

ECHO Minnesota

Emergency, Community and Health Outreach



ECHO H1N1

Frequently Asked Questions (Updated May 7, 2009)

1. Muxuu yahay durayga loo yaqaano H1N1? Maxay bulshadeydu hadda ugu baahantahay inay wax uga ogaadaan duraygan?

Jawaabta Haboon:

- Waa duray nooc cusub ah oo ay dadku horay usoo arag.
- Qof adkaysi ulehna ma jiro, wax talaal ka hortag ahna ma laha.

2. Halistiisu intebay dhantahay?

Jawaabta HAboon:

- Si sahlan ayuu qofka qabaa ugu gudbin karaa qof kale.
- Si baaxad weyn ayuu hadda ugu fiday Maraykanka iyo caalamka oo dhan – balse halistiisu waa ay ka yartahay sidii looga baqayay.

3. Sidee baan ku ogaan karaa haddii ay tahay inaan dhakhtarka aado?

Jawaabta Haboon:

- Inta aadan arkin dhakhtarka, marka hore wac oo u sheeg astaamahaaga iyo waxa aad ka welwel qabto.
- Waxaaba laga yaabaa inaad u baahneyn inaad la kulanto dhakhtar.

4. Ka warran haddii aanan [waddanka] sharci ku laheyn? Dhakhtar ma arki karaa [anigoo sharci la'aan ah]?

Jawabta Haboon:

- Dhakhaatiirta iyo qaybaha caafimaadku ma weydiiyaan [dadka sharciyadooda]. Shaqadoodana ma aha.
- Marka aad ogaaneyso inaad dhakhtarka u iman karto iyo in kale, waxaad kaloo weydiisa waxyaalaha aad u baahantahay inaad la timaaddo.

5. Haddii aan lahayn caymis caafimaad, sidee baan u bixiyaa kharashka caafimaadka isbitaalka?

Jawaabta Haboon:

- Dhakhaatiir badan ama qaybaha caafimaad ee gobolka ayaa bixiyaa adeegyo kharashkoodu ku saleysanyahay awoodaada dhaqaale.
- Marka aad ogaaneyso inaad timaaddo iyo inkale, weydii sida ay qaybtan caafimaad u daweyso arrintan.

6. Ma jiraan meelo aan ka heli karo qaybahan caafimaad?

Jawabaata Haboon:

- Qoraal aan dhamaystirreen ayaad ka helaysaa shabakada internetka <http://edocs.dhs.state.mn.us/lfsrver/Legacy/DHS-4741-ENG>
- Sidoo kale waxaa laga yaabaa inaad gargaar ka hesho Portico Healthnet, telefoonkuna yahay (651) 603-5100 or <http://www.porticohealthnet.org/>

7. Waxaan ka cabsi qabaa haddii aan bukoodo inaan shaqada fasax ka qaadan Karin, sababtoo ah kharashkaa ayaa iga gu’i Karin. Maxaan sameeyaa?

Jawaabta Haboon:

- Waa nasiib darro, meelaha loo shaqeeyo ayaanan wada siinin mishaar marka uu shaqaaluhu xanunn uga habsaamo shaqadii.
- Waa inaad u daneysaa asxaabtaada aad la shaqeeyso – oo guriga joog si aadan xanuunkii iyaga u qabadsiiinin.

8. Waa maxay talaabooyinka ay tahay inaan aniga iyo qoyskeyguba qaadano si aan isaga ilaalino, una joojino faafidda duraygan?

Jawaabta Haboon:

- Midda ugu muhiimsan waa inaad gacmahaaga dhaqdaa mar kasta – siiba marka aad cunno karsanayso ama cuni rabto, ama aad taabato indhahaaga, sankaa ama afkaaga.
- Sankaaga iyo afgaaga ku dabool shaarkaaga gacantiisa marka aad qufacayso ama hindhiseyso.

9. Ma jiraan waxyaalo ay tahay inaan wax ka baddelo sidaan u samayn jiray?

Jawaabta Haboon:

- Hadday suurta gal tahay, yaree waxqabadyada u bahaan is taabashada.
- Haddii adiga ama qof kale uu buko, dhawr dhudhun oo laga fogaado [dadka] ayaa hor istaagi karta faafidda durayga.

10. Ma jirtaa koox iyagu ka eed badan - kooxo kale, oo mas'uul ka ah – keenidda iyo faafidda H1N1?

Jawaabta Haboon:

- Maya. Waxay noqoneysaa gaf – iyo khalad – in loo arko dad koox gar ah inay iyagu “bilaabeen” dilaaca H1N1.
- Maadaama uu cusub yahay, H1N1 si sahlan ayaa loo faafin karaa, si degdeg ahna dhul baaxad weyn ayuu ku gaari karaa.
- Ma jirto koox gaar ah oo iyagu kooxaha kale ka faafin og ama uu ka qaban ogyahay durayga noocan ah.

11. Muddo intee dhan ayuu qofku gudbin karaa durayga noocan ah? Muddo intee dhan ayaad u baahantahay inaad gurigaaga joogto oo aadan shaqo ama skuul aadin?

Jawaabta Haboon:

- Dadku waxay durayga gudbin karaan maalin kahor inta aysan astaamuhu soo shaac bixin.
- Markay astaamuhu soo shaac baxaan, guriga joog oo shaqo ama iskuul ha aadin toddobo maalmood, ama gurigaaga joog ilaa 24 saacadood kadib markay astaamuhu baaba'aan – hadba kii labadooda dheer..