

Su'aalaha Inta Badan La Isweydiyo – PPE

Goorma ayay shaqaalaha daryeelka guriga iyo taageerada shakhsiyeed (oo ay ku jiraan shaqaalaha daryeelka gaar ahaaneed) heli karaan macluumaad cusub oo ku saabsan cudurka COVID-19?

Shaqaaluhu waxay isku diiwaan galin karaan in ay macluumaadyada iyo wararkii u dambeeyay ee ku saabsan cudurka COVID-19 ee ka jira Oregon ka helaan Waaxda Caafimaadka Oregon (OHA) iyaga oo booqonaya [Healthoregon.org/coronavirus](https://www.healthoregon.org/coronavirus).

OHA waxay halkan kaga jawaabtaa Su'aalaha Inta Badan La Isweydiyo ee cudurka COVID-19:

<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx>

Shaqaalaha waxaa sidoo kale lagu dhiirigelinayaa in ay booqdaan website-ka Xarumaha la Dagaalanka iyo ka Hortagga Cudurka (CDC)

www.cdc.gov.

Guddiga Daryeelka Guriga ee Oregon waxay leedahay [website-ka caafimaadka iyo badbaadada](#) oo loogu talagalay shaqaalaha daryeelka guriga iyo taageerada shakhsiyeed. Website-kani waxaa ku jira xaashida xaqiiqooyinka iyo su'aalaha inta badan la isweydiyo, fiidiyeyaal, iyo ilaha xakameynta infekshanka.

Waa maxay PPE?

PPE waxay u taagan tahay qalabka shakhsi ahaan la isku ilaaliyo. Waa dhar iyo qalab gaar ah oo qofka ka ilaaliya in ay soo gaaraan cudurada dhiiga raaca iyo cudurada faafa iyaga oo keenaya meel aanay soo dhaafi

karin. Waxaa loo sameeyay in ay ilaaliyaan wajiga, indhaha, sanko, afka, maqaarka, gacmaha, iyo neef mareenka, iyo dharka qofka xiranaya. Noocyada PPE ee ay inta badan isticmaalaan shaqaalaha daryeelka guriga iyo taageerada shakhsiyeed waa gacmo gashiga ama maaskaraha qalliinka.

Goorma ayay tahay in la isticmaalo PPE?

Inta lagu jiro cudurka baahsan ee COVID-19, waa in la xirtaa gacmo gashiga ama maaskaraha qalliinka marka adeegyo iyo taageero oo toos ah la siinayo qof, sida ka caawinta daryeelka shakhsi, iyo marka lagu sugan yahay guriga qofka. Haddii kale, PPE waxaa la isticmaalaa marka ay jirto halis ah taabashada dheecannada jirka.

Xafiiska Adeegyada Naafanimada Koriinka (ODDS) ayaa bixiyay tilmaamo la raacayo oo dheeraad ah oo loogu talagalay dadka qaba naafanimada maskaxda ama korriinka (I/DD) iyo kuwa taageera iyaga. Fadlan raac halkan la sii gelayo 'link' si aad u aragto macmuulaadka dhanka muuqaalka ah: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/ODDS%20Resource%20Library/COVID-ODDS-Mask-Infographic-Final.pdf>

Waa maxay habka saxda ah ee loo xirto ama la iskaga saaro gacmo gashiga ama maaskaraha?

Maacluumaad ay bixisay CDC ayaa laga helayaa website-ka caafimaadka iyo badbaadada ee OHCC ([ilaha xakameynta infekshanka](#)) oo bixinaya tusaalooyinka sida badbaadada leh ee loo xirto sidoo kalena la iskaga saaro PPE.

CDC waxay sidoo kale bixisaa [fiidiyeyaal](#) muujinaya sida saxda ah ee loo xirto sidoo kalena la iskaga saaro PPE.

Gacmahaaga dhaq ka hor inta aadan iska saarin dhammaan PPE.

CDC kuma talinayso dib u isticmaalida PPE.

Goorma ayaa marooyin wajiga lagu daboolo la isticmaali karaa marka loo shaqeynayo shaqaalaha daryeelka guriga iyo taageerada shakhsiyeed ahaan?

CDC ayaa halkan ku bixisa macluumaad muhiim ah oo ku saabsan marooyin wajiga lagu daboolo: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-coverings-information.pdf>

CDC waxay ku talinaysaa xirashada marooyin wajiga lagu daboolo marka aad ka baxaysid gurigaaga iyo marka la joogo goobaha dadweynaha sida dukaamada laga adeegto ama farmashiyaha.

Macmiilka-Cida loo shaqeeyo ama Diiwaanka Cidda loo-shaqeeyo ayaa kaa codsan kara in aad xirato maro wajiga lagu daboolo inta la shaqeynayo.

Waxaad codsan kartaa hal marada wajiga lagu daboolo ah oo loogu talagalay macmiil kasta oo aad taageerto. Fadlan qof kasta u isticmaal wax wajiga lagu daboolo oo nadiif ah oo dhaq waji daboolayaasha mar kasta oo la isticmaalo ka dib. Marooyinka wajiga lagu daboolo ku hay baco gooni ah.

Sidee bay tahay in marooyinka wajiga lagu daboolo loo nadiifiyo iyo inta jeer?

Sida ay sheegayso CDC, marooyinka wajiga lagu daboolo waxaa lagu nadiifin karaa mishiinka dharka waana in la dhaqaa mar kasta oo la isticmaalo ka dib. CDC ayaa halkan ku bixisa macluumaad ku saabsan sida loo dhaqo marooyinka wajiga lagu daboolo:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

Waa maxay habka ugu wanaagsan ee la iskaga saaro marada wajiga lagu daboolo?

Ha taabanin indhahaaga, sankaa, afkaaga marka aad iska saarayso marada wajiga lagu daboolo oo dhaq gacmahaaga isla marka aad iska saarto.

Halkee baan ka helaa macluumaadka ku saabsan sameynta marooyinka wajiga lagu daboolo?

Fadlan booqo website-ka CDC www.cdc.gov ee [fiidiyeyaal](#) iyo [wax la baranayo](#) oo ku saabsan sida loo sameeyo marooyinka wajiga lagu daboolo.

Goorma ayay shaqaalaha daryeelka guriga iyo taageerada shakhsiyeed heli karaan macluumaad iyo tababar ku saabsan taxarada caadiga ah iyo ka hortagga cudurada faafa?

Guddiga Daryeelka Guriga ee Oregon waxay bixisaa tababar lacag la'aan oo loogu talagalay shaqaalaha daryeelka guriga iyo taageerada shakhsiyeed oo dhan. Macluumaad ku saabsan sida la isku qoro waxaa laga heli karaa wargeyska [Elevate](#). Shaqaaluhu waxay baran karaan taxarada caadiga ah iyo ka hortagga cudurada faafa iyaga oo qaata koorsooyinkan (riix cinwaanka koorlada ee loogu talagalay macluumaadka ku saabsan koorlada).

- [Ka hortagga Gudbinta Cudurka](#)
- [Shahaadada Daryeel Bixiyaha Qaranka ee Diyaar u ahaanshaha-COVID](#)

Xakameynta infekshanka oo qofku naftiisa barayo oo ay dejisay Waaxda Adeegyada Dadweynaha ayaa sidoo kale laga helayaa [website-ka caafimaadka iyo badbaadada](#) ee Guddiga Daryeelka Guriga ee Oregon:

- [Barashada Cudurka Faafa](#)
- [Nadaafadda Gacanta iyo Neefsashada](#)