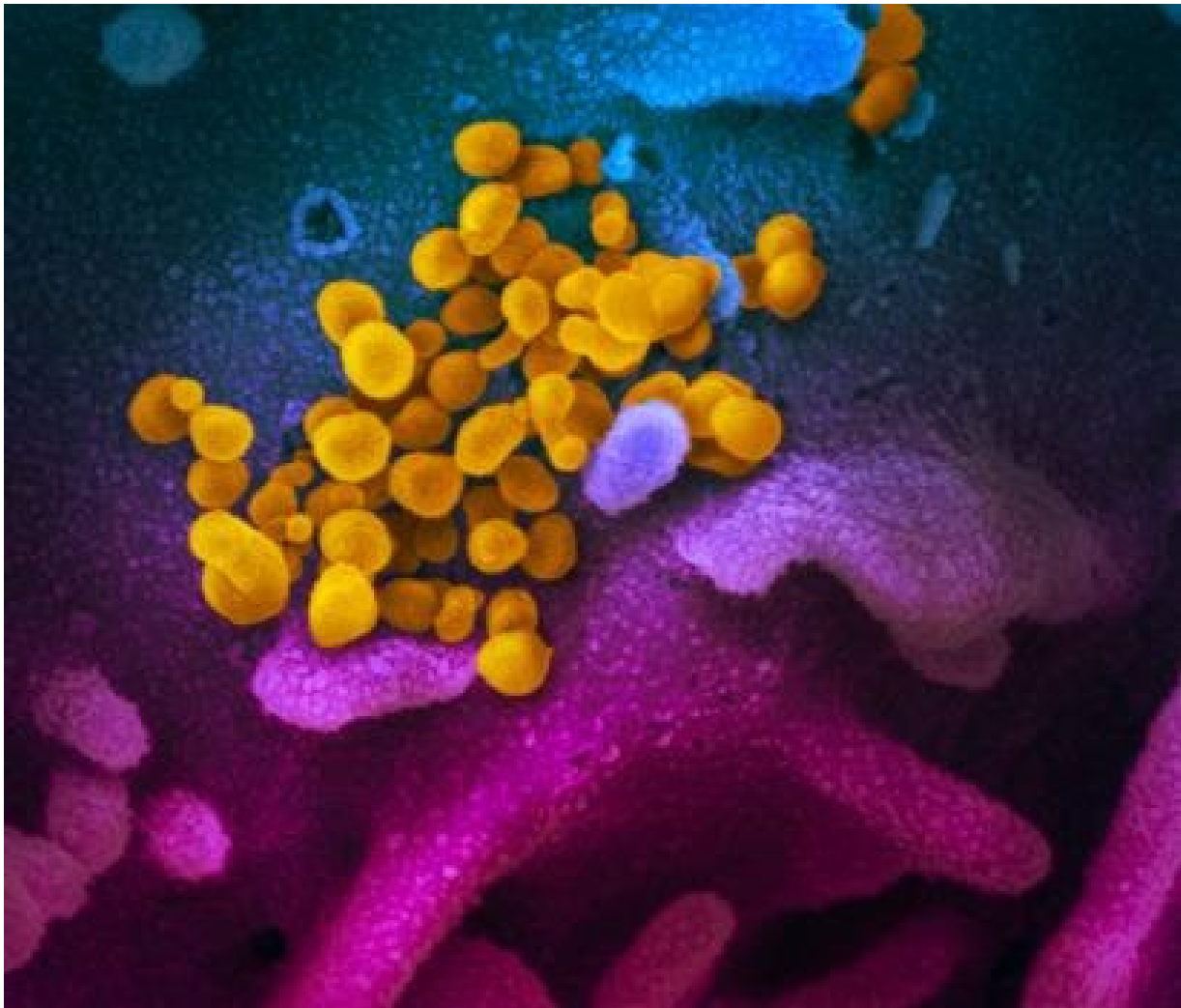


COVID-19: Hagaha/Tilmaamaha Safka Hore ee loogu talagalay Go'aan Gaarayaasha Maxalliga



Mahadcelin: NIAID-RML

Dokumentigan dadaal wada-shaqayn oo ay soo saareen oo ayna dib u wada eegeen qabiiro ku sugan xarumaha cilmi baarista amniga caafimaadka ee ugu wayn ee Maraykanka. Kuwa ugu wayn ee gacan ka geystay waa:

Beth Cameron, PhD, Madaxweyne Kuxigeenka, Siyaasada Caalamiga ee Bayolojiga iyo Barnaamijyada, NTI; Agaasime Sare oo Horey u ahaa Amniga Caalamiga ah ee Caafimaadka iyo Biodefense, Agaasinka Shaqaalaha Golaha Amniga Qaranka ee Amniga Caafimaadka Caalamiga ah iyo Biodefense
Jessica Bell, Sarkaalka Barnaamijka Sare ee MS, Siyaasadda Caalamiga ah ee Bayoolojiga iyo Barnaamijyada, NTI
Jacob Eckles, Sarkaal Barnaamijka MPH, Siyaasadda Caalamiga ah ee Bayoolojiga iyo Barnaamijyada, NTI
Hayley Severance, Sarkaal Sare ee Barnaamijka MS, Siyaasadda Caalamiga ah ee Bayoolojiga iyo Barnaamijyada, NTI
Ellie Graeden, PhD, Sarkaalka Fulinta Sare, Talus Analytics
Jeremy Konyndyk, MSFS, Xubin Sare ee Siyaasadda, Xarunta Horumarka Caalamiga; Agaasimihii Horey ee Gargaarka Masiibooyinka ee Dibadda, USAID
Rebecca Katz, PhD MPH, Borofasoor iyo Maareeyaha Xarunta Sayniska Caafimaadka Caalamiga ah iyo Amniga, Jaamacadda Georgetown
Matthew Boyce, MS, Xubin Sare ee Cilmi-baarista, Xarunta Jaamacadda Georgetown ee Sayniska Caafimaadka Caalamiga iyo Amniga

Dib-u-hubinta Arrinka Mawduuca waxaa ka mid ah:

Paul D. Biddinger, MD FACEP, MGH gudoomiye ku xigeenka Agaasimaha Diyaargarowga Xaalada Deg degga, Xarunta Daaweynta Musiibada iyo Gudoomiye ku xigeenka Diyaargarowga Xaalada Deg degga ah, Qeybta Daawooyinka Deg degga ah, Isbitaalka Guud ee Massachusetts, Agaasimaha Caafimaadka ee Diyaargarowga Xaaladdaha Deg degga, MGH iyo Agaasimaha, Agaasimaha, Harvard TH Chan Iskuulka Daraasaadka Diyaargarowga Xaaladaha Deg degga ah ee Caafimaadka Dadweynaha, Qiimaynta iyo Ku Dhaqanka (EPREP)
Dylan George, Madaxweyne ku Xigeenka PhD, Shaqaalaha Farsamada, In-Q-Tel

Margaret Hamburg, MD Madaxa, Guddiga Ururka Ameerikaanka ee Hormarinta Sayniska; Guddoomiyihii Horey ee Maaraynta Daawooyinkaiyo Cuntada ee Mareykanka

*Dan Hanfling, MD, Madaxweyne ku Xigeenka, Shaqaalaha Farsamada, In-Q-Tel
Ashish K. Jha, MD, MPH, Agaasime, Machadka Caafimaadka Caalamiga ah ee Harvard*

K. T. Li Barafasoorka Caafimaadka Caalamiga ah, Harvard T.H. Chan Iskuulka Caafimaadka Dadweynaha

Barafasoor Caafimaad, Dugsiga Caafimaadka Harvard

Juliette Kayyem, Guddoomiyaha kuliyaadda, Mashruuca Amniga iyo Caafimaadka Adduunka, Dugsiga Dowladda ee Kennedy School of Government, Jaamacadda Harvard

James Lawler, MD, Agaasimaha Fulinta, Barnaamijyada Caalamiga ah & Hal-abuurnimada, Xarunta Caafimaadka Caalamiga ah ee Amniga, iyo ku Xigeenka Kaaliyaha Caafimaadka, Qeybta Cudurada Caabuqa, Jaamacadda Xarunta Caafimaadka ee Nebraska

Timothy Manning, Agaasimaha, Howlgalada Washington DC, PDC Global; Agaasime ku Xigeenkii Hore, FEMA

Jennifer Nuzzo, DrPH SM, Xubin Barafasoor, Johns Hopkins Bloomberg Iskuulka Caafimaadka Bulshada, Aqoonyahan Sare, Xarunta Johns Hopkins ee Amniga Caafimaadka

David Polatty, MA, Barafasoor, Barnaamijka Maraakiibta Dagaal ee Badda ee Mareykanka iyo Aqoonyahan Booqde, Machadka Jamaacadda Brown ee Watson Nathaniel A. Raymond, Qodbo-jeediye, Machadka Jackson ee Arimaha Caalamiga, Jaamacada Yale

Eric Toner, MD, Aqoonyahan Sare, Saynisyahan Sare, Xarunta Johns Hopkins ee Amniga Caafimaadka

*Crystal Watson, DrPH, Aqoonyahan Sare, Xarunta Johns Hopkins ee Amniga Caafimaadka, Kaaliyaha Barafasoor, Qeybta Caafimaadka Deegaanka iyo Injineering, Johns Hopkins Bloomberg School ka Caafimaadka Dadweynaha
Gabrielle Fitzgerald, MPA, Aasaasaha iyo Sarkaalka Sare ee Fulinta (CEO)
Panorama*

COVID-19: Hagaha Safka Hore ee loogu talagalay Go'aan Gaarayaasha Maxaliga

Cudurka safmarka ee COVID-19 wuxuu khalkhal weyn ku abuurayaa nolol maalmeedka magaalooyinka iyo bulshooyinka adduunka. Tilmaamahan ayaa wuxuu kuu fidinayaa qaab-dhismeed istaraatiijiyadeed bilow ah oo loogu talagalay hoggaamiyayaalka gobolka, degmada, iyo hoggaamiyayaasha maxalliga ah inta ay bilaabaya qorshaynta waxa loo baahan yahay in la sameeyo si loo yareeyo saamaynta cudurka dillaacay muddada dhow. Tilmaamaha iyo liiska warbixintaedka waxaa diyaariyey koox khubaro ah oo khibrad u leh iyo mas'uuliyiin hore oo caafimaadka bulshada [Xiriir la leh <https://www.covid-local.org/contributor.html>], iyadoo lagala tashanayo madaxda gobolka iyo saraakiisha maxalliga ah ee arrimaha muhiimka ah ee ay wajahayaan. Waxaan diirada saareynaa inaan bixino macluumaad ku saabsan gaabinta iyo xakameynta faafitaanka fayraska labaduba, iyo sidoo kale taageerida baahida bulshada ay qabto.

Tilmaamahan waxaa lagu ogeysiinayaa hagida hadda jira ee ka socota mas'uuliyiinta dowladda Mareykanka iyo mas'uuliyiinta adduunka, natiijooyinka baaritaanka caafimaadka guud, iyo casharada laga bartay wadamada la dagaallamayay COVID-19 tan ilaa Janaayo 2020. **Waxaa loogu talagalay in lagu dhammaystiro, laakiin aan ahayn kab, talo iyo hakis laga helo caafimaadka guud, federaalka iyo caafimaadka bulshada ee maxalliga, iyo mas'uuliyiinta kale.**

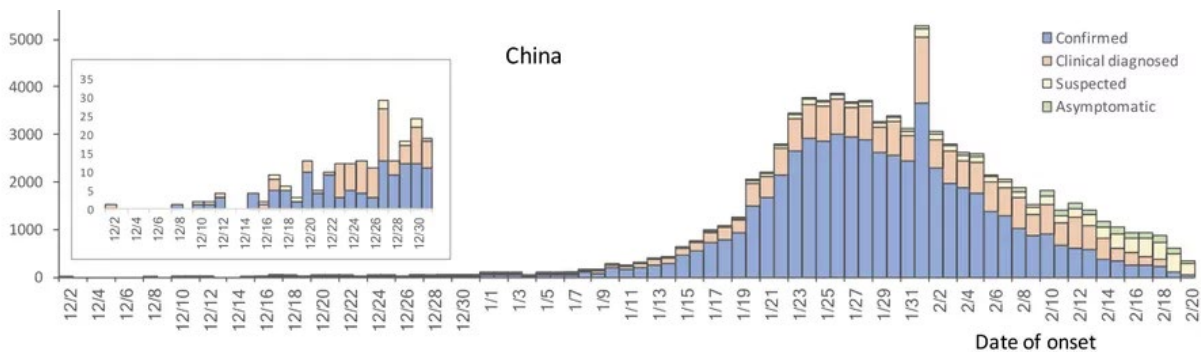
Fekradda Guud ee Tilmaamaha

COVID-19, waxaa sababay coronavirus 2 xanuun daran oo neefsiga ku dhaca (SARS-CoV-2), wuxuu u faafi karaa sida qarxa oo kale haddii si dhakhso ah aan wax looga qaban. Magaalooyin kala duwan ayaa waxay wajihi doona halisyo kala duwan oo waxayna u baahan yihiin yareyn ku habboon iyo istaraatiijiyoyinka lagu xakameeyo, waxayna ku xiran thayn jiritaanka meesha uu ka dillaacay goob kastoo ka mid ah. Tilmaamahan Hagahan waxaa loogu talagalay in hoggaamiyayaasha iyo mas'uuliyiinta dadweynaha ee heer gobol, magaalo, ama heer degmo inuu siiyo aalad taageero si ay uga caawiso istaraatiijiyad wargelin iyo go'aan-gaaris ku saabsan sida loola dagaallamo cudurka ka dhalan kara, COVID-19, ee deegaankooda. MA AHAN qayb tilmaamo oo go'an, laakin waa qoraal ku siinaya macne iyo talo ku saabsan sida loogu habeeyo mabaadii istaraatiijiyad ah oo lagu xakameeyo fiditaanka, maaraynta musiibada, iyo sidii loo beddeli lahaa aqoon ku saabsan firfircoonida cudurka COVID-19 xaaladaha kala duwan ee maxalliga ah.

La-dagaallanka cudur cusub oo safmar ah ayaa ah caqabad siyaasad gaar ah oo loolan geliya aaddanaha iyo dhaqaalaha ee wax-qabad maalin kasta ama toddobaadle ah oo si aan caadi ahayn u koraya. Inta cudurka uu ka bilaabmayo inuu faafo oo degdegsiimo ku socdo, dib u dhac 1-2 toddobaad ah wuxuu noqon karaa farqiga u dhexeeya kiisaska kumanaan ama kiisaska tobannaan kun. Daraasad Markaynka lagu sameeyay ee masiibada hargabka ku saabsanayd ee ahayd sanadkii 1918-19 ayaa lagu ogaadey in xilli hore, sii wadid ah adeegsiga tillaabooyinka sida kala fogeynta bulshada yareynta ay saamayn ku yeelato heerka dilaaca cudurka. Waa wax faa'iido leh in horay loo sii qaado talaabooyin adag halkii la iska sugi lahaa, xitaa haddii talaabooyinkan ay u eg yihiin mid dhicis ah ee waqtigaas. Casharo laga bartay wadamada Singapore, Hong Kong, iyo Taiwan inta lagu jiray masiibada cudurkan safmarka ah

ee hadda jira ayaa sidoo kale cadeynaya in talaabada hore iyo anshaxaay ay xaddidi karto ama ka hortagi karto fiditaanka inuu cururka faafo. Si kastaba ha noqotee, hoggaamiyeyaasha gobolka iyo kuwa maxalliga ahba waa inay sidoo kale miisaamaan faa'iidooyinka caafimaadka bulshada ee tallaabooyinka khalkhalgelinta leh ee ka soo horjeedda saameynta amarkii labaad ee ay ku yeelan karto dhaqaalaha, dadka nugul iyo arrimaha kale ee maxalliga ah.

Marka la eego in wakhtiga hadda la joogo aan fayraskan aanu laheyn wax talaal ah ama daweyn la xaqiijiyay, habka ugu muhiimsan ee loo xakameeyo dhimashada wakhtiga dhow ay tahay yareynta gudbinta iyo iska ilaalinta culeyska nidaamka caafimaadka oo leh cudud aad u sareysa ee kiisaska cudurka COVID-19.. Kiisaska cudurka COVID-19 ee u baahan dhexgal wax ka qabasho caafimaad ayaa ah oo ay u dheer tahay baahiyaha caafimaad ee jira, iyo wixii laga bartay New York, Shiinaha, iyo Itaaliya waxay muujineysaa in faafitaanka fayraska aan la filayn uu leeyahay awood ah inuu si dhakhso ah oo aan qas lahayn ku wareejiyo nidaamyada caafimaadka. Inkastoo fahamka ay dunnida ka qabto cudurka COVID-19 uu weli sii kordhayo, waxaa iska cad in cudurku marar badan ka khatar badan yahay har-gabka xilliyada (oo leh heerka dhimashada ugu yaraan 0.1%). Heerarka halista dhimashada ee diiwaangashan dalal kala duwan ayaa u dhexeeyey in ka badan boqolkiiba 10% (tusaale ahaan Talyaaniga, Boqortooyada Ingiriiska, iyo Spain) ilaa hal dhibicyo oo hooseeya (tusaale ahaan Shiinaha, Mareykanka, iyo Jarmalka). Kuuriyada Koonfureed, oo leh baaritaanka ugu ballaaran ee adduunka, waxay diiwaangelisay heerka dhimashada ugu yaraan boqolkiiba 2%, ama 20 jeer dilaaga ah har-gabka xilliyada.



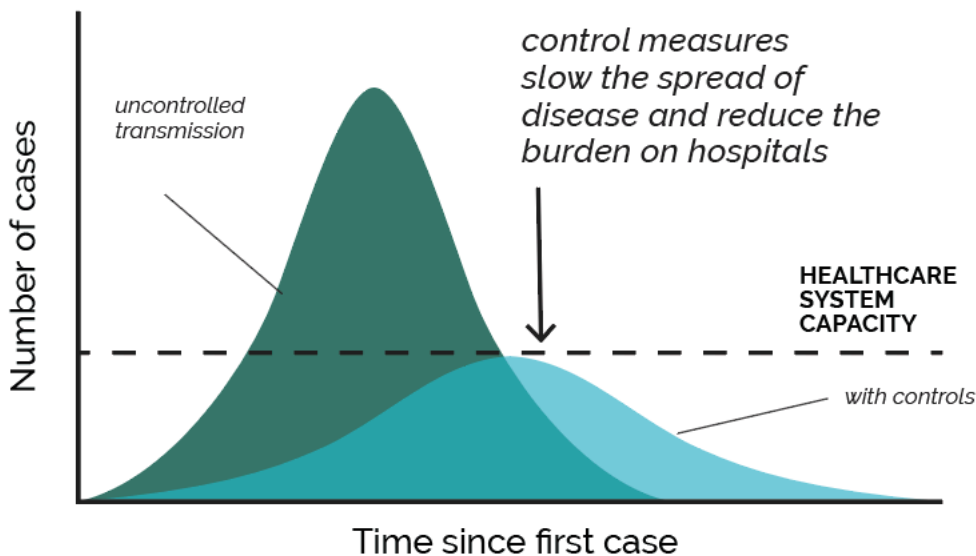
Jaantus 1. Qalooqa cudurka safmarka ee loo yaqaan Covid-19 ee kiisaska shaybaarka laga xaqiijiyay, laga bilaabo taariikhda uu xanuiunka bilaabmay, in laga soo sheegay wadanka Shiinaha illaa 20 ka Febraayo, 2020.¹

Intii lagu jiray wajiga horey ee cudurka COVID-19 jaaliyadda ku qaraxo, dhammaan waxyaabaha istaraatiijiyadda wax ka qabashada bilowga ah waa inay ku xirnaadaan hadafka guud ee xala, aumta dhimashada iyadoo la yareynayo gudbinta guud iyo yareynta culeyska uu ku keenayo nidaamka caafimaadka. Tallaabo degdegga ah iyo duulaanka waxay abuuri kartaa wareeg togan, kaas oo ah tallaabooyin lagu gaabiyo loona dhimayo faafitaanka oo ayna yareyn doonaan mugga kiisaska muhiimka ah, kaas oo sidoo kale

¹ <https://www.who.int/docs/default-source/coronaviruse/who-china-joint-mission-on-covid-19-final-report.pdf>

yareyn doona cadaadisayada xarumaha daryeelka degdegga ah, dib u dhigidda mugga kiiska ugu sarreeya, iyo dhimashada oo la xakameeyo. Heerka caabuqa ee tartiib-tartiib ah macnaheedu waa nidaam daryeel caafimaad oo walaac ku haya. Tallaabada dib-u-hakin, marka loo barbardhigo, ayaa cudurka u oggolaanaya inuu si ballaaran ugu faafo, isaga oo dhaliya inuu si lama filaan ah kor ugu kacaan kiisaska xasaasiga ah iyo hoos u dhigga tayada daryeelka iyo heerka dhimashada ee sii xumaanaya. Farqiga u dhexeeya xaaladdahan wuxuu noqon karaa ugu yaraan maalmo ama toddobaadyo.

Mar haddii heerarka faafida la yareeyay isla markaana culayska la saaray nidaamka cusbitaalka uu xasiliyay ama uu yaraaday, ugu dambayntii waxay suurtoagal noqon doontaa in laga fiirsado si tartiib-tartiib ah looga fikirayo tirada tallaabooyinka wareejinta ee la dhigay si loo xadido gudbinta. Shuruudo ahaan waxay tahay in la hirgeliyo amaro ka hor inta aan la dibcinin amarada bulshada dhexdeeda ee ay ku jiraan kuwa hoos ku qoran iyo sharaxaadda wajiyada marxaladdaha dib u furida. Talooyin iyo tilmaan bixinada ugu faahfaahsan ee ku saabsan wejigan xiga ee jawaabcelinta cudurka COVID-19 waxaa si buuxda looga hadli doonaa nuqulka internetka ee tilmaamahan.



Jaantus 2. Muuqaal guud oo saamaynta ku saabsan talaabooyinka xakameynta loo adeegsado sii yareynta heerka faafidda ee cudurka COVID-19, iyo sida ay awood ahaan, ugu xadidayaann culeyska saaran nidaamka caafimaadka.

Tixgalinta Tabbaha loogu talagalay Maareynta COVID-19 ee Bulshada Dhexdeeda

Ahmiyadaha bulshada waa ay kala duwanaan doonaan oo waxayna ku xiran tahay marxaladda cudurka dillaacay. Tabbaha way is beddeli doontaa, waxayna ku xiran tahay halka ay magaaladu ka taagan tahay inta uu ka dilaacayo cudurka iyo tirada kiisas ee bulshada ka dhex jira. Bulshadu waxay u egtahay inay wajihayso dhowr marxaladood maaddaama uu cudurku dillaacayo, kaasoo u dhici karo isku xigxig deg deg ah oo midba midka kale dul saaran yahay. Bulshooyinka oo dhami ma wadi arki doonaan mid kastoo ka mid ah talaabooyinkan laakiin waxaa dhici karta inay la kulmaan si isku xiga oo is dul saaran ama talaabooyin "ka bood" ah, gaar ahaan bilowga faafitaanka.

Waxaa muhiim ah in la fahmo in hoos u dhigida ku saabsan gudbinta la beddeli karo, oo bulshada ay la kulmi karto mowjado badan oo kiisas ah. Muuqashada bilowga ah ama hoos u dhaca kiisaska ma ahan wax saldhig looga dhigi karo ama wax ku filan in la dibciyo masaafo ka fogaanshaha bulshada iyo tallaabooyinka guri joogida. Bulshooyinka raadraacaya hoos u dhaca kiisaska ayaa si lama filaan ah u arki kara koror ku yimaada kiisaska la soo sheegay sababo kala duwan darteed oo ay ka mid yihiin, laakiin aan ku xaddidneyn oo kaliya, koror ku yimid baaritaanka ama isbeddelada looga baahan yahay ka warbixinta, isbadel hordhac ah oo ku saabsan tallaabooyinka xakameynta, iyo soo gelinta kiisaska cusub.

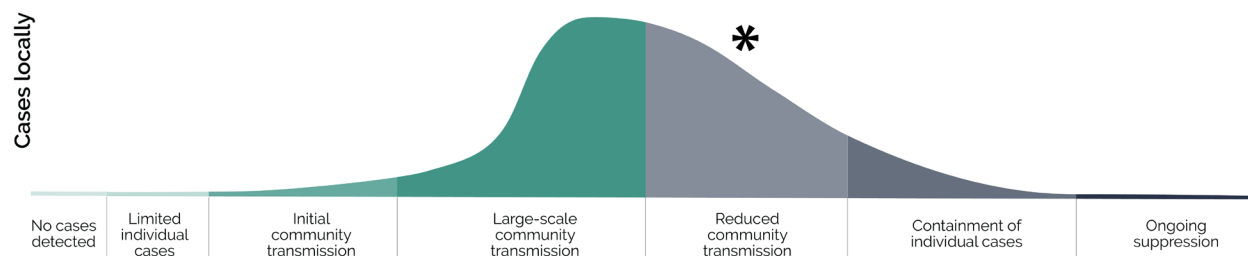
Talaabooyin iyo qaabab kala duwan waa in lagu dhaqaaqo iinta bulshada ay ku socoto wajiyadan ama marxaladaha dillaaca. Ogaanshaha heerka ay bulshada hadda ku sugan yahay waxay noqon kartaa mid loolan hore leh bilowga cudur dillaaca, gaar ahaan haddii baaritaanka ogaanshaha aan si ballaaran loo helin. Faafida si dhaqso ah ayey u soo baxaan oo macluumaadkana waxay noqon doonaan kuwa aan si sax ah ahayn ama aan dhameystirnayn. Go'aan ka gaarida waxaa dhici karta inay u baahan tahay in lagu hormariyo si aan shalayto la'ahayn kahor inta aan la helin caddeyn cad oo ah heerka ay bulshada ay la kulmayso.

Marxaladahan waa kuwo gaar u ah tilmaamahan oo ma aha tixraaca guud ee Qaabdhismeedka Dhibaatooyinka Cudurka Safmarka ee ay soo saartay CDC 2016².

² <https://www.cdc.gov/flu/pandemic-resources/national-strategy/intervals-framework.html>

Local stages of outbreak	Burden on healthcare system
No cases yet	No burden on healthcare
Limited individual cases	No burden on healthcare system
Initial community transmission	Initial burden on healthcare system
Large-scale community transmission	Moderate to high burden on healthcare system
Reduced community transmission	Burden on healthcare system is decreasing
Containment of individual cases	Low burden on healthcare system
Recovery	No burden on healthcare

Jaantuska 3. Sharraxaad horumarka laga sameeyay dilaaca ee bulshooyinka maxalliga ah, sida lagu muujiyey tiro kiisas ah iyo culeys soo foodsaaray xagga nidaamka daryeelka caafimaadka ah.



Jaantus 4. Tusaalayn qiyaas ah oo ku saabsan faafinta iyo tirada kiisas ee bulshada dhexdeeda ka dhex jira, oo si aan caadi ahayn ugu socda ayaa lagu tilmaamay Jaantuska 3 aadna ugu dhow faafinta cudurka COVID-19 sida lagu soo sheegay Shiinaha, oo lagu muujiyey Jaantuska 1. *Fadlan ogsoonow in ay jiri karaan wax ka badan hal qalooc qarac cudur ah, gaar ahaan xilliga xakamaynta marka kiisaska mar kale soo kici karaan maadaama kala fogaanshaha bulshada ama tallaabooyin kale la sii daayo. Qoraalka kor fiiri si aad falanqeyn dheeri ah u samayso.

Bartilmaameedyada ugu Muhiimsan ee Wajahida Cudurka COVID-19 ee Heer Bulsho

Tilmaamahan wuxuu ku saleysan yahay u diyaarsanaanta iyo hagida ka jawaabcelinta oo wuxuu ifka saarayaa qaybo diyaargarow iyo jawaabcelin aad muhiim ugu ah go'aan-qaadashada maxalliga ah maadaama ay yareeyaan saameynta xun ee cudurka COVID-19.

Tilmaanta hoose wuxuu hoggaamiyayaasha maxalliga uu siinayaa su'aalo muhiim ah oo ay ku weydiyaan, uga jawaabayaan, oo ay kuula socdaan markay bilaabayaan u diyaargarowga iyo jawaabcelinta cudurka COVID-19.

Bartilmaameedyada ugu Muhiimsan

- 1. Howlgeli Xarunta Howlgallada Degdegga ah (Emergency Operations Center) (EOC)** oo dhidabbada u taag qaab dhismeedka maaraynta dhacdada oo bulshada oo dhan ah

Xakameynta faafitaanka cudurka safmarka waa dadaal badan oo bulshada iyo dadka oo dhan ah u baahan inay qaadaan, oo hoggaanka iyo qaab dhismeedka maamulka waa in taas muujiyaan. Howlgelinta Xarunta Howlgelinta Degdegga, sida ka dhacda musiibada xaaladda dabiiciga ama dhibaatooyinka amniga qaranka, ayaa ah ku celcelinta ugu wanaagsan ee loo adeegsan karo dalaacyada waaweyn ee hore. EOC waa in ay qabataa qaab dhismeedka maareynta dhacdooyinka oo bulshada oo dhan ah, iyada oo la soo qaadanayo qorshooyinka wax ka qabashada xaaladda degdegga ah ee hadda jira iyo awoodaha halka ay suurtoogalka tahay. Adeegsiga EOC wuxuu bulshada u suurtoogelinayaa inay wanaajiyaan isgaarsiinta, qorsheynta, go'aan gaarista, iyo isku dubaridka hawlgallada guud ee hoggaamiyayaasha bulshada iyo kuwa wax ku leh, oo ay kujirto isgaarsiinta iyo iswaafajinta heerar sare (gobolka/federaalka) hanaanka EOC iyo wareegyada go'aannada. EOC waa in sidoo kale ay lahaato xiriiriyayaal ama wakiilo ka socda heerar kale oo dowladeed, saraakiisha caafimaadka bulshada, bulshada rayidka ah, hogaamiyayaasha diinta, ganacsatada, aqoonyahanada, iyo kuwa kale.

- 2. Fahamka iyo xakamaynta faafinta waqtiga tooska ah ee cudurka COVID-19 ee bulshada iyada oo loo marayo la socoshada, baaritaanka, daba joogida xiriirka, iyo karantiilka iyo go'doominta**

Tabbaha xakamaynta cudurka safmarka waxay salka ku haysaa fahamka halista ku faafidda bulshada dhexdeeda si cudurka uu si wax ku ool ah loo xakameeyo oo gacantana lagu dhigo. Tani waxay u baahnaa doontaa la-socod joogto ah ee cudurka, baaritaan, ogaansho, daba joogid xiriirka, go'doomin, iyo nidaamyo warbixineed oo xaqiijinaya in macluumaadka ugu dambeeyay ee faafitaanka maxalliga ah la heli karo si loogu wargaliyo tabbo dejinta iyo go'aaminta xeeladaha maalinlaha ah. Tani waxay noqon kartaa mid adag haddii saadyada baaritaanka xaddidan iyo/ama gabaabsi noqoto qalabka badbaadinta shakhsiga ay ka hortagto baaritaan ku filan. Kor u qaadista iyo joogtaynta marin u helista maxalliga ah ee baaritaanku wuxuu noqon doonaa mid muhiim ah maadaama awooda sheybaar dheeri ah ay internetka ku jirto. Haddii baaritaanka ogaanshaha ay xadidan tahay, sida barta-gundaloolka u dhexeeya, jaaliyaddaha waxay wanaajin karaan calaamadda lagu garto iyo kor kala socoshada iyo aladaha kale ee la socoshada firfircoon, oo ay weheliso raadinta xiriirada, si loo cabbiro

waxqabadka cudurka ee bulshada dhexdeeda ah. Baaritaana wax ku oolka ah iyo dabagalka xiriirku waxay u baahan doontaa isku dhaf awood u leh baaritaan dhakhsa ah, aalado isku dhaf ah oo si deg deg ah loogu aruurinayo laguna falanqeynayo xogta dabagalka xiriika, keenista iyo maareynta kooxaha dabagalka xiriirka, iyo bixinta awood ku filan iyo dhiirrigelin ku saabsan karantiilinta wax ku oolka ah ee xiriirada iyo go'doominta dadka cudurka qaba. Dabagalka xiriirka iyo baaritaanka waa in sidoo kale la gaarsiyaa iyada oo la adeegsanayo qodob kale oo ah qorshooyinka muddada fog si loo xakameeyo loona ilaaliyo xakameynta gudbinta bulshada. Waxyaabaha kale waxaa ka mid ah wareegga xisaabinta ee tallaabooyinka dhanka masafo ka fogaanshaha bulshada - sida kan oo kale tanaasul kulammada, xiriitaanka iskuullada, dhiirrigelinta guriga laga soo shaqeeyo - iyo ballaarinta awoodda daryeelka caafimaadka si loo daboolo baahida.

3. Gaabi oo yaree gudbinta

Gaabinta iyo xaddidaadda gudbinta bulshada gudaheeda ayaa udub dhexaad u ah yareynta dhibka dhow ee bini-aadamka uga yimaada dillaaca iyo hubinta in isbitaalladu ay awood u yeelan doonaan in ay sii wadaan badbaadinta nolosha iyo daryeel nolosha jiri kara. Waxay kaloo noqon kartaa carqalad wayn, maxaa yeelay talaabooyinka masafo ka fogaanshaha bulshada waa inay noqdaan kuwa xawaari badan ku socda marka loo eego faafinta xooga ku socda ee fayraska. Go'aaminta habka ugu wanaagsan ee loo xakameeyo gudbinta waa in la raaca tilmaanta dowladda dhexe iyo tan gobolka, taa waxaa raacsan tixgelinta arrimaha halista ee maxalliga. Isku soo wada duuboo, habsami u socodka howlaha marxaladaha ama wajiga hore ee cudurka ayaa ah in loo garto inuu yahay mid ka adag midka ay ka muuqato xaaladaha maxalliga ah muuqda ee dareenka siiya. Mar haddii heerarka faafida ee bulshada la yareeyay isla markaana culayska la saaray nidaamka isbitaalka uu xasiliyay ama uu yaraaday, ugu dambayntii waxay suurto gal noqon doontaa in laga fiirsado si tartiib-tartiib ah looga fikirayo tirada tallaabooyinka kala fogaanshaha ee la hirgeliyay. Si looga fogaado kororka ku faafida bulshada dhexdeeda ka dib qaadista talaabooyinka kala fogaanshaha bulshada, "dib-u-furista" ee jaaliyadaha waa in loo sameeyaa si habsami leh iyadoo jaaliyaddu ay gaarayaan heerar gaar ah ka hor intaadan u dhaqaaqin wajiga xiga. Hoos ka fiiri qeexitaannada wejiyada ama marxaladdaha qaadista tallaabooyinka la hirgeliyay ee masafo kala fogaanshaha iyo sidoo kale shuruudaha ay tahay in la buuxiyo ka hor inta aan loo sii gudbin wejiga xiga ee dib-u-furitaanka.

4. Diiradda saar ka ilaalinta kooxaha khatarta weyn ugu jira

Cudurka COVID-19 wuxuu khatar weyn ku hayaa dadka waaweyn iyo dadka qaba dhibaato xaalad caafimaad daro. Xaaladda degmo kasta waa mid gaar ah oo EOC waa inay abuurtaa liis si caadi ah looga heshiiyo oo si joogto ah dib looga fiirsado liiska gaar ahaan dadka nugul iyo goobaha (tusaalooyinka kuwa hoos ayaa ka mid ah). Feejignaan waa in la siiyaa baahiyaha dadkan iyo tas-hiilaadka ay ku nool yihiin ama isugu imaan karaan. Yaraynta isu-gudbinta cudurka ee ka dhexeysa kooxahan iyada oo loo marayo tallaabooyinka taageerada ee la bartilmaameedsaday ayaa gacan ka geysan kara in

laga dhowro, iyada oo sidoo kale yareynaysa cadaadiska saaran nidaamka daryeelka caafimaadka.

5. Dib-u-xoojinta iyo ballaarinta awoodda nidaamka caafimaad si loo joogteeyo hawlgallada daryeelka caafimaadka lagana fogaado dhimashada sarreysa

Khatarta dhimashada ee uu keeni karo cudurka COVID-19 ayaa si weyn u kori kara haddii nidaam caafimaad uu noqdo mid baaxad weyn oo ay yimaadaan kiisas kiisas halista ah. Khibradaha laga bartay Shiinaha, Talyaaniga, Magaalada New York, iyo meelo kaleba waxay muujiyeen in kiisaska cudurka COVID-19 ay buux dhaafi karaan xarumaha caafimaadka oo ay buuxi dhaafsiin karaan baahiyaha kale ee caafimaad ee daruuriga ah. Aqoonsashada habab hal abuur leh ee kor loogu qaadayo awoodda guud ee caafimaadka iyo sidoo kale in la ballaariyo awoodda daryeelka halista ah ayaa noqon doonta mid deg deg ah maadaama tirooyinka kiisaska ay sii kordhayaan. Waa in la qaadaa tallaabo deg deg ah si loo yareeyo halista isu gudbinta xarumaha caafimaadka dhexdeeda (isu gudbinta isbitaalka aan ka bilaabmin). La-tashiga aryeel caafimaad ee dhanka Telfoonka, oo ay ku jiraan adeegsiga dhinaca telfoonka laga socdo bukaanka aadka u xanuunsan ee waaxda gurmada iyo waaxda daryeelka degdegga ah, waa in loo qaddariyo inay tahay dalabyada kiisaska kala soocidda sidoo kalena loo maareeyo daryeel bukaan.

6. Fidinta isgaarsiinta halista iyo ka qaybgelinta bulshada

Saraakiisha dawladdu waxaa saaran waajib ah inay si sax ah oo daahfuran u soo gudbiyaan macluumaadka halista, xitaa (ama laga yaabee gaar ahaan) markay qaylo dhaantu tahay. Aaminaada bulshada ayaa sameyn karta ama ka la goyn karta jawaabcelinta dillaaca, maxaa yeelay waxqabadka masafo ka fogaanshaha iyo waxqabadyada kale waxay kuxiran yihiin u hoggaansanaanta bulshada. Xiriirka halista waa inuu raacaa waxqabadyada ugu wanaagsan ee lagu abaabulayo waxqabad wargelin halkii ay ka ahaan la'hayd ama keeni la'hayd argagax. Qayb ah Xogta Shuruudaha Khatarta (Critical Information Requirements) (CIRs) ee loogu talagalay hogaamiyaasha go'aanka ka gaaraya waa inay dejiyaa EOC, maalin kasta wixii cusub soo gudbiya, oo gacan ka gaysta soo quudinta dhowr Shuruudaha Xogta Dadweynaha (PIRs) oo ah in lagu wargaliyo dadka ay dhibaataadu saameysey ay si fudud ay dhammaan u heli karaan.

7. Qafiifinta cawaaqibka dhaqaale iyo bulshada ee cudurka safmarka ee COVID-19

Dillaaca cudurka safmarka wuxuu carqaladdayn wayn ku keeni karaa bulshada iyo dhaqaalaha. Carqaladeyntan waxay dhaawaceysaa xuquuqdooda laakiin gaar ahaan dhibaato ayay noqon kartaa haddii ay la yimaadaan ka-hortag dhaqaale si ay ula shaqeeyaan tillaabooyinka masafo ka fogaanshaha bulshada. Khafiista carqaladeyntan waxay gacan ka geysaneysaa yareynta qarashka bini aadamka ee ku baxa dillaaca, oo ka baxsan tirada degdegga ah ee cudurka laftiisa. Sidoo kale

hoggaamiyayaashu waa inay fiiro gaar ah u yeeshaan saameynta labada dilaacba, iyo tallaabooyinka lagu xakameynayo, waxay ku yeelan karaan bulshada inta nugul.

Hagaha Safka Hore ee loogu talagalay Go'aan Gaarayaasha Maxaliga

Sharaxaadyada Wajiga ee loogu talagalay Hirgelinta is DI-dul saaraan (iyo Qafiifinta) ee Tallaabooyinka Masaafu ka Fogaanshaha Bulsho

Wajiga 1: Tallaabooyinka masaafu ka fogaanshaha bulshada ee ugu badan ayaa jira oo loogu talagalay baahiyaha bulshada si loo yareeyo faafitaanka baahsan ee isugudbinta jaaliyadda. Diirad saar yareynta isugudbinta qof-ka-qof iyo yareynta culeyska nidaamka daryeelka caafimaadka iyadoo la xoojinayo awooddaha u diyaarsanaanta iyadoo la rajeynayo mustaqbalka inuu faafitaanka soo kordho.

Wajiga 2: Wajiga hore ee dib-u-furitaanka waa inay diirada lagu saaraa sidii si badbaado leh dib loogu furi lahaa tiro kooban oo howlo aad u muhiim ah oo halis yar, ama muhiimadda la siyaa howluhu ay mudan tahay in la aqbalu si heer dhexdhexaad ah halista gudbinta hooseeyso (iyadoo si habboon loo khafiifinayo). Guud ahaan, wajigan waa in la sii wadaa mamnuucista ah in la isu yimaado, ciyaaraha aan ka ahayn xiriir dhow oo daba dheeraada, iyo/ama joogitaan dheer oo meelaha xiran. Hawlaha/ciyaaraha banaanka waa suuragal in la sameeyo iyadoo masaafu habboon la isu jirayo. Gurigoo laga soo shaqeeyo waa inay sii socotaa mar kasta oo suurta gal tahay.

Wajiga 3: Wajiga ka soo kabashada dhaqaalaha waa in diiradda lagu saaraa dib-u-furista howlaheedii dhaqaalaha iyo bulshada markii gudbinta jawiga ay hoos u dhacday oo si wax ku ool ah loo xakameeyay. Heerarka hoose ee isu gudbinta bulshada micnaheedu waa in howlaha ku lugta leh isu imaatinka dhexdhexaadka ayaa ah mid suurtagal ah yareynta habboon. Kulamada ama isku imaatanka waaweyn waxay sii yihiin kuwa qatar aad u daran dhalinaya. Sikastaba ha noqotee, howlaha keenaya isku dhowaansho ama in la joogo meel xiran ayaa suurtoogalka ah yareynta haboon. Gurigoo laga soo shaqeeyo waa inay sii socotaa mar kasta oo suurta gal tahay.

Wajiga 4: Waji Caadi cusub waxay ka dhigan tahay soo celinta ugu badan ee caadiga ah ee lagu dhaqmi karo ka hor tallaalka iyadoo loo marayo tallaalka baahsan. Isu gudbinta bulshada waa mis si fiican loo la socdo cudurka oona la yareeyay, soo if-bixida ayaa si dhaqso ah loo xakameeyay. Hawlaha halista badan/howlqabadka halista ee ugu hooseeya ayaa dib u bilaaban kara.

Go'aan gaarayaasha waa inay diyaar u ahaadaan inay gadaal ugu laabtaan wajiyada ama marxaladaha, haddii xogta iyo caddeynta ay muujinnayso.

Shuruuda la doonayo in la isla meeldhigo ka hor intaadan qafiifin amarada masaafu ka fogaanshaha bulshada dhexdeeda ah.

1. Heerka caabuqa: Heerarka caabuqa waa inay hoos udhacayaan, iyadoo kiis kasta uu ku faafayo in ka yar 1.00 qof ($R_0 < 1$ iyo gaaraya 0). Boqolkiiba tirada laga helay ee baaritaanka lagu oggaaday in ay qabaan inta lagu sameeyo waa inay ahaadaan kuwo si isdaba joog ah u hooseeya.
 - a. Heerka baaritaanka looga helay cudurka [iyada oo baaritaanka aan la xakameynin]
 - i. Wajiga 2: In ka yar boqolkiiba 10% oo ah baaritaanno waa kuwo laga helay cudurka COVID-19
 - ii. Wajiyada 3 iyo 4: In ka yar boqolkiiba 3% oo ah baaritaanno waa kuwo laga helay cudurka COVID-19
 - b. Guud ahaan tirada kiisaska
 - i. Wajiyada oo Dhan: Hoos u dhac joogto ah oo maalin kasta ah oo tirada kiis 21 maalmood oo isku xiga hoos u dhaca, sida ka muuqata celcelis ahaan 5-maalmood oo isku celcelis ah.
 - ii. Wajiga 2: in ka yar <5 kiisas oo cusub/100,000 oo qof maalintiiba, oo leh baaritaan baahsan
 - iii. Wajiga 3: in ka yar <1 kiisas oo cusub/100,000 oo qof maalintiiba, oo leh baaritaan baahsan
 - iv. Wajiga 4: in ka yar <1 kiisas oo cusub/100,000 oo qof toddobaadle, oo leh baaritaan baahsan
2. Baaritaanka Ogaanshaha Bulshada iyo Dabagalka: Dabagalka bulshada ayaa si dhaqso ah u aqoonsan kara dhammaan kiisaska cusub. Baaritaanka ogaanshaha ee loogu talagalay caabuqyada firfircoon ayaa si dhaso leh oo baahsan ayay u heli karaan dhammaan dadka raadsada.
 - a. Heerka Baaritaanka Ogaanshaha
 - i. Wajiga 2: kor u kaca tirada baaritaannada maalin kasta ee 100,000 ee dadwaynaha, ayagoo adeegsanaya qalabkan ama qaab la amid ah.
 - ii. Wajiga 3: Kor u kaca tirada baaritaannada maalin kasta (isku filnaansho ku dhow), ee 100,000 ee dadwaynaha maalin kasta ah, ayagoo adeegsanaya qalabkan ama qaab la amid ah.
 - iii. Wajiga 4: Tiro ku fiialn ee baaritaannada maalin kasta ee 100,000 ee dadwaynaha, ayagoo adeegsanaya qalabkan ama qaab la amid ah.
 - iv. .
 - b. Helitaanka Baaritaanka Ogaanshaha

- i. Wajiga 2: Dhammaan dadka leh calaamadaha iyadoon loo eegayn darnaanta, iyo dhammaan shakhsiyaadka halista sare ugu jira ama xiriiryada, iyadoo aan loo eegin darnaanta, waxay heli karaan baaritaan waxayna natiijada ku heli karaan muddo dhan 48 saacadood gudahood ka dib markay codsadaan.
 - ii. Wajiga 3: Dhammaan dadka leh calaamadaha iyadoon loo eegayn darnaanta, iyo dhammaan shakhsiyaadka halista sare ugu jira ama xiriiryada, waxay heli karaan baaritaan waxayna natiijada ku heli karaan muddo dhan 48 saacadood gudahood ka dib markay codsadaan.
 - iii. Wajiga 4: Dhammaan dadka leh calaamadaha iyadoon loo eegayn darnaanta, dhammaan shakhsiyaadka halista sare ugu jira ama xiriiryada, waxay heli karaan baaritaan waxayna natiijada ku heli karaan muddo dhan 48 saacadood gudahood ka dib markay codsadaan.
- c. Muddada Baaritaanka Ogaanshaha
- i. Wajiga 2: Natiijooyinka baaritaanka badankood waxaa lagu soo celiyaa muddo 48 saacadood gudahood
 - ii. Wajiga 3 iyo 4: Natiijooyinka baaritaanka badankood waxaa lagu soo celiyaa muddo 24 saacadood gudahood.
- d. Helitaanka Baaritaanka Ogaanshaha ee loogu talagalay Shaqaalaha Daryeelka caafimaadka iyo kuwa kale ee Halista Sare ugu jira
- i. Wajiga 2: Inta badan shaqaalaha daryeelka caafimaadka, shaqaalaha jawaabceliyaha, shaqaalaha [kaabayaasha muhiimka ah](#) , iyo kuwa kale ee halista ugu jira waxay heli karaan baaritaanka hal mar usbuuc kasta, *inay astaamaha qabaan iyo haddii kaleba.*
 - ii. Wajiga 3: Inta badan shaqaalaha daryeelka caafimaadka, shaqaalaha jawaabceliyaha, shaqaalaha [kaabayaasha muhiimka ah](#) , iyo kuwa kale ee halista ugu jira waxay heli karaan baaritaan ugu yaraan toddobaadkiiba mar, *inay astaamaha qabaan iyo haddii kaleba.*
 - iii. Wajiga 4: Inta badan shaqaalaha daryeelka caafimaadka, shaqaalaha jawaabceliyaha, shaqaalaha [kaabayaasha muhiimka ah](#) , iyo kuwa kale ee halista ugu jira waxay heli karaan baaritaan 2-3 maalmood kasta, *inay astaamaha qabaan iyo haddii kaleba.*
- *Baaritaannada borotiin daafacda jirka ama kahortaga ayaa la abuuri karaa markii waxbadan oo sax ah laga ogyahay.*
- e. Baadhitaanka Ogaanshaha iyo la Socoshada Calaamaddaha Bulshada

- i. Wajiyada oo Dhan: Bulshadu waxay samaynaysaa dabagal ku saabsan koritaanka cudurada u eg sida hargabka ILI-like ama dudurka COVID-19- oo kale.
 - ii. Wajiyada oo Dhan: Ilaalinta la socoshada loo marayo baaritaano balaaran ayaa laga wadaa xarumaha daryeelka muddada-dheer, xabsiyada, xarumaha la isku hayo, guryaha ku meelgaarka ah, goobaha shaqada ee khatarta sare, iyo goobaha kale ee khatarta sare leh.
 - iii. Wajiyada oo Dhan: Agabka baaritaanka (suuf-yar, gudbiyaha fayraska), walxaha baaritaanka, qalabka, shaqaalaha, iyo awoodda howlgelinta sheybaarka ayaa ku filan inay buuxiyaan cabbirrada kor ku xusan - iyada oo aan la masuugayn.
3. Baaritaannada Kiiska iyo La Xiriir: Awood si deg deg ah oo hufan loo go'doomiyo kuwa qaba cudurka COVID-19, bixi adeegyo maareynta kiis, oo ay aqoonsadaan oo la karantiilo kuwa ay la xiriireen.
- a. Helitaanka Goobta shaqada
 - i. Wajiyada oo dhan: Ugu yaraan 30 qof oo dabagalayaal u tababaran ayaa loo heli karaa maaraynta kiiska iyo waxbarashada caafimaadka 100,000 kiiba kun *

*Barnaamijyada waxay laga yaabaa inay u baahan yihiin inay isku habeeyaan shaqaalayntooda taas oo ay ku xiran inta qof ee qof kasta oo dabagal ah ee lagu qoray.
 - ii. Wajiyada oo dhan: Shaqaale caafimaad bulsho oo ku filan, maaraynta kiiska, isku duwayaasha ilaha daryeelka, iyo waxbarashada caafimaadka ayaa la diyaariyay.
 - iii. Wajiyada oo dhan: Boqolkiiba xiriiryada la gaarey marla la eego tirada xiriiryada la codsaday.
 - b. Waxtarka uu leeyahay Raadraaca Xiriirka
 - i. Wajiga 2: Ugu yaraan boqolkiiba 60% kiisaska cusub waxay ka yimaadaan xiriiryada la aqoonsaday, iyadoo ay joogto tahay ama sii kordhayso boqolkiiba kiisaska la qabtay waqti ka dib.
 - ii. Wajiga 3: Ugu yaraan boqolkiiba 80% kiisaska cusub waxay ka yimaadaan xiriiryada la aqoonsaday, iyadoo ay joogto tahay ama sii kordhayso boqolkiiba kiisaska la qabtay waqti ka dib.
 - iii. Wajiga 4: Ugu yaraan boqolkiiba 90% oo ah kiisaska cusub waxay ka yimaadaan xiriiryada la aqoonsaday.

- c. Dhaqso u baarida dadka la la xiriiray ee ah dadka laga helay tiijooyinka baaritaanka cudurka ogaanshaha iyo dadka ay la kulmaan ILI ama COVID-19-xanuun u ek
 - i. Wajiga 2: Ugu yaraan boqolkiiba 75% ee dadka la la xiriiray ayaa la codsadaa, la helaa, oo waxaa la geliyaa karantiil 48 saacadood gudahooda marka la aqoonsado kiiska.
 - ii. Wajiga 3: Ugu yaraan boqolkiiba 90% ee dadka la la xiriiray ayaa la codsadaa, la helaa, oo waxaa la geliyaa karantiil 24 saacadood gudahooda marka la aqoonsado kiiska.
 - iii. Wajiga 4: Ugu yaraan boqolkiiba 95% ee dadka la la xiriiray ayaa la codsadaa, la helaa, oo waxaa la geliyaa karantiil 24 saacadood gudahooda marka la aqoonsado kiiska.
- d. Helitaanka xarumo ammaan oo go'doon ah iyo xarumo karantiil
 - i. Wajiyada oo Dhan: Xarumo karantiil iyo go'doomin ammaan ah, iyo sidoo kale adeegyo taageero, ayaa loo heli karaa kuwa u baahan, gaar ahaan dhammaan baaritaanka dadka laga helo iyo xiriirkooda dhow.
 - ii. Wejiga 3: boqolkiiba 25-33% joogitaynta kartantiilka iyo go'doominta si buuxa loo dhammaystiray.
 - iii. Wejiga 4: boqolkiiba 50-60% joogitaynta kartantiilka iyo go'doominta si buuxa loo dhammaystiray.
- e. Maaraynta Kiiska
 - i. Dhammaan wajiyada oo dhan: boqolkiiba 100% kuwa ku raad jooga xiirada ee ka dhex jira bulshada dhexdeeda waxay adeegsanayaan nidaam mideysan oo loogu talagalay maareynta kiisaska, kaas oo si amaan ah u diiwaangeliya oo si toos ah ugu soo sheega xiriirrada waaxda caafimaadka.

Wajiyada oo Dhan: Laba ama in kabadan oo ah faafitaan ayaa soo sheegey toddobaad oo kiisaska aan aqalka qoyska aheyn ee (goobta shaqada, meel lagu wada nool yahay, ama goob xarun) oo si faafid ah loo qaaday 14 maalmood gudahood.

- 4. Nidaamka Daryeelka Caafimaad iyo u Diyaarsanaanta Isbitaalka: Ku filnaansho siriir, PPE, qalab, shaqaale, iyo sahay ayaa la hayaa si wax looga qabto xaaladaha kiisasaka cudurka COVID-19 ee sare u kacaya iyada oo aan loo adeegsan heerarka dhibaatooyinka ee daryeelka.
 - a. Helitaanka Awoodda xarunta ICU iyo Shaqaalaha sare u kaca Bukaano socodka cudurka COVID-19

- i. Wajiga 2: Ugu yaraan boqolkiiba 15% awoodda ICU ga jirta ayaa diyaar u ah in lagu qaabilo sare u kaca bukaan socodka qaba cudurka COVID-19.
 - ii. Wajiga 3 iyo 4: Ugu yaraan boqolkiiba 30% awoodda ICU ga ama sare u kaca kale ee awoodda ayaa diyaar u ah in lagu qaabilo sare u kaca bukaan socodka qaba cudurka COVID-19.
 - iii. Wajiyada oo Dhan: Sare u kaca awoodda - ha noqoto goob loo qoondeeyey ama nidaam isbitaal kasta - oo u jira wax ka qabashada boqolkiiba 20% sare u kac kiisaska cudurka COVID-19 iyada oo aan loo noqonayn heerarka daryeelka dhibaatooyinka.
 - b. Kartida Ibitaalada ay isugu Duwayaan Dhaqdhaqaaqa Bukaannada Si Ay U Taageeraan Sare u kaca Kiisaska Cudurka COVID-19 Iyadoon la Adeegsan Heerarka Dhibaatooyinka Daryeelka.
 - i. Wajiyada oo Dhan: Isbitaalada waxay karaan inay kor u qaadaan oo ay isuduwaan dhaqdhaqaaqa bukaannada si ay u taageeraan sare u kaca kiisaska cudurka covid-19 iyadoon la adeegsan heerarka dhibaatooyinka daryeelka.
5. Helitaanka Qalabka Ilaalada Shaqsi iyo Qalabka Caafimaadka: PPE ku filan iyo qalab caafimaad ayaa la heli karaa si loo taageero sare u kaca kiisaska cudurka COVID-19 iyada oo aan loo noqonayn heerarka dhibaatooyinka ee daryeelka.
 - a. Helitaanka PPE ee Xarumaha Daryeelka Caafimaadka
 - i. Wajiyada oo Dhan: PPE waxaa heli kara dhammaan shaqaalaha lagama maarmaanka ah, shaqaalaha kaabayaasha muhiimka ah, iyo shaqaalaha ka shaqeeya xarumaha khatarta sare leh.
 - ii. Wajiga 2: Isbitaallada intooda badan, xarumaha daryeelka muddada-dheer, hoyga kuwa hoy la'aanta, iyo goobaha kale ee daryeelka caafimaadka ayaa soo sheegaya in PPE ku filan oo loogu talagalay bukaannada cudurka COVID-19 oo laguna ilaaliyo shaqaalaha daryeelka caafimaadka ay hayaan.
 - iii. Wajiga 3: boqolkiiba 100% isbitaallada, xarumaha daryeelka muddada-dheer, hoyga kuwa hoy la'aanta, iyo goobaha kale ee daryeelka caafimaadka ayaa soo sheegaya in PPE ku filan oo loogu talagalay bukaannada cudurka COVID-19, ay qabtaan howlo maalmeedka, oo ayna ka dhowraan oo laguna ilaaliyo shaqaalaha daryeelka caafimaadka ay hayaan. Kaydi PPE ugu yaraan 2-4 toddobaad.
 - iv. Wajiga 4: boqolkiiba 100% isbitaallada, xarumaha daryeelka muddada-dheer, hoyga kuwa hoy la'aanta, iyo goobaha kale ee daryeelka caafimaadka ayaa soo sheegaya in PPE ku filan oo

loogu talagalay bukaannada cudurka COVID-19, ay qabtaan howlo maalmeedka, oo ayna ka dhowraan oo laguna ilaaliyo shaqaalaha daryeelka caafimaadka ay hayaan. Kaydi PPE ugu yaraan 90 maalmood.

- b. Helida PPE ee loogu talagalay Hay'adaha Maareynta Xaaladdaha Degdegga ah iyo Bixiyeyaasha Adeegyada Aasaasiga ah
 - i. Wajiyada oo Dhan: Codsiyada mudnaanta ugu sare leh ee PPE ayaa had iyo jeer loo fuliyaa hay'adaha maareynta xaaladaha degdegga ee maxalliga ah.
 - ii. Wajiga 2: PPE waxaa heli kara dhammaan shaqaalaha lagama maarmaanka ah iyo shaqaalaha kaabayaasha muhiimka ah, iyo shaqaalaha ka shaqeeya xarumaha khatarta sare leh.
 - iii. Wajiyada 3 iyo 4: PPE waxaa heli kara dhammaan shaqaalaha lagama maarmaanka ah, shaqaalaha kaabayaasha muhiimka ah, shaqaalaha ka shaqeeya xarumaha khatarta sare leh, shaqaale dheeraad ah ee u baahan qalabka PPE si ay ugu ammaan ahaadaan bay'adda shaqo.
- c. Helida Qalabka Caafimaadka ee Naf-badbaadinta ee Xarumaha Daryeelka Caafimaadka
 - i. Wajiga 2: Inta badan isbitaallada lagu daweeyo bukaannada qaba cudurka COVID-19 waxay soo sheegaan in ku filan oo ah hawo-hayeyaal, agabyada oksijiinta, sahay, iyo shaqaalaha daryeelka caafimaadka looga baahan yahay in tuubayn lagu taageero dhammaan bukaansocodka u baahan.
 - ii. Wajiga 3 iyo 4: Boqolkiiba 100% isbitaallada lagu daweeyo bukaannada qaba cudurka COVID-19 waxay soo sheegaan in ku filan oo ah hawo-hayeyaal, agabyada oksijiinta, sahay, iyo shaqaalaha daryeelka caafimaadka looga baahan yahay in tuubayn lagu taageero dhammaan bukaansocodka u baahan.

6. Ka Dhowrista Dadka Halista ku Jira

- a. Kiisaska Xarumaha Halista ah
 - i. Wajiyada oo Dhan: Baaritaan ku filan iyo awood karantiil/go'doomin ayaa laga heli karaa xarumaha daryeelka muddada-dheer.
 - ii. Wajiga 2: Boqolkiiba kiisaska laga soo sheegay xarumaha daryeelka muddada-dheer ayaa ah kuwo ka yar boqolkiiba 20% 28-kii maalmood ee la soo dhaafay.

- iii. Wajiga 3: Boqolkiiba kiisaska laga soo sheegay xarumaha daryeelka muddada-dheer ayaa ah kuwo ka yar boqolkiiba 10% 28-kii maalmood ee la soo dhaafay.
 - iv. Wajiga 4: Boqolkiiba kiisaska laga soo sheegay xarumaha daryeelka muddada-dheer ayaa ah kuwo ka yar boqolkiiba 5% 28-kii maalmood ee la soo dhaafay.
- b. Kooxaha Jawaab-celinta Degdega ah
- i. Wajiyada oo Dhan: Kooxaha gurmada degdega ee deegaanka ayaa diyaar u ah inay ka jawaabaan meelaha uu ka dilaaco 24 saacadood gudahood oo waxay haystaan PPE ku filan oo loogu jawaabcelinayo dilaaca.
- c. Kor kala socoshada Ilaalada
- i. Wajiyada oo Dhan: Meelaha kala socoshada ilaalada iyo goobaha imtixaanka ayaa ka shaqeeya xarumaha daryeelka muddada-dheer iyo goobo kale oo u adeegaya shakhsiyaadka waaweyn, shaqsiyaadka dakhligoodu hooseeyo, iyo kuwa laga tirada badan yahay iyo jinsiyado ay ka mid yihiin Mareykanka Asalka.
- d. Helitaanka PPE
- i. Wajiyada oo Dhan: Inta badan xarumaha daryeelka muddada-dheer iyo hooyga dadka hoyga la' waxay leeyihiin PPE ku filan oo la heli karo.
 - ii. Wajiyada oo Dhan: Kooxaha jawaabcelinta degdegga ah ee kuwa gobolka iyo kuwa maxalliga ah waxay haystaan PPE ku filan oo jawaabcelinta dilaaca maxalliga.
7. Wadaxiriirka iyo U-hoggaansanaanta Masaafu ka Fogaanshaha Bulshada
- a. Wadaxiriirka ku wareegan masaafu ka fogaanshaha bulshada
- i. Wajiyada oo Dhan: Qaabab wadaxiriiro ku filan ayaa loo diyaariyey in lagu bixiyo macluumaadka, oo ay ku jiraan bulshooyinka halista ku jira (sida hoylaawe, soogalootiga, tirada dadka dakhligoodu hooseeyo).
 - ii. Wajiyada oo Dhan: Inta badan dadka deegaanka degan ayaa ah kuwo aqoon u leh xaddidaadaha.
- b. **U hoggaansanaanta masaafu ka fogaanshaha bulshada**
- i. Wajiyada oo Dhan: Bulshada inteeda badan way u hoggaansan yihiin shuruudaha masaafu ka fogaanshaha bulshada.

Muujiyeyaasha Horukarka ee Diyaarinta Bulshada ee loogu talgalay COVID-19

1. Jiritaanka Daryeel Halis ah/Daryeel Deg-deg ah oo Daryeel Caafimaad ee Bulshada dhexdeeda
 - a. Qiyaasta baahiyaha sariirta la saadaalin karo ayaa la saadaalin karaa ilaa 2da toddobaad ee soo socda?
 - b. Ma awooddaan isbitaalada bulshada inay buuxiyaan baahiyaha hadda jira iyo saadaalinta loogu talo galay ee daryeelka xallinta/awoodda daryeelka degdegga ah?
 - c. Miyaa la hirgeliyay tallaabooyinka si loo ballaariyo daryeelka muhiimka ah/awoodda daryeelka degdegga ah?
 - d. Miyay xarumaha daryeelka caafimaadka ee xaafaduhu ma u kala saarayaan bukaan socodka qaba cudurka COVID-19, ama laga yaabo inuu qabo cudurka COVID-19, kuwa u baahan noocyo kale oo daryeel ah?
2. Machadka Tallaabooyinka Difaaca ee Xarumaha loogu Adeeggo Dadka Halista-Sare ugu jira.
 - a. Miyaa la dhammaystiray xarumaha ay ku jiraan dadka halista-sare ugu jira ee la diyaariyay?
 - b. Miyaa la qiimeeyay xarumahan ka hortagga cudur faafiyaha iyo ku dhaqanka nadaafada oo miyaa la xaqiijiyay?
 - c. Miyaa wax laga qabtay dhammaan meelaha ay xarumahan ka nugul yihiin?
3. Bulshadu waxay awood u leedahay inay si dhakhso ah u aqoonsato dhammaan shakhsiyadka cudurka qaba, kala soocdo, oo si dhakhso leh oo wax ku ool ah u karantiisho oo kuwa ay la xariireena raad kacdo.
 - a. Miyay boqolkiiba baaritaanada kuwa laga helay la mid yihiin tirada guud ee baaritaannada hoos u dhacaya, tiradaasina waa mid aad u yar (tusaale 3%) si loo muujiyo baaritaannadaada cadeyneysa kiisaska intooda badan?
 - b. Ma waxay yihiin kiisaska ugu cusub kuwo xiriir oo la aqoonsaday?
 - c. Ma la helaan baaritaanno cudur oo saxan oo si ballaaran ma loogu heli karaa bulshada dhexdeeda oo natiijooyinka ma loo heli karaa wakhti cayiman (tusaale 24 saac gudahood)?
 - d. Miyaa la tabbaray kooxda dabagalka samaynaysa?
 - e. Miyaa la dardargeliyay kooxaha dabagalka oo ku filan si ay uga soo baxaan baahida (tusaale 5 raad raacayaal oo ah kiis kasta oo la helo)?
 - f. Ma jiraan qaabab gaar ah, oo iskudhaf ah oo bulshadaada loogu gaarsiiyay helitaanka iyo maaraynta ururinta xogta iyo isdhaxgalka baarista ogaanshaha iyo raadraaca?

4. Helitaanka iyo marin u helida baarista ogaanshaha cudurka COVID-19 oo laga heli karo bulshada oo dhan.
 - a. Ma heli karaan baaritaanka ogaanshaha cudurka COVID-19 dhammaan la kulmaya calaamaddaha oo isku arka 24 saac gudahood? ka soo baxida dalabyada caafimaad ee bulshada?
 - b. Miyaa natiijooyinka baaritaanka cudurka COVID-19 lagu soo celiyaa 24 saacado guduhood?
 - c. Miyay shaqaalaha daryeelka caafimaadka, jawaabayaasha ugu horreeya, bixiyeyaasha adeegga muhiimka ah, iyo kuwa halista ugu jira, marwalba ma heli karaan baaritaanka ogaanshaha cudurka COVID-19, *haddii ay dareemayaan calaamaddaha cudurka iyo haddii kaleba?*
 - d. Si joogto ah ma u heli karaan shaqaalaha daryeelka caafimaadka, jawaabayaasha ugu horreeya, *kuwa kale oo khatar weyn ugu jira*, (tusaale 2-3 maalmood), *haddii ay dareemayaan calaamaddaha cudurka iyo haddii kaleba?*
 - e. Ma jiraan wax yaraansho ah ee dhanka xarunta qaybinta ee waxyaabaha baaritaanka-oo uu ku jiro qalabka, sahayda, dib-u-warshadaynta, iyo shaqaalaha?
 - f. Ma jiraan qaab aqoonsasho (borootiin daafacda jirka), iyo sidoo kale ogaansho baaritaan oo la heli karo?
5. Hirgelinta Tab Xiriir ee Dhibaataada, oo ay ku jiraan Jadwal ah wixii soo Cusboonaada iyo Khadad Cad oo Wada-xiriirka lala yeelanayo Daneeyayaasha Halista ugu jira
6. Hirgelinta Caabuqa, Ka Hortagga, iyo Tallaabooyinka Looga Hortagayo Carqaladeynta Adeegyada Xasaasiga ah, oo ay ku jiraan:
 - a. Bixinta iyo qeybinta cuntada?
 - b. Kaabayaasha Xasaasiga ah?
 - c. Qaybinta biyaha?
 - d. Maareynta qashinka?
 - e. Korontada?
7. Helitaanka iyo ku Filnaanshaha Agabka Qalabka Badbaadinta Shakhsiga (PPE) ee loogu talagalay:
 - a. Waaxaha daryeelka halista ah?
 - b. Xarumaha baaritaanka?
 - c. Xarumaha lagu caawiyo dadka waa wayn iyo xarumaha kale ee dadka halista u ugu sareeyasan ugu jira?

- d. Waaxaha maaraynta xaaladaha degdegga ah, EMT-yada iyo jawaabayaasha kale ee safka hore ku jira?
 - e. Kooxaha gobolka iyo kuwa maxalliga ah si wax looga qabto cudurka ka dillaaca deegaanku?
8. Howlgelinta Xarunta Hawlgallada Degdegga ah (EOC) oo leh Qaab-dhismeedka Taliska Dhacdada Si loo Maareeyo Jawaabcelinta Dadaallada Waxqabadka Maxalliga ah
- a. Ma jiraa maamule dhacdo oo si cad u qaabilsan oo awoodna u leh?
 - b. Ma jiraan cutubyo abaabulan oo si cad loogu qorsheeyay EOC oo la socda ahmiyadaha hawl fulinta (tusaale ahaan baaritaanka, awoodda isbitaalka, isgaarsiinta mashaakilka, ilaalinta dadka halista sare ugu jira, iwm)?
9. Jiritaanka Faham Sax ah oo ku saabsan Isbedellada Isu Gudbinta cudurka COVID-19 ee Bulshada dhexdeeda
- a. Hoggaanka bulshada miyuu leeyahay faham sax ah ee heerka gudbinta cudurka COVID-19?
 - b. Guud ahaan dadka bulshada faham sax ah miyay ka haystaan heerka gudbinta cudurka COVID-19 iyadoo maalin kasta loo gudbiyo wixii ka soo cusboonaaday?

Bartilmaamee dyada ugu Muhiimsan #1	Howlgeli Xarunta Howlgallada Degdegga ah oo Dhidabbada u Taag Qaab Dhismeedka Maaraynta Dhacdada oo Bulshada oo Dhan Ah
Looga Baahan Yahay Bartilmaamee dyada ugu Muhiimsan #1	<p>Talaabooyinka Mudnaanta leh</p> <p>Howlgeli Xarunta Howlgallada Degdegga ee maxalliga ah oo ku xir EOCs-yada gobolka/federaalka</p> <p>U magacaab Maamule Dhacdada Awood loo Siiyay</p> <p>Abaabul koox/unugyo howlagal EOC oo mudnaanta ugu wayn siiya howlgallada.</p> <p>Isku xire muhiim ah u samee la-hawlgalayaasha dowladda (gobolka, federaalka) iyo bulshada wax ku leh</p> <p>Shuruudaha Howlgalka</p>

- **Miya Xarunta Howlgallada Degdegga ah (Emergency Operations Center) (EOC) la howlgeliyay oo miyaa bulshada oo dhan miyaa qaab dhismeedka maaraynta dhacdada ee bulshada oo dhan ah loo dhidbaday?** (Illaha la heli karo [halkan](#), [halkan](#), iyo [halkan](#))
- Miyaa la abaabulay kooxo hawleed ee ku jira EOC ma loo habeeyey sifeynta mudnaanta hawlgallada (sida ficilladaha ugu muhiimka ee lagu qoray tilmaantan)? (Illaha la heli karo [halkan](#) iyo [kalkan](#))
- EOC miyay qabtaa isku xire u xilsaaran dhammaan dhinacyada ay quseyso dowladda, bulshada, iyo qeybaha gaarka loo leeyahay, oo ay ku jiraan: (Illaha [halkan](#), [halkan](#), iyo [halkan](#))
 - Mas'uuliyiinta kale ee gobolka, maxalliga, iyo federaalka ee ku lug leh ka jawaabcelinta?
 - Isbahaysiyada daryeelka caafimaad, oo ay ku jiraan isbitaalada, caafimaadka dadweynaha, EMS-yada iyo qaybaha kale ee muhiimka ah ee waaxda caafimaadka iyo daawaynta?
 - Kooxaha bulshada rayidka ah, hay'ado diimeedka, iyo hoggaamiyeyaasha kale ee bulshada?
 - Wakil ku habboon dhammaan waaxaha iyo wakaaladaha oo dhan?
- EOC ma aqoonsatay shaqaalaha/qaybaha muhiimka ah ee bulshada (daryeelka caafimaadka, koronta/biyaha, gaadiidka, saadka cuntada, iwm.)? (Illaha waxaa laga heli karaa [halkan](#), [halkan](#), iyo [halkan](#))
- Ma jiraa hanaan lagu taageerayo caafimaadka iyo badqabka shaqaalaha loo xilsaaray inay ka shaqeeyaan EOC-ga? (Illaha waxaa laga heli karaa [halkan](#))
 - Maaddaama karantiilka iyo shuruudaha is go'doominta ay sii ballaaranayaan, ma jiraa hanaan cad oo loogu gudbayo hanaanka loo yaqaan EOC ee loogu talagalay shaqalaha aan daruuriga ahayn ee weli u baahan in laga hawlgeliyo, iyo sidoo kale in la garto beddelaad kuwa cudurka laga yaabo inuu ku dhacay?
- Ma loo xilsaaray isu-duwe ka jawaab celiya oo ma leeyihiin awood ay: (Illaha la heli karo [halkan](#) iyo [kalkan](#))
 - Si toos ah hoogaanka ugu keenaan si xallin degdeg ah loogu gaaro?
 - Ula xiriiriyaan khabarada sayniska iyo caafimaadka oo ayna u bixiyaan hagitaan ku saleysan cilmi baarista ugu dambaysay?
- Ma waxaa jiraa qorshe Sii-wadista Bulsho Xukuumadda ah oo lagu hubinayo sii wadidda adeegyada daruuriga ah? (Tusaale [halkan](#))
 - Miyay ganacsiyada aasaasiga ah sida xarumaha daryeelka caafimaadka ama xarumaha u adeegga bulshada nugul ma leeyihiin qorshayaal hubinaya in la sii wado adeegga?

Tixgelinno Dheeri ah

- Ma jiraa hanaan si cad loo qeexay kaas oo daneeyayaasha caafimaadka iyo daawaynta ku hormarinayaan codsiyada illaha awooddaha sharciyeed ee EOC?
- Muxuu yahay nidaamyada xiriirka iyo teknolojiyadda ugu muhiimsan ee looga baahan yahay EOC?
- Ma jiraa qorshe jira oo lagu dhisayo oo laguna wadayo muddo dheer sawir guud oo hawlgal ah oo lagula wadaagayo wacyiga hadda taagan ee dhammaan wadaagayaasha muhiimka ah?
- Waa maxay caddaynta ama hagitaan sharci/sharciyeed oo la hirgaliyay oo sidee bay u saameeyaan go'aannada u baahan in la sameeyo?
- Ma jiraa qaab la meel dhigay ee lagu hubiyo wakhtiga loo qabtay ee ku habboon, oo laga wada hadlo khatarta saxda ah ee jirta oo lala kaashanayo dhammaan hay'adaha awoodda u leh?

	<ul style="list-style-type: none"> • Miyaa la middeeyay ku takhasusayaasha macluumaadka caafimaadka bulshada ee ku jira Nidaamka Macluumaadka Wadajirka ah? • Miyay daneeyayaasha muhiimka ah la wadaageen qorshayaashooda sii wadista/joogtaynta EOC? • Miyay shaqaaluhu u baahan yihiin tabobar dib-u-xusuusin ah oo ku saabsan fikradaha Nidaamka Dhacdada (ICS)? • Miyay EOC qorsheysay ka-hortagga suurtagalka ah ee jawaabciilayayaasha ugu horreeya iyadoo la dejinayo sii wadista qorshaha hawlgallada ee lagu beddelayo oo laguna kabayo shaqaalaha muhiimka ah?
<p>Ilooyin</p>	<ul style="list-style-type: none"> • Qaab Jawaabcelin oo Qaranka, Daabacaadda Afaraad https://www.fema.gov/media-library-data/1582825590194-2f000855d442fc3c9f18547d1468990d/NRF_FINALApproved_508_2011028v1040.pdf • Nidaamka Taliska Dhacdada Aasaasiga ah ee Caafimaadka Dadweynaha iyo Xirfadlayaasha Caafimaadka: Lifaag B: Nidaamka Aasaasiga ee Taliska Dhacdada ee Caafimaadka Dadweynaha iyo Xirfadlayaasha Caafimaadka https://www.phe.gov/Preparedness/planning/mscc/handbook/Pages/appendixb.aspx • Qaabka Hay'ada ICS iyo Aasaaska https://training.fema.gov/emiweb/is/icsresource/assets/ics%20organizational%20structure%20and%20elements.pdf • Hanaanka Qorshaha Waxqabadka Dhacdada “Qorsheynta P” https://training.fema.gov/emiweb/is/icsresource/assets/incident%20action%20planning%20process.pdf • Foomamka Warbixinta Heerarka https://training.fema.gov/icsresource/icsforms.aspx • Qaabka Xarunta Hawlgallada Xaaladdaha Degdegga ee Caafimaadka Dadweynaha https://apps.who.int/iris/bitstream/handle/10665/196135/9789241565134_eng.pdf?_natiijo=1 • Tilmaanta Isticmaalaha Xirfadaha EOC https://www.fema.gov/media-library-data/1537787069093-33f58df52a992c566c62959208fcdd96/EOC_Skillset_Guide_20180918_FINAL.pdf • Waa Maxay Qorshe Fecil Dhacdo? https://www.phe.gov/Preparedness/planning/mscc/handbook/Pages/appendixc.aspx • Nidaamka Maareynta Dhacdada Qaranka: Xarunta Illaha ICS https://training.fema.gov/emiweb/is/icsresource/trainingmaterials.htm • XarigaBadbaadada ee FEMA LifeLines https://www.fema.gov/lifelines • Saadadka Awoodda ee Sare https://journal.chestnet.org/article/S0012-3692(15)51988-0/fulltext • Diyaarinta Daryeelka Caafimaadka iyo Awooddaha Jawaabcelinta ee 2017-2022 www.phe.gov/Preparedness/planning/hpp/reports/Documents/2017-2022-healthcare-pr-capabilities.pdf

<p>Bartilmaamee dyada ugu Muhiimsan #2</p>	<p>Fahamka iyo Xakamaynta Faafinta Waqtiga Tooska ah ee Cudurka Covid-19 ee Bulshada: La Socoshada, Baaritaanka, Daba Joogida Xiriirka, iyo Karantiilka iyo Go'doominta</p>
<p>Looga Baahan Yahay Bartilmaamee dyada ugu Muhiimsan #2</p>	<p>Talaabooyinka Mudnaanta leh</p> <p>Go'aaminta caqabadaha bulshada, maxalliga, gobolka, iyo deegaanka si loo gaaro baaritaanka unogyada ballaaran iyo raadinta dabagalka cudurka COVID-19. Fahmaan oo si degdeg ah u buuxi gondaloolooyinka</p> <p>Ku raad-jir xanuunnada hargabka u eg (ILI) iyo cudurka COVID-19-u eg (CLI)</p> <p>Samee hab borotokool loogu talagalay baarista ogaanshaha guud ee bulshada dhexdeeda ah. Haddii baaritaanka ay yihiin kuwo xaddidan, ku dar dhammaan dadka calaamadaha qaba, dadka aadka ugu dhow, shaqaalaha daryeelka caafimaadka, jawaabceliyayaasha ugu horreeya, bixiyayaasha adeegga muhiimka ah, iyo shakhsiyaadka kale ee khatarta ugu jira.</p> <p>Samee hab borotokool oo loogu talagalay baaritaanka joogtada ah ee shaqaalaha ka shaqeeya daryeelka caafimaadka ka, jawaabceliyayaasha koowaad iyo shaqaalaha kaabayaasha muhiimka ah</p> <p>Samee meelaha kala socoshada ilaalada iyo goobaha baaritaanka meelaha xalista sare loogu jiro ee u adeegga shaqsiyaadka waaweyn, shaqsiyaadka dakhligoodu hooseeyo, iyo kuwa laga tirada badan yahay iyo jinsiyado ay ka mid yihiin Mareykanka Asalka.</p> <p>Isku xir xogta baaritaanka COVID-19 iyo xogta ilaalada xarunta EOC ee deegaanka</p> <p>Aqoonso, shaqaalee, oo tabbobar la xiriir shaqaalaha dabagalayaasha xiriirka</p> <p>Samee qorshe aad ku dabagasho baaritaannada kuwa laga helay oo ay ku jiraan talooyinka ku saabsan go'doominta iyo daaweynta</p> <p>Aqoonso oo u adeegso meel mideysan oo loogu talagalay kiisaska iyo isku-darista wixii teknolojiyad kale ah iyo xogta la soo ururiyey si loo raad raaco</p> <p>Aqoonso xadka loogu talagalay karantiilinta iyo go'doominta dhammaan xiriirada ee dhammaan kuwa laga helay iyo kiisaska calaamadaha, oo ay kujiraan kuwa ay tahay in laga sooco dadka kale</p>

ee guriga la jooga iyo kuwa hadda ku jira xarumaha daryeelka muddada dheer, xabsiyada, ama hadda hoylaawaha ah.

Qabashada iyo diiwaangelinta qiimeynta halista rasmiga ah ee ku saleysan heerka hadda jira iyo jihada cudurka COVID-19 ee ku faafay bulshada dhexdeeda

Shuruudaha Howlgalka

- Ma leeyihiin jaaliyadda qorshooyin cad, oo leh cabiraado, fulinta, ee loogu talagalay hirgelinta sii wadida isku hagaajinta, ama kor u qaadista talaabooyinka masaafo kala fogaanshaha bulshada oo ay ka mid yihiin astaamaha lagu saleynayo kormeerka, baaritaanka, iyo dabagalka xiriirka? (Illaha waxaa laga heli karaa [halkan](#), [halkan](#), iyo [halkan](#))
- La-socoshada: Miyay bulshadu samaynaysaa la-socod firfircoon ee cudurka COVID-19? Miyaa la hirgeliyay nidaam la-socod oo dhammaystiran oo loola soconayo kiisas cudub ee jaaliyadda ka dhex dhaca? (Illaha waxaa laga heli karaa [halkan](#))
 - Miyay haysaa EOC sawir sax ah oo toos ah ee ku saabsan jihada cudurka ka dilaaca bulshada dhexdeeda? (Ilooyinka [halkan](#) iyo [halkan](#))
 - Daryeel bixiyaasha caafimaadka ee aagga ee falanqaynaya xogta calaamad lagu garto cudurada hargabka-Sida Xanuunka iyo Cudurrada Daran ee Neef-mareenka sida cudurka COVID19?
- Baaritaan Ballaadhan, Degdeg ah: Baaritaanka miyuu si buuxa u buuxin karaa baahida caafimaadka ee jaaliyaddaada iyo baahida bulsho waynta? (Illaha waxaa laga heli karaa [halkan](#), [halkan](#), [halkan](#), [halkan](#), iyo [halkan](#))
 - Miyaa si buuxda ay u helayaan dhammaan dadka u baahan, oo ay ku jiraan kuwa leh astaamaha, khatarta sare, iyo kuwa ku dhow dadka cudurka qaba? (Ilooyinka laga heli karo waa [halkan](#) iyo [halkan](#))
 - Miyaa natijoooyinka baaritaanka si dhakhso loo soo celiyaa (24 saacadood)?
 - Isla malaalintii, barta daryeelka baaritaanka miyay ka helayaan dhammaan bukaan-socodka muujinnaya astaamaha COVID-19? Oo ay ku jiraan: (Illaha la heli karo [halkan](#) [iyo](#) [halkan](#))
 - Bukaansocodka isbitaalka la dhigay?
 - Shaqaalaha daryeelka caafimaadka, jawaabceliyayaasha safka hore, bixiyayaasha adeegga muhiimka ah, iyo kuwa kale ee ku sugan goobaha khatarta leh sida xarumaha daryeelka muddada-dheer?
 - Dadka xiriir la yeeshay shaqsiyaadka cudurka qaaday (oo baaritaanka laga helay ama shaqsiyaadka calaamaddaha leh)?
 - Shaqsiyaadka calaamadaha leh ee ku jira goobaha bukaan socodka (sida xafiisyada dhakhaatiirta)?
 - Miyaa si ku filan loo helaa qalabka baaritaanka?
 - Miyaa la qabtay guud mar dhinaca xarunta qaybinta ee sheyada baaritaanka si loo qabto baaritaanka, agabyada (tusaale ahaan suufka sanqaroorka, baaritaanka sanku)?
 - Miyuu jiraa qorshe iyo wakhti cayiman ee loo qabtay si loo buuxiyo gondaloolooyinka?

- Miyaa la helayaa tilmaamaha loogu talagalay sida loo dabagalo oo loo daweeyo dadka laga helay? (Illaha waxaa laga heli karaa [halkan](#), [halkan](#), iyo [halkan](#))
 - Ma jiraa qaab warbixin si loo hubiyo in daryeel bixiyeyaasha si dhakhso leh loogu wargaliyo natiijooyinka oo ay leeyihiin qorshe cad oo lagula xiriiro bukaannada?
 - Xogta ma laga soo sheegay sida la is-xig xigo laga soo bilaabo xarumaha daryeelka caafimaadka/goobaha baaritaanka ilaa saraakiisha caafimaadka deegaanka? Laga bilaabo mas'uuliyiinta maxalliga ah iyo masuuliyiinta Gobolka iyo/ama dawladda Dhexe?
- Miyay shaqaynayaan goobaha ilaalada iyo goobaha baaritaanka ee u adeegga shaqsiyaadka waaweyn, shaqsiyaadka dakhligoodu hooseeyo, iyo kuwa laga tirada badan yahay iyo jinsiyado ay ka mid yihiin Mareykanka Asalka? (Illaha waxaa laga heli karaa [halkan](#))
- Miyaa baaritaanka la isku dhexdaray si loo bilaabo go'aaminta tirada dadka laga yaabo inuu soo gaaray? (Illaha waxaa laga heli karaa [halkan](#))
- Miyaa mudnaanta baaritaanka sheybaarka la dhidib dhigay oo miyaa la hirgeliyay? (Illaha waxaa laga heli karaa [halkan](#))
 - Ma waxaa jira waqti la gaabiyay ee loogu talagalay helitaanka xogta sheybaarka iyo bukaan eegtada? Ma jiraan tallaabooyin la aqoonsaday oona la hirgeliyay si loo yareeyo wakhtiga la gaabiyay?
- Ma jiraan hoos-u-dhac ah kala doorasho ku lug leh adeegsiga 'PPE' oo yaraaday marka loo eego baaritaanka iyo daawaynta ama mudnaanta kale? (Illaha waxaa laga heli karaa [halkan](#))
- Dabagalka Xiriirka: Ma shaqaalaha caafimaadka bulshada qabanayaa dabagalida xiriirka iyo kormeerka xiriirada dhow ee kiisaska la xaqiijiyay? (Ilooyinka waxaa laga helaa [halkan](#), [halkan](#), [halkan](#), [halkan](#), [halkan](#), [halkan](#), [halkan](#), [halkan](#), iyo [halkan](#))
 - Miyaa la shaqaalaysiiyay dabagalayaal xiriir, miyaa la tababaray, loona keenay awood uu ku raad raaco kiisaska badankood ee bulshada dhexdeeda ah?
 - Miyaa la aqoonsaday maalgalin muddada fog ee loogu talagalay shaqaalaha raad raaca?
 - Miyay ku jiraan agabyada tababbarka iyo qorshayaasha hirgelinta ee raad raacyada oo ka mid ah ficilada iyo shuruudaha la xiriira:
 - Baaris caafimaad
 - Baaritaan iyo keenid
 - Raadraac
 - Karantiil ama go'doomin
 - Dabagal
 - Ma jiraa nidaam jira oo lagu taageerayo aruurinta xogta iyo dadaallada dabajoogalayaasha xiriirka ee ay heli karaan kooxaha baadi goobka?
 - Haddii loo isticmaalo qalab tikniyoolaji ama xog aruurin, miyaa la qeexay shuruudaha amniga oo ma la hayaa borotokoollo lagu hubinayo asturnaanta iyo amniga xogta la ururinayo?
 - Ma jiraa qorshe wadaagis xog aruurin oo loogu talo galay cidda iyo sida marin looga helo xogta maaraynta xogta?

	<ul style="list-style-type: none"> • Karantiil iyo go'doon: Ma jiraan dalabyo guryo oo loo heli karo kuwa u baahan karantiil, laakiin aanu guriga joogin karin? (Ilooyinka laga heli karo waa halkan iyo halkan) <ul style="list-style-type: none"> ○ Ma jiraa qorshe la raacayo ee dadka socotada ah ee gudaha ku sugan si loo qiimeeyo xaaladdooda cudurka COVID-19 iyo in la bixiyo hagitaan ku saabsan keli-is-go'doominta ama karantiilka, hadba sida loogu baahdo? (Illaha waxaa laga heli karaa halkan iyo halkan) ○ Miyaa la cusboonaysiiyay fariimaha dadweynaha iyo isgaarsiinta si loogu daro raadinta xiriirka iyo hagida baaritaanka? (Illaha waxaa laga heli karaa halkan, halkan, halkan, iyo halkan) <p>Tixgelinno Dheeri ah</p> <ul style="list-style-type: none"> • EOC ma heli kartaa ogeysiis ah dhammaan kiisaska bulshada ee lagu baaray ee xarumaha caafimaad iyo kuwa gaarka loo leeyahayba? (Ilooyinka halkan iyo halkan) <ul style="list-style-type: none"> ○ Miyaa la kala qaaday xogta ka ma dambays: <ul style="list-style-type: none"> ■ Xaaladda dadka nugul? ■ Jinsi? ■ Da'da? ■ Xaaladda shaqaalaha daryeelka caafimaad? ■ Xaaladda heerka hoose? • Miyaa shaqaalaha caafimaadka dadweynaha loo wareejiyaa dhexgallada waxqabadyada ugu sarreeya ee maaddaama tirada kiisaska ay korodhaya? • Ma jiraa hab lagu qiimeeyo waxtarka baarista socdaalka gudaha, iyadoo la tixgelinayo illaha loo baahan yahay?
<p>Ilooyin</p>	<ul style="list-style-type: none"> • Dabagalka Xiriirka: Qayb ka mid ah Qaab Dariiqo ee lagugla Dagaalamo Cudurka Safmarka ee COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/php/principles-contact-tracing.html • Aallado Dijital ah oo Lagu Socdo Xiiira Cudurka COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/downloads/digital-contact-tracing.pdf • Borotokool Baaritaan oo ah hargabka aan xilliga ahayn iyo cudurrada neef mareenka daran ee soo baxaya, Lifaaqa 4: Dabagalayaasha xiriirka iyo habraaca la socashada https://apps.who.int/iris/bitstream/handle/10665/275657/WHO-WHE-IHM-GIP-2018.2-eng.pdf • Borotokool Baaritaan oo ah hargabka aan xilliga ahayn iyo cudurrada neef mareenka daran ee soo baxaya, Lifaaqa 4: Dabagalayaasha xiriirka iyo habraaca la socashada https://apps.who.int/iris/bitstream/handle/10665/275657/WHO-WHE-IHM-GIP-2018.2-eng.pdf • Horudhaca la Socoshada Caafimaadka Bulshada https://www.cdc.gov/publichealth101/surveillance.html • Mabaadi'da Cudurada Faafa ee Habdhaqanka Caafimaadka Bulshada, Daabacaad Seddexaad Hordhac Cudurka Cudurada Faafa iyo Cilmiga noolaha. Casharka 6: Baaritaanka Fiditaan https://www.cdc.gov/csels/dsepd/ss1978/lesson6/section1.html • Qaabka Xarunta Hawlgallada Xaaladdaha Degdegga ee Caafimaadka Dadweynaha https://apps.who.int/iris/rest/bitstreams/874073/retrieve

- Tilmaanta Farsamo ee la Socoshada ee Hay'adda Caafimaadka Adduunka ee Kormeerka ah
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/surveillance-and-case-definitions>
(Xusuusin: waxaa ka mid ah muunad liisaska cudurka ee 'cudurada faafa')
- Foomka Xogta Diiwaangelinta Kiiska Bukaan eegidda Cudurka COVID-19 ee ee Xarunta Caafimaadka Adduunka iyo foomka xog cusub ee loogu talagalay xogta qarsoon ee COVID-19
https://www.who.int/docs/default-source/coronaviruse/who-ncov-crf.pdf?sfvrsn=84766e69_2
(Xusuusin: magaalooyinku uma baahna inay isqoraan, balse illaha waxaa ku jira liiska hubinta ee tixgelinnada COVID-19 ee ugu weyn tixgelinta cudurrada faafa)
- Foomka Xogta Diiwaangelinta Kiiska Bukaan eegidda Cudurka COVID-19 ee ee Xarunta Caafimaadka Adduunka iyo foomka xog cusub ee loogu talagalay xogta qarsoon ee COVID-19
https://www.who.int/docs/default-source/coronaviruse/who-ncov-crf.pdf?sfvrsn=84766e69_2
- Baaritaanka Qandhada
<https://www.bnext.org/article/fever-marenyada-public-health-protection-or-security-theater/>
- Sii wadista Dowladda - 2020
<https://whitehouse.gov1.info/continuity-plan/>
- Baaritaan lala xiriir (garoonka diyaaradaha) Soo sheegista PUI ama Kiiska La Xaqiijiyay
<https://www.cdc.gov/coronavirus/2019-ncov/php/reporting-pui.html>
- Qaab isku-duwan, ee Qaran ee lagu Cabirayo Awoodda Caafimaadka Bulshada ee loogu talagalay Dabagalka iyo Baaritaanka Cudurrada
<https://www.astho.org/COVID-19/A-National-Approach-for-Contact-Tracing/>
- Xiriir la Yeelashada: Tababar loogu talagalay COVID-19 Dabagalayaasha Xiriirka
https://learn.astho.org/p/ContactTracer#product_tab_course_content_12
- Talobixinta Caafimaadka Bulshada ee loogu Talagalay u Nuglaansho Jaaliyadda la Xiriira
<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>
- Waaxda US CDC COVID-19 Tilmaamaha Tabbabarka Dabagalayaasha Xiriirka iyo Illaha
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/contact-tracing-training-plan.pdf>
- Qaabka Guud: Wadashaqeynta Dabagalka Bulshada
<https://www.mass.gov/doc/mass-ctc-framework-04-2020/download>
- Tusaale ahaan: Qoraalka Dabagalayaasha Xiriirka
<https://www.mass.gov/doc/contact-tracing-scripts/download>
- Wadashaqeynta Dabagalka Jaaliyadda ee COVID-19 ee Qaabka Baahinta iyo Gaarsiinta
<https://www.mass.gov/info-details/covid-19-community-tracing-collaborative-media-and-outreach-approach>
- Nidaamka la Socoshada Dabagalka COVID-19 ee Qaranka: Guul Gaarista
https://healthpolicy.duke.edu/sites/default/files/atoms/files/covid-19_surveillance_roadmap_final.pdf
- Tallaabada Hadda ee COVID:
www.covidactnow.org

	<ul style="list-style-type: none"> • Dabagalka COVID-19: www.aei.org/covid-2019-action-tracker • Xaaladda Dariiqa ah Waa Inay ka Soo Baxaan Faafidda Karoonafayraska iyo Ammaan ahna Dib Loo Furo: https://www.americanprogress.org/issues/healthcare/news/2020/05/04/484373/evidence-based-thresholds-states-must-meet-control-coronavirus-spread-safely-reopen-economies/ • Qiimaynta iyo Baaritaanka Shaqiyaadka ee Cudurka Karoonafayras 2019 (COVID-19): www.cdc.gov/coronavirus/2019-nCoV/hcp/clinical-criteria.html • Calaamaddaynta Rasmiga ah ee ICD-10-CM iyo Tilmaamaha Warbixinta: www.cdc.gov/nchs/data/icd/COVID-19-guidelines-final.pdf • Tilmaamaha-Soo-jeedinta Isticmaalka Goobaha Barta-Daryeelka ee loogu talagalay SARS-CoV-2: www.cdc.gov/coronavirus/2019-nCoV/downloads/OASH-COVID-19-guidance-testing-platforms.pdf • Tabta la Socoshada Serology-ga ee Cudurka COVID-19: http://www.cdc.gov/coronavirus/2019-ncov/covid-data/serology-surveillance/index.html • Tilmaamaha Ku-meelgaarka ah ee Uruurinta, Gacan ku Haynta, iyo Baaritaanka Bukaanku socodka Shakhsiyaadka Cudurka Karoonafayraska 2019 (COVID-19): https://www.cdc.gov/coronavirus/2019-ncov/lab/guidelines-clinical-specimens.html • Tilmaamaha Ku-meelgaadhka ah ee Cudurka Karoonafayraska ee 2019 (COVID-19) ee Hoteelada Bixiya Go'doomin iyo Hoy Karantiilka: https://files.nc.gov/ncdhhs/documents/files/covid-19/NC-Interim-Guidance-for-Hotels-Providing-Quarantine-Isolation-Housing.pdf • Tilmaanta Qorshaynta ee loogu talagalay Meelmarinta Dawladaha ee Qiimeynta iyo Goobaha Soo-kabashada ee cudurka COVID-19: https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/ConsidsforAssessAndRecLocs.pdf • Tabbaha loogu talagalay la socashada cudurka COVID-19: https://www.ecdc.europa.eu/sites/default/files/documents/COVID-19-surveillance-strategy-9-Apr-2020.pdf • Kordhi Sahayda PPE: https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html • Tilmaanta ku-Meel-gaarka ah ee Shaybaarada https://www.cdc.gov/coronavirus/2019-ncov/lab/index.html
<p>Bartilmaamee dyada ugu Muhiimsan #3</p>	<p>Gaabi oo Yaree Gudbinta</p>

Looga Baahan
Yahay
Bartilmaamee
dyadyada ugu
Muhiimsan #3

Talaabooyinka Mudnaanta leh

Si cad u sharax tilmaamaha masaafu kala fogaanshaha maxalliga ee bulshada, hirgalinta, una ilaalinta

Dhidibadda ha loo taago shuruudaha aassaasiga iyo howlaha ama waxyaabaha aan daruuriga ahayn

Qiimee oo khafiifi saamaynta labaad ee talaabooyinka masaafa ka la fogaansha

Samee qorsheyaal loogu talagalay in si tartiib tartiib ah loo qafiifiyo dadaaladda kala fogaanshaha bulshada marka shuruudaha la buuxiyo [kor eeg]

Shuruudaha Howlgalka

- Miyay bulshadu qeexday xadka loogu talagalay ee goorta la soo rogi karo ama kor loogu qaadayo tallaabooyinka ka fogaanshaha bulshada, oo ay ku jiraan amarada guriga-joogista, xirista ganacsiga ee aan daruuriga aheyn, iyo bandow? (Ilooyinka laga heli karo waa [halkan](#) iyo [halkan](#))
- Miyay hoggaaminta bulshada soo saaray hagitaan ku saabsan is go'doomin iyo karantiil, oo ay kujirto sida, goorta, iyo goobta caawimaad laga raadsadaa? (Illaha [halkan](#))
 - Miyaa la dijiyay heerar loogu talagalay karantiil iyo go'doomin oo miyaa laga wadhadlay?
- Miyaa ganacsiyada yar yar iyo shirkaddaha ka qaybgaleen sida wada shaqeeyaal ka tirsan dadaalka ka jawaabcelinta? (Illaha waxaa laga heli karaa [halkan](#))
 - Ma jiraa walaacyo ku saabsan bixinta lacagaha fasaxa bukaanka iyo mushahar qaadashada iyo/ama sharciga ka soo shaqaynta-guriga loo bixiyo si wax looga qabto faafida cudurka?
 - Miyaa farriimaha lala yeesho ganacsiyada la isku dabbariday meelaha la xiriira tillaabooyinka lagu gaabinnayo inuu jaaliyadda dhexdeedu ku faafdo?
 - Ma jiraa qorshe looga saarayo shaqaalaha muujinta halista sare ee shaqada ama yareynaya suurtagalnimada gudbinta haddii loo oggolaado inay ku soo noqdaan shaqada?
- Miyaa laga qayb geliyay hogaanka iskuulka ha noqdo (mid dowladeed iyo mid gaar ahba) kuwa soo socda: (Illaha waxaa laga heli karaa [halkan](#))
 - Dejinta shuruud cad ee loogu talagalay goorta lagu talinayo in la joojiyo iskuulada iyo muddo intee la'eg?
 - Ma jiraa joogtaynta khad cad oo furan oo wada-xiriirka lala yeelanayo hoggaanka dugsiga iyo degmo dugsiiyeedka?
 - Miyaa la hirginnayaa oo la tijaabinnayaa qaab waxbaris iyo waxbarasho oo meel fog laga bixiyo lacala haddii loo baahdo?
 - Miyaa la dejiyay qabab lagu daryeelo carruurta u baahan illaha dheeriga ah iyo in lagu dhiirrigeliyo carruurta oo dhan inay guriga joogaan haddii dugsiga la joojiyo?

- Fidinta qoysaska dakhligoodu hooseeyo cunno?
- Wax ka qabashada shuruudaha la midka ah ee baajinta daryeelka kadib iyo hawlaha manhajka ka baxsan ee ay bixiyaan iskuulka (lada) ama degmo dugsiyeedka?
- Ma jiraa wax qorshe ah oo lagu dhiirrigelinayo wax ka qabadka hoos u dhigi karmi kara faafitaanka cudurka ee bulshada ku faafo?
 - Ma jiraa qaab loo habeeyo wax ka qabashada u hogaansanaanta (tusaale ahaan, ganaaxyo, eedayn dambi, iwm)?
- EOC ma haysaa liis ku qoran dhammaan shirarka waaweyn ee soo socda, dhacdooyin isboorti, riwaayado, isu imaatin, ama munaasabado kale oo dad aad u tiro badani ay isugu imaanayaan? (Illaha waxaa laga heli karaa [halkan](#))
 - Miyay bulshadudejisay shuruudo dhanka hagida ama xaddidaadaha rasmiga ah ee kulamada oo la jaan qaada hagida caafimaadka bulshada ee hadda jirta (ilaa maantadan la joogo waa 10 qof ama ka badan)?
- Miyay saraakiisha caafimaadka sameeyeen qiimeyn ah halista dhacdooyinkan?

Miyay hoggaamiyeyaasha bulshada ku dhiirrigeliyaan dadweynaha inay u hoggaansamaan dhaqamada ugu wanaagsan ee lagu dhimayo gudbinta oo ay ka mid yihiin: (Illaha waxaa laga heli karaa [halkan](#))

 - Gacmaha oo si hagaagsan loo dhaqo?
 - Laga fogaado xiriir dhaw?
 - Guiga la joogo guriga haddii la jiran yahay?
 - Daboolida qufaca iyo hindhishada?
 - Xirashada daboolida wajiga ee dadwaynaha dhexdooda? Nadiifinta iyo caabuq-ka baabi'inta?
- Mar haddii gudbinta bulshada ay bilaabeyso inay si isdaba joog ah hoos ugu dhacdo, ma waxaa jira qorshe dib loogu furayo oo dib loogu soo celinayo bulshada ka dib nasiinta amarada guriga-joogista? Miyuu qorshuhu tixgelinayaan shuruudaha iyo habka lagu taliyo ee tilmaamahaan? (Illaha waxaa laga heli karaa [halkan](#))
- Miyaa la aqoonsaday tillaabooyinka lagu maareynayo dhacdooyinka gudbinta bulshada mustaqbalka? (Illaha waxaa laga heli karaa [halkan](#))
 - Maxay yihiin ilooyinka la heli karo oo loogu talagalay balaarinta daryeelka caafimaadka iyo/ama xoojinta nidaamka daryeelka caafimaadka?
 - Maxay yihiin noocyada qorshooyin ama hanaan ee la dargelin karo si looga hortago in cudurada ku faafaan bulshada?
 - Miyay bulshadu qabatay xisaabinta casharadii laga bartay, iyaga iyagoo eegaya qaybaha kala duwan ee ku lugta lahaa ama ay ahayd in ay ku lug yeeshaan? Tan waxaa ka mid noqon kara hay'addaha dowliga iyo kuwa gaarka loo leeyahay.
- Miyay bulshadu leedahay qorsheyaal lagu hubinayo in adeegyada daruuriga ah ay sii socdaan haddii ay dhacdo maqnaansho tiro badan? (Illaha halkan)

<p>Ilooyin</p>	<ul style="list-style-type: none"> ○ Miyay shirkaddaha adeeg bixiyayaasha, maareeyayaasha gaadiidka, maareynta qashinka, iyo kaabayaasha kale ee muhiimka ah ku lug yeeshen? ○ Ma jiraa qosheyaal la meeldhigay oo lagu hubinayo in kaabayaasha kale ee muhiimka ah ay sii wadaan hawshooda?
	<ul style="list-style-type: none"> • Dhexgallada Waxqabadka Aan Dawooyinka Ahayn (NPIs): Tallaabooyinka lagu Xaddidayo Cudur Safmarka ee Degmadaada (PAHO) https://www.paho.org/disasters/index.php?option=com_docman&view=download&category_slug=tools&alias=530-pandinflu-leadershipduring-tool-4&Itemid=1179&lang=en • Jawaabta karoonaafayraska qaranka: Khariidad Waddo dib loo furayo, Machadka Ganacsiga ee Mareykanka https://www.aei.org/research-products/report/national-coronavirus-response-a-road-map-to-reopening/ • Masaafu kala Fogaansho, Karantiil, iyo go'doomin: Masaafadaada ku Ekaw si loo Hakiyo Faafida https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html • Tilmaanta Ku-meel-gaarka ah ee Ganacsiyada iyo Loo-shaqeeyayaasha si loo Qorsheeyo oo Looga Jawaabo Cudurka Karoonaafayraska 2019 (COVID-19) https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html • Ilooyinka Dheeraadka ah ee Soojeedinta CDC / PAHO http://new.paho.org/hq/dmdocuments/2011/Community%20Mitigation%20Toolkit%20Guide%20Supplemental%20docs.pdf • Macluumaad ku saabsan (SCVHHS Waaxda Caafimaadka Dadweynaha) http://www.cidrap.umn.edu/sites/default/files/public/php/185/185_factsheet_social_distancing.pdf • Hirgelinta Istaraatiijiyadaha Qafiifinta ee ee loogu Talgalay Gudbinta COVID-19 ee Maxalliga ah (CDC) https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf • Ka jawaabcelinta faafitaanka bulshada ee cudurka COVID-19 Tilmaan ku Meelgaar https://apps.who.int/iris/bitstream/handle/10665/331421/WHO-COVID-19-Community_Transmission-2020.1-eng.pdf • Tallaabooyinka caafimaadka dadweynaha ee aan dawooyinka ahayn ee yareeya halista iyo saameynta cudurka safmarka iyo hargabka faafa (WHO) https://apps.who.int/iris/bitstream/handle/10665/329438/9789241516839-eng.pdf?ua=1 • Qaab Dhismeedka Bulsheedka ee Yareeya Bulshada ee CDC https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf • Tilmaanta CDC ee Meelaha Dugsiga https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html • Tilmaanta CDC ee cudurka COVID-19 iyo isu imaatinka ballaaran https://www.cdc.gov/coronavirus/2019-ncov/community/large-events/mass-gatherings-hore-for-covid-19.html

	<ul style="list-style-type: none"> • Tilmaamaha Aqalka Cad (Laga bilaabo 16ka Maarso 2020) https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf • Tilmaamaha Kaabayaasha Aasaasiga ee Muhiimka, Waaxda Amniga Gudaha https://www.cisa.gov/publication/guidance-essential-critical-in-kaabayaasha-gaarashada • Kahortagga in aad Xanuunsato, CDC https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html
<p>Bartilmaamee dyada ugu Muhiimsan #4</p>	<p>Diiradda Saar ka Ilaalinta Kooxaha Khatarta Weyn ugu Jira</p>
<p>Looga Baahan Yahay Bartilmaamee dyada ugu Muhiimsan #4</p>	<p>Talaabooyinka Mudnaanta leh</p> <p>Samee liis dhammaystiran ee xarumaha hoy u ah dadka halista ugu jira (xarumaha dadka naafada/duqawda ay degan yihiin, bulshooyinka waayeelka, xabsiyada, xarumaha dadka lagu hayo, iwm.)</p> <p>Qiimee baahiyaha sahayda iyo ku dhaqanka nadaafada iyo ka hortagga caabuqa</p> <p>Wax ka qabashada u nuglaanshaha la aqoonsaday ee (PPE, tababarka, habdhaqanka xakamaynta caabuqa, soo booqdayaasha, heerarka shaqaalaha, iwm.)</p> <p>Samee tilmaan si loo yareeyo soo-gaarista kooxaha khatarta sare leh (sida xaddidista booqashooyinka bannaanka ee xarumaha khatarta sare ugu jira)</p> <p>Ahmiyadda saar baahiyaha gaarka ah ee dadka la iska fogeeyo, oo ay ku jiraan kuwa hoy laawayaasha ah iyo muhaajiriinta aan sharciga lahayn</p> <p>Shuruudaha Howlgalka</p> <ul style="list-style-type: none"> • Ma jiraa liis dhameystiran oo laga diyaariyey tirada dadka halista ugu jira iyo goobaha la isku soo ururay? Oo ay ku jiraan: <ul style="list-style-type: none"> ○ Dadka hoy laawayaasha ah? (Ilooyinka) (Ilooyinka) ○ Xarumaha daryeelka muddada-dheer? ○ Guryaha kale ee duqowda iyo jaaliyaddaha? (Ilooyin) ○ Illaha daryeelka guryaha? ○ Xabsiyaddaha? (Ilooyin) ○ Hoyga? ○ Xarumaha wax lagu caabudo? (Ilooyin) ○ Dadka aan sharciga haysan? (Ilooyinka) (Ilooyinka) ○ Guri kale oo lagu badan yahay ee ay ku nool yihiin dadka halista ugu weyn ugu jira laga yaabo inay ku noolyihiin?

	<ul style="list-style-type: none"> • Miyaa la qiimeeyay xarumahan ka hortagga cudur faafiyaha iyo ku dhaqanka nadaafada oo miyaa la xaqiijiyay? • Miyay xarumahan hadda leeyihiin karti iyo borotokool ku habboon oo loogu talagalay ka warbixinta xilliyada cudurrada jeermiska dheliya? • Miyay heleen xarumaha khatarta sare ugu jira hanuunin iyo booqashooyinka goobaha si loo hubiyo u hoggaansanaanta sharciyada ka hortagga cudurka, si loogu daro helitaan ku filan ee PPE? <ul style="list-style-type: none"> ○ Mas'uuliyiinta sharci dejinta ma ku lug lahaayeen qiimeynta xarumahaan? • Miyaa lagu xaddiday soo gelitaanka booqdayaasha ee goobaha ay kooxaha khatarta badan ku jira ay joogaan? • Ma jiraan tabbooyin dheeri ah oo lagu difaacayo badbaadada iyo fayo-qabka dadka halista badan ugu jira iyo dadka saboolka ah?
	<p>Tixgelinno Dheeri ah</p> <ul style="list-style-type: none"> • Miyay hogaamiyaasha bulshada iyo caafimaadka la laxiriirtay xukumada sharciyeynta ee xarumahaas? • Miyay dadweynaha halista badan ku jira awooddi karaan inay helaan taageerada iyagoo is-karantiilinaya? • Miyaa xarumaha u nugul ee goobaha la xaqiijiyay lagu cadeeyay ma jiraan hanaan hannaan loogu tala galay in lagu nadiifiyo oo miyaa loo sameeyay heerar dib loogu furayo xarumahaas?
<p>Ilooyin</p>	<ul style="list-style-type: none"> • Hagaha Ku-meelgaarka ah ee CDC ee loogu talagalay Dadka Hoyga la' - https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/plan-prepare-respond.html • Qaab-dhismeedka Ururka Caafimaadka Adduunka (World Health Organisation Organisation) oo loogu talagalay qiimeynta waxyaabaha ka imaan kara halista cudurka COVID-19 ee ka dhex dhaca shaqaalaha daryeelka caafimaadka ee jooga daryeelka caafimaadka - https://www.who.int/publications-detail/protocol-for-assessment-of-potential-risk-factors-for-2019-novel-coronavirus-(2019-ncov)-infection-among-health-care-xarun-shaqaale-daryeel-goob-caafimaad • CDC / Tilmaamaha Deegaanka ee King County ee loogu talagalay ka Yaraynta Jaaliyadda (waxaa ku jira macluumaad ku saabsan kalkaalinta iyo xarumaha daryeelka muddada-dheer) - https://www.cdc.gov/coronavirus/2019-ncov/downloads/Seattle_Community_Mitigation.pdf • Loo Dhisay Eber: Xalalka Bulshada - Dadka aan Hoy la Wayaasha - https://community.solutions/covid-19-and-homelessness/ • Caafimaadka Taranka ee Xaaladaha Dhibaatooyinka - https://www.cdc.gov/reproductivehealth/global/tools/crisissituations.htm • S&A ee ku saabsan COVID-19, HIV iyo antiretroviral-ka (WHO) - https://www.who.int/news-room/qa-detail/qa-on-covid-19-hiv-and-antiretrovirals • Tixraac Degdeg ah ee Xirmada Adeeg Bilowga ah ee Ugu Yar (MISP) ee loogu talagalay Caafimaadka Galmada iyo Caafimaadka Taranka (SRH) - https://iawg.net/resources/misp-reference • Tixgalinta Istaraatiijiyadeed Loogu Talagalay Yaraynta Saamaynta COVID-19 ee Ku Saabsan Barnaamijyada HIV-ga ee diirada saareysa Dadweynaha -

	<p>https://www.fhi360.org/sites/default/files/media/documents/epic-kp-strategic-considerations-covid-19.pdf</p> <ul style="list-style-type: none"> • Xuquuqaha wakhtigii ee cudurka COVID-19 - Casharradii laga bartay HIV ee wax ku oolka ah, jawaab-celinta ee jaaliyaddu hogaamiso - https://www.unaids.org/en/resources/documents/2020/human-rights-and-covid-19 • Diyaarsanaanta, kahortagga iyo xakamaynta cudurka COVID-19 ee xabsiyada iyo meelaha kale ee lagu hayo (2020) - http://www.euro.who.int/en/health-topics/health-determinants/prisons-and-health/publications/2020/prevalence-prevention-and-control-of-covid-19-in-prisons-dhin-kale-meeleyn-xabsi-2020 • Cudurka COVID-19 Ka Hortagga HIV, Daaweynta, Daryeelka iyo Taageerida Dadka Isticmaala Maandooriyaha oo ku jira Xabsiyada - https://www.unodc.org/unodc/en/hiv-aids/new/covid-19-and-hiv.html • Xabsiyada iyo meelaha dhismaha kale waxay qayb ka yihiin jawaab celin dhameystiran oo ku saabsan COVID-19 - https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(20)30058-X/fulltext • Buug-gacmeedka loogu talagalay awoodda-dhisidda caafimaadka dadweynaha ee xuduud ka gudubka iyo iskaashiga xudduudda - https://www.who.int/publications-detail/handbook-for-public-health-capacity-building-at-ground-crossings-and-cross-border-collaboration • Cudurka karoonaafayraska (COVID-19) hagitaan farsamo: Hawlgalada samafalka, xeryaha iyo goobo kale oo nugul - https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance/humanitarian-operations-camps-and-other-fragile-settings • Maareynta dadka safraya ee jiran ee Meelaha laga soo galo (garoomada caalamiga ah, dekedaha, iyo isgoysyada dhulka) xaalada COVID-19 - https://apps.who.int/iris/bitstream/handle/10665/331512/WHO-2019-nCoV-POEmgmt-2020.2-eng.pdf • Noloshu iyo Nolol-maalmeedka Dad badan oo ku nool Jaaliyadda LGBTQ waxay ku jiraan Xiisad Amidst COVID-19. - https://assets2.hrc.org/files/assets/resources/COVID19-IssueBrief-032020-FINAL.pdf?_ga=2.237224896.1501546044.1586393571-2145181974.1586393571 • Sida loo isticmaalo liiska qiimeynta iyo haraynta halista ee WHO ee Uruurinta Mass ee macnaha guud ee COVID-19 - https://www.who.int/publications-detail/how-to-use-who-risk-assessment-and-mitigation-checklist-for-mass-gatherings-in-the-context-of-covid-19 • Tixgelinno wax ku ool ah iyo talooyin loogu talagalay hoggaamiyayaasha diinta iyo bulshooyinka caqiidada ee bulshada ku marka loo eego COVID-19 - https://www.who.int/publications-detail/practical-considerations-and-recommendations-for-religious-leaders-and-faith-based-community-in-the-context-of-covid-19 • Caafimaadka dhimirka iyo tixgalinnada nafsani-bulsho inta lagu gudi jiro faafitaanka cudurka COVID-19 - https://www.who.int/publications-detail/mental-health-and-psychosocial-considerations-during-the-covid-19-outbreak
<p>Bartilmaamee dyada ugu Muhiimsan #5</p>	<p>Dib-U-Xoojinta iyo Ballaarinta Awoodda Nidaamka Caafimaad si loo Joogteeyo Hawlgallada Daryeelka Caafimaadka Lagana Fogaado Dhimashada Sarreysa</p>
	<p>Talaabooyinka Mudnaanta leh</p>

**Looga Baahan
Yahay
Bartilmaamee
dyada ugu
Muhiimsan #5**

Lasoco tirada isbitaalka ku jirt (guud ahaan iyo qaybta daryeelka daruuriga) waqtiga dhabta ah iyo mashruuca mustaqbalka ee ku jirta iyadoo lagu salaynayo is-baddelka

Xaqiiji in isbitaallada ay hawl geliyeen ama u yaaliin qorshooyinka xaaladaha degdegga ah iyo talaabooyin la qaadayo si loo yareeyo talaabooyinka howlaha daawaynta ee aan degdegga aheyn iyo kuwa caafimaad ee aan degdega aheyn

Lasoco helitaanka PPE ee xarumaha muhiimka ah waqtiga dhabta ah

Aqoonso Ilooyin nooc kale oo ah meel laga soo iibsado iyo warshad soo saarta PPE

Bilow qorshooyin ballaarin oo ah goobo degdegga ah markay tirada daaweynta kor u kacdo

La shaqee saraakiisha caafimaadka si dhidibbada loogu taago shuruudo cad si loo kala hormariyo bukaan socodka daryeelka loona dejiyo nidaamyada gudbinta ee xaaladaha daran

Bilow qorshooyin kala saarista baaritaanka iyo soo seexinta kuwa suurtagalka ah ee qaba COVID-19 iyo kuwa daryeelka caafimaadka guud ee soo galaya

Lasocashada ku faafidaa iyo caabuqyada shaqaalaha caafimaadka oo qiimee saamaynta awoodda nidaamka

Bilow qorsheyaal si maalinle ahaan loo baaro shaqaalaha oo looga baaro calaamadaha iyo astaamaha jirrada

Samee isgaarsiin hawl maalmeedka si looga wada hadlo mugga kiisaska hadda jira (oo la tuhunsan yahay lana xaqiijiyay), qiimeynta tirakoobka isbitaalka, iyo baahiyaha shaqaalaha

Shuruudaha Howlgalka

- Miyay xarumaha daryeelka caafimaadka ee bulshada awoodaan inay daryeel siiyaan dhammaan kuwa u baahan? ([Ilooyin](#))
 - Ma jiraa qaab loo habeeyo si markastaaba loo qiimeeyo heerka baahida isbitaalada loona fahmo halista xarumahaas inay noqdaan kuwo buux ama xad dhaaf ah? Ma waxay hawshan galaysaa qorshe gobol ama federaal si loo helo loona qoondeeyo PPE bulshadaada? Ma jiraan khiyaar kale, oo la xakameeyo tayada, soo iibsiga ama ikhtiyaarrada wax soo saarka ee la heli karo (fiiri macluumaadka hoose)? (Illaha [halkan](#), [halkan](#), iyo [halkan](#))
 - Ma leeyihiin xarumaha daryeelka caafimaadka ee deegaanka qorshe hawlgallo deg-deg ah oo markastaaba ah, oo ma waxaa la wadaagay EOC?

- Daryeel bixiyayaasha caafimaadka iyo daryeer bixiyayaasha EMS ma haystaan PPE ku filan si ay wax uga qabtaan baahiyada deg-degga ah? Baahiyaha la saadaaliyay?
- Awooddaha daryeelka caafimaadka ee dhanka telefoonka ma yaaliin oo ma lagu taageeraa xiriirada internetka?
- Ka dib marka xaqiijinta shaybaarka ee cudurka SARS-CoV-2 (COVID-19) ee bukaanada ama shaqaalaha, miyaa la qabtay soo shaac bax iyo dib u eegis raadin xiriir la sameeyay? Kuwa qaba miyaa la la socodsiiyay iyo shaqaalaha leh astaamo halis sare ma loo tixgeliyey in laga saaro shaqada ilaa 14 maalmood ah? ([llooyin](#))
 - Ma helayaan awood baaritaan kuwa mudnaanta u leh ee ka shaqeeya daryeelka caafimaadka?
- Ma loo sameeyay goobo kale oo daryeel ah oo leh awood dheeri oo loogu talagalay shan ilaa toban jeer tirada caadiga ah ee oofwareenka iyo hargabka ee xilliga hargabka ugu sarreeya? ([llooyin](#))
- Xarumaha dib miyay adwaleeyeen ugu sameeyeen oo ma dib bay mudnaan u kala siiyeen daryeelka aan-deg-degga aheyn?
- Xarumaha daaweynta ma u sameeyeen sadarro kala soocid oo gooni ah oo loogu talagalay bukaanada qaba hargab u eg iyo/ama caabuuq xagga neefsashada kore ah?
- Ma jiraan qorsheyaal gaar ah oo loogu talagalay in lagu ballaariyo awoodda isbitaalka si:
 - Loo kordhi daryeelka qaybaha daryeelka siyaadada/ICU awoodda/xuubka dheecaanka ah, oo ay kujirto awoodda neefiye dheeri ah?
 - Loo fidiyoi daawooyinka dhakhtar qoro oo loogu talagao laba illaa saddex bilood dhammaan bukaanada, iyadoo meesha laga bixinnayo lacagaha ganaaxa wada-bixinta iyo xaddidaadaha caymiska?
 - Loogu yabooho qaab daawada boostada loogu diro ama meel fog ka buuxsada daawada?
 - U kala kaxee bukaanada sidii loo dhowri lahaa ilaha isbitaalka ee loogu talagalay kugu aadka u xanuunsan?
 - U isticmaal nidaamka diiwaangelinta caafimaadka elektiroonigga ah ee loogu talagalay tallaabooyinka xakameynta cudur-sida waxyaabaha kiciya taxaddarrada go'doominta ku saleysan su'aalaha baarista ama baaritaannada la sameynayo?
 - Iskuxirka qaybbaha bukaan-jiifka ee loogu talagalay bukaanada looga shakisan yahay ama la xaqiijiyey COVID-19?
 - Heerarka xasilinta dawladda ee qorshooyinka daryeelka ayaa diiradda lagu saaray go'aamada xukumaya qoondaynta kheyraadka iska yar?
 - Kor u qaadista shaqalaha daryeelka caafimaadka, oo ay kujirto haddii ay dhacdo in shaqaalaha caafimaadku bukoodaan?
 - Samee habraacyo loogu tala galay xaqiijinta xaaladaha degdegga ah ee daryeel bixiyayaasha (dhakhaatiirta iyo kalkaaliyayaasha)?
 - Bixi tabbabo deg-deg ah oo lagu xoojinayo awoodda caafimaad ee kor u kacaya?
 - Joogteyn ah maareynta maydka, ilaalinta daadka oo buux dhaafiya, soo dadajinta bixinta shahaadooyinka dhimashada, iyo inaad ka soo baxdid shuruudaha illaha, oo ay ku jiraan awoodda baaraha caafimaadka?
 - Si ammaan u maaraynta qashinka?
 - Bixinta fayoaqab iyo taageero caafimaadka dhimirka ah waqtiyada mashaqada?

- Bixinta llooyin lagu taageerayo qoyska shaqaalaha ee daryeelka caafimaadka si looga ilaaliyo mashquulinta shaqaalaha?
- Miyay xarumaha had iyo jeer dib-u-qiimeyn ku sameeyaan:
 - Heerka inta jifta?
 - Heerka isticmaalka agabyada PPE iyo baradiggida?
 - Awooda qaybaha daryeelka siyaadada?
 - Awoodda neefsiiyaha iyo oksijiinta?
 - Xadka bilowga/kordhinta heerarka dhibaataada ee qorshayaasha daryeelka?

Tixgelinno Dheeri ah

- Miyay qaybta maxalliga iyo qaybta ka hortagga caabuqa xakameysaa habmaamuuska oo ma waxay muujinayaan halista ka timaadda COVID-19?
- Ma leeyihiin hab-maamuus la meel dhigey oo looga jawaabcelinayo oo loo hirgaliyay kiisaska laga shakisan yahay iyo dadka baaritaanka ku jira? ([llooyin](#))
 - Ma borotokoolka jawaabcelintu ma waxaa ka mid ah tillaabooyinka loo qaadayo ka-goynta ama karantiil?
- Ma jiraan kontaroolo bay'ad ah la meel dhigay, sida qolalka cadaadiska, meelaha gelitaanka kontaroolada laga xukumo, iyo maaddada nadiifinta?
- Ma waxay sameeyeen isbitaaladu xiriir ay la sameeyayaan sheybaarada caafimaadka gobolka/maxalliga, shaybaarada ganacsiga, iyo sheybaarka tixraaca akadeemiyadeed si ay u aasaasaan borotokoolo baaritaan?
- Ma waxay sameeyeen isbitaalada xiriirro ay la leeyihiin guryaha aaska, aaska la isku gubo, iwm, si ay u maareeyaan qulqulka dhimashada ee la rajeynayo?

- In xarumaha ha lagu meeleeyo tillaabooyin loogu talgalay sahayda xasaasiga ah oo ay ka mid yihiin:
 - Qabanqaabinta alaab-qeybiyeyaal kale?
 - Ballaarinta alaabada meel yaal, iyadoo laga fogaanayo meel waxdhigis xad dhaaf ah?
 - Alaab la meel dhigo xarun dhexe si loo yareeyo adeegsiga aan loo baahnayn?
 - Adeegsiga kaydinta, dib-u-isticmaalka, habka dib-u-warshadaynta si loo dheereeyo adeegsiga iyo dib-u-isticmaalka PPE? (llooyin)
 - Awooddaha la kordhiyay ee tijaabinta taam ahaanshaha ee N95 kaydiyaasha?
 - Ka qaybgelinta ganacsiga gaarka loo leeyahay sidii gacan looga geysan lahaa xoojinta mariinka saadka?
- Miyaa la shaqaalaysiiyay shaqaale dheeraad ah oo la tababaray (waxaa ka mid noqon kara oo laga bilaabi karaa xarumaha caafimaad ee tacliimeed ee loogu talagalay tababbarka iyo gaarista shaqaalaha tabaruca, xirfadlayaasha daryeelka caafimaad ee aan ku dhaqmin, ama ardayda caafimaadka iyo kalkaalinta kalkaalinta)?
- Xirfadlayaashu ma loo tababaray habraacis baahsan oo ka baxsan (tusaale ahaan farmasiistayaasha, kalkaaliyayaasha caafimaadka, dhakhaatiirta ku takhasustay aagag yar oo ay khusayso)?
- Ma jiraan qorshooyin dib loogu talagalay in dib-loogu-hawl-galo ujeedooyinka shaqaalaha aan daruuriga ahayn si looga caawiyo howlaha kale?

	<ul style="list-style-type: none"> Miyay xarumaha daryeelka caafimaadku diyaariyeen habraacyo loogu tala galay u faafida iyo dib u furida qeybaha ka mid ah xarumahooda oo u heellan kala-soocidda iyo daryeelka tuhmanaha lana xaqiijiyey bukaannada qaba COVID-19?
<p>Ilooyin</p>	<ul style="list-style-type: none"> Xaanshida Iskuduwaha Agabyada PPE https://docs.google.com/spreadsheets/d/1ZNFnUj7DBnEbkjON70nvhALbmys3VaHMJK_x28HNHtg/edit?usp=sharing Qalabka qalliinka N95 ee USFDA ee qaddarka sare https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/respsource3urgicaln95.html USFDA KN95 la oggol yahay https://www.fda.gov/media/136663/download Tilmaan Ku-meelgaarka ah ee loogu talagalay Nidaamyada Adeegyada Caafimaadka ee Degdegga (EMS) iyo Goobaha Jawaabta Badbaadinta Dadweynaha 911 (PSAPs) ee COVID-19 gudaha Mareykanka - https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-for-ems.html Kahortagga Caabuqa Ku-meelgaarka ah iyo Talo-siinta Xakamaynta ee loogu Talagalay Bukaannada La Xaqiijiyey ee Qaba Cudurka Karoonafayraska 2019 (COVID-19) ama Shakhsiyaadka Baaritaanka COVID-19 ee Xarumaha Caafimaadka - https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Finfection-control%2Frol-counsel.html Istaraatiijiyadaha Lagu Saraaminayo Keenista Neefsiyaha N95 https://www.cdc.gov/coronavirus/2019-ncov/hcp/respirators-strategy/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhcp%2Frespirator-saad-xeeladaha.html Tababbar Ururka Caafimaadka Adduunka ee loogu talagalay Kahortagga Cudurrada iyo Xakamaynta (IPC) ee Karoonafayraska Cusub (COVID-19) https://openwho.org/courses/COVID-19-IPC-EN Heerarka Dhibaatooyinka Daryeelka - https://asprtracie.hhs.gov/techtey-resources/63/crisis-standards-of-care/0
<p>Bartilmaameedyada ugu Muhiimsan #6</p>	<p>Fidinta Isgaarsiinta Halista iyo ka Qaybgelinta Bulshada</p>

Looga Baahan
Yahay
Bartilmaamee
dyada ugu
Muhiimsan #6

Talaabooyinka Mudnaanta leh

Samee qaabeyn joogto ah oo ku saabsan warbixin si hoggaamiyayaasha iyo xubnaha jaaliyadda aad ugu wargaliso

Bixi macluumaad isu dheellitiran oo la cabiro; si cad u gudbi wixii aan la hubin; ha u af-macayn wararka xun ama balan qaad ka badbadis horumar oo suurtoagal ha u balan qaadin

Ka qaybgeli hoggaamiyayaasha bulshada, ganacsatada, , iyo diinta, iyo hoggaamiyayaasha bulshada rayidka ah si loogu qalabeeyo inay noqdaan ilo macluumaad oo daneeyayaasha ay ku kalsoonaan karaan

Shuruudaha Howlgalka

- Miyay hoggaamiyayaasha bulshada si joogto ah oo hufan ula xiriirayaan qaybaha kala duwan ee hay'adaha dawladda iyo kuwa aan dawliga ahayn (sharciyada, waxbarashada, iwm.) si looga wada hadlo howlaha socda? ([Ilooyin](#))
- Miyaa hoggaanka bulshada la xiriirayaa dadka ku nool ama ka shaqeeya bulshada qaab joogto ah?
 - Miyaa la aqoonsaday hababka soo gudbinta ugu waxtarka badan?
 - Miyay gaari doontaa isgaarsiinta xasaasiga ah qof walba?
 - Ma jiraan nidaamyo digniin oo degdeg ah oo jira oo la tijaabiyay?
 - Ma jiraa qaab wax ku ool ah oo lagu beeniyo xogta aan jirin ama macluumaad khaldan?
- Miyaa la aqoonsaday af-hayeen u xilsaaran inay bulshada u gudbiyaan farriimaha muhiimka ah, ee xaqiiqada ku saleysan? ([Ilooyin](#))
- Miyaa dib loo eegay qorshayaal gudbin oo joogtada ee EOC iyo ka jawaabayaasha ugu horeeya haddiiba ay dhacdo in isgaarsiinta mobilada ay carqaladowdo/burburto?
- Ma la diyaariyey tiro baahiyo macluumaad muhiim ah oo loogu talagalay hogaamiyayaasha iyo go'aan-gaarayaasha? Miyey caawineysaa bixinta shuruudaha macluumaadka bulshada si fudud looga heli karo khadka tooska ah ee internetka?

Tixgelinno Dheeri ah

- Miyay dadaalada kaqaybgelinta bulshada si gaar ah u gaarsiinayaan meelaha durugsan ama kuwa la fogeeyo, oo ay ku jiraan dadka aan sharcieysnayn? Ma jiraan fariimo loo habeeyey oo loogu talo galey iyo qaabab lagula xiriiro dadka ay saameeyeen ama halis ku sugan ugu jira?
- Miyaa qoraallada lagu heli karaa oo ma ku qoran yihiin luqado badan, oo ay ku jiraan Luqadda dhegoolaha ee Mareynkanka iyo ku-saleysan braille, oo ay heli karaan dhammaan bulshada ku nool?
- Ma jiraan qorshe tabbo oo loogu talagalay oo u magacaaban illo bixya macluumaadka saxda ah/waqtigoodii lagu helayo, la socodka iyo wax ka qabashada aragtida dadka, waxay aaminsan yihiin, iyo illaha macluumaadka khaldan ama aan sax ahayn?

	<ul style="list-style-type: none"> • Ma leeyahay isuduwid wadashaqaynta xaaladda degdegga ah ee jirta iyo qaab macluumaadka dadweynaha ee degdegga ah ma la hawlgeliyay?
<p>Ilooyin</p>	<ul style="list-style-type: none"> • Tilmaanta Ku-meel-gaarka ah ee Mareykanka ee Qiimaynta Khatarta iyo Maareynta Caafimaadka Dadweynaha ee Shaqsiyaadka leh Suuragalnimada Cudurka Karoonafayras 2019 (COVID-19) u Nuglaado: Khatarta Juqraafi iyo Xiriirada Kiisaska Sheybaarka ee la Xaqiijiyay https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html • Ururka Caafimaadka Adduunka COVID-19 xirmada wada xiriiraka ee loogu talagalay xarumaha daryeelka caafimaadka https://iris.wpro.who.int/handle/10665.1/14482 • Tilmaanta Ururka Caafimaadka Adduunka ee loogu talagalay ka-hortagga iyo wax ka qabashada dhaleeceynta/ku ceebaynta bulshada ee la xiriirta COVID-19 https://www.who.int/docs/default-source/coronaviruse/covid19-stigma-guide.pdf • Habdhaqanka ugu Wanaagsan ee Halista Caafimaadka Dadweynaha iyo Gudbinta Dhibaataada https://www.researchgate.net/publication/8944073_Best_Practices_in_Public_Health_Risk_and_Crisis_Communication • Gaarsiinta khatarta xaaladaha degdegga ee caafimaadka dadweynaha https://webcache.googleusercontent.com/search?q=cache:ap-7vvmGt_MJ:https://apps.who.int/iris/rest/bitstreams/1093088/retrieve+&cd=3&hl=en&ct=clnk&gl=anaga&lr=lang_en%7Cclang_es%7Cclang_fr • Tababbarka Isgaarsiinta Khatarta ee TEPHINET https://www.tephinet.org/risk- isgaarsiinta-soojeedin- qoraal • Caafimaadka Dadweynaha WHO ee Isku Imaatinka Tiro aad u Badan: Tixgelinnada ugu Muhiimka https://apps.who.int/iris/rest/bitstreams/717805/retrieve • USA CDC - Tayada Af-hayeenka Waxtarka https://emergency.cdc.gov/cerc/cerccorner/article_021417.asp
<p>Bartilmaameedyada ugu Muhiimsan #7</p>	<p>Qafiifinta Cawaaqibka Dhaqaale iyo Bulshada ee Cudurka Safmarka ee COVID-19</p>

Looga Baahan
Yahay
Bartilmaamee
dyada ugu
Muhiimsan #7

Talaabooyinka Mudnaanta leh

Samayso habab loo qabanayo saameynta masiibada ah ee ku dhacda dadka nugul (tusaale ahaan qoysaska cunto yarida ay hayso ee ku tiirsan barnaamijyada qadada dugsiga)

Qiimee oo yaree saamaynta talaabooyinka kala fogaanshaha bulshada ee qaybaha muhiimka ah ee shaqaalaha (daryeelka caafimaadka, adeegyada dadweynaha, iwm.)

Qiimee saamaynta amar-labaad ee talaabooyinka masafo ka fogaanshaha bulshada ee dhaqaalaha maxalliga ah

Qiimee saameynta xirmaanshaha ganacsigu ku leeyahay dakhliyada canshuurta maxalliga ah iyo u doodista taageerada dowladda / gobolka si loo hubiyo sii wadista howlaha dowladda

Aqoonso oo ka shaqee sidii loo yareyn lahaa waxyaabaha hakinaya dhaqaalaha si looga baxo tallaabooyinka masafo ka fogaanshaha bulshada

Shuruudaha Howlgalka

- Ma jiraan wax istiraatiijiyad ah ee meesha taal oo lagu hubinayo in dawooyinku heli karaan dadka u baahan? ([Ilooyin](#))
- Haddii ay dhacdo amar la xiriira masafo ka fogaanshaha bulshada ee guriga-hala joogo ah, bulshada ma awooddaa in bulshada la siiyo kheyraadka lagama maarmaanka ah (tusaale ahaan, cuntada, daryeelka caafimaadka, iyo waxyaabaha kale ee lagama maarmaanka u ah) dadka dhibaataysan? ([Ilooyin](#))

Tixgelinno Dheeri ah

- Ma jiraan qaabab loo habeeyo oo lagu taageerayo qaybinta cuntada xaafadaha iyo bixinta adeegga albaab-illaa-albaab la siinayo?
 - Ma saxsan yihiin oo ma la cusboonaysiiyay khariidadaha bulshada?
 - Ma jiraan qaybo hoosaadyo loo qoondeeyay si bulshada oo dhan loogu qaybiyo albaab-illaa-albaab?
- Ma jiraa qorshe kaalin ah oo loogu talagalay soo kabashada dhaqaalaha ka dib carqaladeynta ku timid ganacsiga oo la xiray iyo baajinta/dib u dhigidda dhacdooyinka?
- Ma jiraan qorshooyin lagu yareynayo caqabadaha masafo ka fogaanshaha bulshada, karantiil, iyo/ama go'doomin dadka halista ku jira? ([Ilooyin](#))
- Ma jiraan qorshooyin ama habraacyo lagu codsanayo kaalmooyin kale ama heerar dowladeed si loo bixiyo adeegyada lagama maarmaanka ah haddii waaxaha caadiga ahi ay awooddi kari waayaan?
- Miyaa la dardargelin doonaa heshiisyada gargaarka labada dhinac? ([Ilooyin](#))
- Miyay bulshadu leedahay qorsheyaal lagu hubinayo in xannaano bixiyayaasha loo oggol yahay inay fasax qaataan iyadoo ay ugu wacan tahay daryeel la'aan awgeed haddii iskuulada/xannaanada carruurta la baaro, oo ay ku jiraan bixinta fasax daryeel qoys?

Ilooyin	<ul style="list-style-type: none">• Qaab Jawaabcelin Qaran ee Maraykanka https://www.fema.gov/media-library-data/1582825590194-2f000855d442fc3c9f18547d1468990d/NRF_FINALApproved_508_2011028v1040.pdf• Wareegyada Tilmaanta ee Sii-socodka ee FEMA, Maarso 2018 https://www.fema.gov/media-library-data/1520878493235-1b9685b2d01d811abfd23da960d45e4f/ContinuityGuidanceCircularMarch2018.pdf• USA CDC - HESHIISKA GARGAARKA CAAFIMAADKA BULSHADA - QAYBBAHA BARTA XULASHADA EE LAGU TALIYAY: https://www.cdc.gov/phlp/docs/Mutual_Aid_Provisions.pdf• CDC Yurub - Tixgelinno la xiriira tallaabooyinka masafo ka fogaanshaha bulshada iyadoo laga jawaabayo COVID-19: https://www.ecdc.europa.eu/sites/default/files/documents/covid-19-social-distancing-measureg-guide-second-update.pdf
----------------	--