

Talooyinka dawladda ee fasaxa booskaha

Waxa soo dhow fasaxii booskaha (iistarka), taas darteed waxa ay dawladdu soo jeedinaysaa talooyin ku saabsan sida loo qaadanayo fasaxa iyada oo isla markaana laga hortago faafitaanka cudurka.

Talooyinku waxay ku salaysan yihiin qiimayn iyo soo jeedinno ka yimi Agaasinka Caafimaadka iyo Machadka Caafimaadka Dadweynaha.

- Xaaladda faafitaanka koroonada ee Norway waa mid aan degganayn, isla markaana faafitaanku kor ayuu u sii kacayey toddobaadyadii u dambeeyey.

Waxannu werwer ka qabnaa cawaaqibka ka dhalan kara haddii dad badan safar galaan oo ay dad kale la kulmaan xilliga iistarka, ayuu yidhi wasiirka caafimaadka iyo daryeelka, Bent Høie.

Si dhow ayaa loola socdaa xaaladda faafitaanka, isla markaana wax-ka-beddel degdeg ah ayaa lagu samayn karaa tallaabooyinka ka hortagga faafitaanka.

Taladii ku saabsanayd iska dhaafidda safarrada laga maarmi karo ee gudaha Norway way khuseysaa xataa xilliga booskaha. Waxa la soo jeedinayaa in la iska dhaafo safarrada dibedda, haddii aanay ahayn daruuri.

- Inkastoo safarrada lagu tago guri-fasaxeed ku yaalla Norway aan loo arkin wax daruuri ah, haddana dadku waa ay tegi karaa guri-fasaxeedka xilliga booskaha haddii ay sameeyaan tixgelinno ku saabsan ka hortagga faafitaanka oo dheeraad ah. Waxannu markaa ku talinaynaa in wixii loo baahan yahay hore loo sii iibsado, in la iska dhaafo raacitaanka gaadiidka dadweynaha haddii ay suurtagal tahay iyo in dadka laga fogaado, ayuu yidhi Høie.

Haddii aad xannuunsanayso, waxa wacan in aad guriga joogto xilliga booskaha. Haddii aad xannuunsato adiga oo jooga guri-fasaxeedka, waxa wacan in aad aaddo gurigaaga. Haddii aad ku jirto karantiil ama aad sugayso jawaabta tijaabo lagaa qaaday, waxa wacan in aad joogto guriga. Waxa wacan in dadka deggan aagagga cudurku ku badan yahay, tusaale ahaan Oslo, aanay aadin hoteel ama goobaha jiifka ee dadka badani isugu yimaado.

- Waxannu soo jeedinaynaa in qof kastaa intii hore ka yareeyo dadka ay isla joogayaan iyo in kulannada iyo firfircooni la samaynayo inta ugu badan lagu sameeyo dibedda, ayuu yidhi Høie.

Cibaadooyinka kaniisadaha iyo munaasabadaha diimeed ee kale waxa ay dad badani u arkaan qayb muhiim ah oo ka mid ah booskaha. Dadku waa ay ka qaybgeli karaan cibaadooyinka kananiisadaha iyo munaasabadaha diimeed ee ka dhacaya meesha ay deggan yihiin, laakiin waxa wacan in ay iska dhaafaan isu-imaanshaha noocaas ah ee ka dhacaya meel ka baxsan degmadooda.

Waa kuwan talooyinka xilliga booskahu

Guud ahaan

- Guriga joog haddii aad xannuunsanayso, oo tijaabo iska qaad sida ugu dhakhsaha badan haddii aad ka shakisan tahay in aad qaadday covid-19.

Safarrada

- Waxa wacan in dadku iska dhaafaan safarrada lagu aadayo waddamo kale, haddii aanay ahayn daruuri. Iska dhaaf safarrada laga maarmi karo ee Norway gudaheeda ah.
- Safar waad ku aadi kartaa guri-fasaxeed aad leedahay, ammaanaysatay ama aad kiraystay haddii aad si wacan u ilaaliso xeerarka ka hortagga faafitaanka, marka aad ku sii socotid iyo marka aad joogto goobta fasaxa. Safarka la samee dadka aad la deggan tahay ama dad kale oo kuu dhow, waxaana wacan in wixii aad u baahan tahay sii gadatid intaaanad bixin isla markaana dadka ka fogoow.
- Waa muhiim in la oggaado talaabooyinka ka jira degmada la joogayo, oo tusaale ahaan laga helayo bogga internetka ee degmada ama helsenorge.no.
- Haddii aad u safrayso degmo ka talaabooyin debecsan talaabooyinka ka jira degmada aad deggan tahay, waa in aad caadi ahaan ku dhaqantid talaabooyinka ka jira meesha aad deggan tahay.

- Haddii aad ku jirto karantiil, ama aad sugayso jawaabta tijaabo lagaa qaaday, waxa wacan in aanad gelin safarka fasaxa booskaha, oo xataa aadin guri-fasaxeedkaaga.
- Haddii aad xannuunsato adiga oo jooga guri-fasaxeed, waxa wacan in aad ku laabato gurigaaga. Haddii lagu soo waco oo lagu geliyo karantiil, waxa wacan in aad ku laabato gurigaaga.
- Waad aadi kartaa hoteel ku yaalla waddanka, laakiin ka fogoow martida kale, oo yaree joogitaanka goobaha dadka ka dhexeeya. Haddii aad ka timi aag faafitaanka cudurku ku badan yahay oo lagu soo rogay talaabooyin adag oo maxalli ah, waxa wacan in aanad tegin hoteellada ama goobaha jifka ee la midka ah ee uu dad badan isugu yimaado.
- Waxa lagu talinayaa in aan guri-fasaxeedyo kala duwan loo kala gudbin, maadaama arrintaasi si weyn u kordhinayso fiditaanka cudurka.
- Haddii la isticmaalayo guri-fasaxeedyo aan adeeg lahayn, waxa in wacan in hore loo sii ballansan karo, si aysan dhowr reer/koox oo kala duwan hal mar u wada iman meesha.
- Haddii ay jiraan guri-fasaxeedyo ku yaalla meel ay adag tahay in la gaadho, oo ay markaana maamulka maxalliga ah ku adkaanayso in ay gaadhsiiyaan gargaar caafimaad ama qabtaan hawlaha karantiilka/tijaabo-qaadista, waxa wacan in maamulka maxalliga ah ka fekeru in la xidho guri-fasaxeedyada noocaa ah.
- Marka loo baxayo safarro dibedda ah oo daruuri ah (tusaale ahaan carruur booqanaysa waalid jooga waddan kale), waxa aad u muhiim ah in taxadar la muujiyo xilliga safarka lagu jiro oo isla markaana lagu dhaqmo xeerarka karantiilka iyo iska qaadista tijaabada marka la soo laabto.
- Waxa wacan in dhinacyada ku shaqada leh safarradu xaddidaan goobaha dadka ka dhexeeya, si looga hortago fiditaanka cudurka loona fududeeyo ku dhaqanka talooyinka ka hortagga faafitaanka.

Is-dhexgalka dadka

- Waxa wacan in aanad u dhawaanin in ka badan 10 qof halkii usbuuc.
- Waxa wacan in aysan wax ka badan 5 qof kugu soo booqan gurigaaga. Haddii degmada aad deggan tahay soo jeediso in la iska dhaafto booqashooyinka, waxa

wacan in aad ku dhaqanto taladaas marka aad joogto guriga, guri-fasaxeedka ama goob kale.

- Waxan wacan in aad xilliga booskaha iska dhaafto booqashooyinka dhixitaanka ah haddii aad ka timi aag faafitaanka cudurku ku badan yahay oo soo rogay talaabooyin adag oo maxalli ah. Laakiin carruurta iyo dhallinyarada ka yar 20 sanno iyo dadka keligood deggan waxa soo booqan kara oo la cawa-baryi kara 1-2 saaxiib oo joogto ah.
- Waxaad doorbiddaa firfircoonida dibedda: Iska dhaaf meelaha dadku ku badan yahay, iyo meelaha aan la kala fogaan karin, sida goobaha laga cunteeyo, qolalka shiiga, qolalka kulaylka, lekeland, badeland iyo meelaha la midka ah. Waad booqan kartaa buuraha shiiga, laakiin cidhiidhiga ka fogoow.

Cibaadooyinka kaniisadaha iyo munaasabadaha kale

- Marka xilliga booskaha la samaynayo cibaadooyinka kaniisadaha iyo munaasabada kale ee diimeed iyo isu imaanshooyinka diimeed waxa lagu dhaqmayaa xeerarka, tilmaamaha iyo talooyinka loogu talagalay qabanqaabooyinka. Waxa wacan in aanad ka qaybgelin isu imaanshooyin ka dhacaya meel ka baxsan degmadaada.