

Dadka qaatay tallaalka koroonaha karantiil geli maayaan haddii cudurka laga helo qof ay u dhowaadeen

Dadka qaatay tallaalka koroonaha oo buuxa uma baahna in ay galaan karantiil haddii cudurka laga helo qof ay u dhowaadeen. Dadka hal tallaalka qaatay, ayna saddex ilaa 12 toddobaad ka soo wareegtay markii la tallaalay - ayagana waa laga dhaafayaa in ay karantiil galaan marka cudurka laga helo qof ay u dhowaadeen haddii la baaro inta u dhexaysa maalinta 3aad iyo maalinta 7aad kaddib markii ay u dhowaadeen qofka cudurka laga helay. Wax-ka-beddelladaan waxay dhaqangelayaan saqda dhexe habaynka talaadada 4-ta maajo.

Wax-ka-beddelistaan ayaa waafaqsan sidii ay Agaasinka caafimaadka iyo Machadka caafimaadka dadweynuhu dawladda kula taliyeen.

- Dad norwiiiji ah oo ay tiradoodu kor u dhaaftay 1,3 milyan ayaa hadda ugu yaraan hal mar la tallaalay. In karantiilka u dhowaanshaha qof cudurka laga helay hadda laga dhaafay dadka la tallaalay ayaa ah war aad u fiican, taas oo fududayn doonta nolol-maalmeedka dad badan, ayuu yiri Bent Høie oo ah wasiirka caafimaadka- iyo daryeelka.

Dadka tallaalka buuxa qaatay waxaa lagala mid dhigayaa kuwa uu covid-19 ku dhacay lixdii bilood ee u danbeysay, oo ma gelayaan karantiilka u dhowaanshaha qof cudurka laga helay. Sidoo kale, dadka tallaalka buuxa qaatay loogama baahna in la baaro kaddib marka ay u dhowaadaan qof cudurka laga helay. Horey ayaa loo caddeeyay dadka la tallaalay ama uu covid-19 ku dhacay lixdii bilood ee u danbeysay in aysan u baahnayn in ay karantiil galaan inta ay sugayaan natijada baaritaanka.

Dadka tallaalkii koowaad oo keliya qaatay

Dadka tallaalkii koowaad qaatay inta u dhexaysa 3 ilaa 12 toddobaad ka hor waa

laga dhaafi karaa karantiilka u dhowaashada qof cudurka laga helay, haddii tijaabada PCR laga qaado 3 iyo 7 maalmood kaddib markii u danbaysay ee ay u dhowaadeen qofka cudurka laga helay. Dadka aan doonayn ama qaadan karin tijaabada, waa in ay galaan karantiilka u dhowaanshaha dadka cudurka laga helay.

– Waxaa muhiim ah dhammaan dadka qaadanaya laba tallaal in ay tallaalka labaad wakhti sax ah ku qaataan si ay difaac buuxa u helaan, una ahaadaan kuwo tallaalan, ayuu yiri Høie.

Waxba laga beddeli maayo xeerarka karantiilka soo gelidda dalka ee dadka tallaalan. Arrintan qiimayn ayaa lagu samaynayaa.

Way ka bixi karaan karantiilka

Dadka tallaalan ee marka wax-ka-beddelistu dhaqangasho ku jira karantiilka u dhowaashaha qof cudurka laga helay, karantiilka way ka bixi karaan haddii ay saddex toddobaad ka badan ka soo wareegtay markii ay qaateen tallaalkii koowaad. Kuwa hal tallaal qaatay, haddii ay karantiilka ka baxayaan, waa in tijaabo PCR ah laga qaado inta u dhexaysa 3 iyo 7 maalmood kaddib markii ay u dhowaadeen qofka cudurka laga helay.

Dadka tallaalka dhammaystay uma baahna in tijaabo laga qaado marka ay karantiilka ka baxayaan.

Karantiilka u dhowaashaha qof cudurka laga helay waa

Dhammaan dadka u dhowaaday qof cudurka laga helay waa in ay karantiil galaan laga billaabo goorta ay u dhowaadeen qofka cudurka laga helay. Haddii aad u dhowaatay qof cudurka laga helay, waxaa kula soo xiriiraya raadraaca cudurka oo kuu sheegaya waxa aad samaynayso.

[Bogga helsenorge.no ka eeg xeerarka karantiilka u dhowaanshaha qof cudurka laga helay.](https://www.helsenorge.no)