



## HAGAHA ISTICMAALKA IS-BAARISTA EE BAARTANKA SANKA

### Waa maxay is-baarista qofka ee baaritanka sankaa?

Is-baarista waa shaybaadh aad adigu sankaa ka qaadeyso.

- Shaybaarkan waxa lagu ogaan karaa inaad qaadday COVID-19.
- Waa inaad shaybaarkan marar badan sameysaa: mar ama laba jeer todobaadkiiba.



Si aad u isticmaashid shaybaarkan waa in aadan:

- **lahayn wax astaamo xanuun ah, sida qandho iyo madax xanuun.**
- U dhowaanin qof qaba COVID-19.



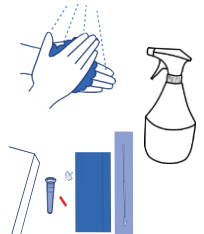
Hadii aad leedahay astaamaha xanuunka, ama aad u dhowaatay qof qabo COVID-19, waa inaad martaa baaritaanka shaybaarada ee PCR, ama baaritanka antijiinka deg dega ah ee farmeeshiyada.



### Sida aad u sameynayso baaritankaaga sankaa

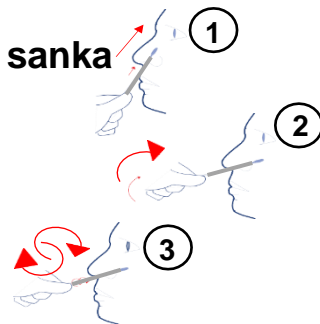
#### Tallaabada 1:

- Gacmahaaga ku dhaqa biyo iyo saabuun, ama ku nadiifi kariim haydaroalkoolig ah.
- Dhammaan qaybaha ka soo saar sanduuqa oo dig dusha sare oo sifiican loo nadiifiyey.



#### Tallaabada 2:

- **shaybaarka sankaa 2 illaa 3 sentimitir horey u geli duleelada sankaa midkood.**
- **Si degan shaybaarka sankaa qaab jiif ah kor u qaad Jooji marka aad dareento cadaadis yar.**
- **shaybaarka sankaa gudaha sankaa ku dhex warwareeji.**

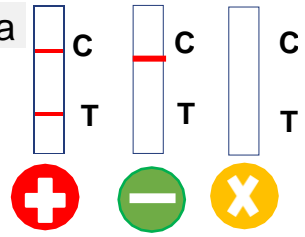


#### Tallaabada 3:

**Hadda waxad u baahan tahay inaad natiijadaada ka eegto kaatriijka:**

- Laba layn oo midab leh, mid ku yaala **C** iyo mid kale oo ku yaalo **T**: natiijada baaritanka cudurkaa wa laga helay

- Hal layn oo midab leh oo ku yaal **C** oo keliya natiijada baaritanka cudurkaa wa laga waayay
- Layn midab leh ma jiro: shaybaarka waa in lagu noqdaa.



#### Tallaabada 4:

- Dhammaan ashyaada ku rid bacda, gunud oo xir dabadeed gacmahana dhaqo.



### Maxay tahay inaad sameeyso haddii cudurka lagaa helo

Isla markiiba iska qaad baaritanka PCR, kaas oo bilaash ku ah Carte Vitale-kaaga



#### Is-go'doomi si aad u ilaaliso dadka kale

Ku wargeli qof kasta oo kula nool inay is-go'doomiyaan oo is baaraan .

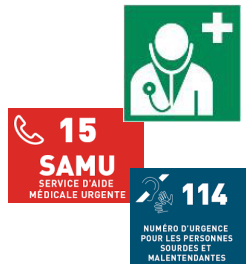
- Wargeli qof kasta oo kale oo aad ku dhawaatay.
- 10 maalmood is-go'doomi oo ka dambeeyaan markii aad isbaartay.



**U sheeg dhakhtarkaaga, ayaga aya ku sheegi doona waxa aad sameynaysid.**

La soco caafimaadkaaga oo la tasho websaydka:

[mesconseilscovid.fr](https://mesconseilscovid.fr)



Haddii neefsashadu kugu adkaato ama neefta ay kugu yaraato, isla markiiba wac 15 ama 114 oo loogu talagalay dadka dhegoolka ah ama maqalku ku adag yahay.

**Raac tallaabooyinka ka hortaga muddo todoba beri ka dib muddada is-go'doominta.**



### Maxay tahay inaad sameeyo haddii baaritaanka cudurka laga waayo

Sii wad raacista tallaabooyinka ka hortagga.

Haddii shaki yimaado, ama haddii aad bilowdo inaad astaamo yeelato, qaado baaritanka PCR ama baaritanka deg dega ah ee antijenka.



Wixii macluumaad dheeraad ah ka raadso <https://solidarites-sante.gouv.fr/autotests-covid-19>