

Sharciyada karantiilka iyo ka dhexsaarka dadka

Karantiil waxaa lagu gelinayaa markaad caafimad qabto laakin aad u banbaxday khatarta in cudur lagu qaadsiiyo. ka dhex saarka dadka waxaa la isticmaalaa marka aad xanuunsantahay oo la xaqiijiyay ama lagaaga shakisanyahay inaad cudur qaaday.

Dadkaan waa iney karaantiil galaan 10 maalmood, ha xanuunsadaan ama yeysan xanuunsanaanin

- Qof walba oo xidhiidh hoose la yeeshay qof laga helay xanuunka covid-19.
- Dadka Norway yimaadda iyagoo dibadda kasoo galay, marka laga reebo wadamada Yurub ee uu xanuunka ku yaryahay (wadamada cagaarka ama jaallaha ah).

Waa muhim inaad dhameysato watiga karaantiilka oo dhan – 10 maalmood iyo habeen. Arrinkan wuxuu ku khuseeyaa xitta hadii Korona lagaa baadhay oo lagaa waayey (natiijada waxaa laga yaabaa iney tahay maya faalsa ah).

[Directions for home quarantine and home isolation i english / different languages](#)

Fiiri wadamada iyo goobaha sababaya waajibka karaantiilka (casaan iyo casaan la mugdiyeeyay): www.fhi.no/en/infectioncontroltravel

Hudheelka Koronaha

Maamulka degmada waxey hudheelka Koronaha dejin kartaa bukaannada aan isku takoori karin guriyahooda. Hadii aad u baahantahay in lagu dejiyo hudheelka Koronaha, u sheeg jawaabtaada boositif ka ah kaalkaalisada guriga ama waaxda qiimeynta iyo baxnaaneynta (Etat for vurdering og rehabilitering)

Hadaad xanuunsantahay laakin aadan isaga shakisnayn Covid-19

Hadii aad hergab caadi ah qabto ama aad leedahay calaamadaha caabuqa mareenada hawada, waa inaad guriga iska joogto ilaa aad ka fiicnaato xitaa hadii lagaa baadhay oo lagaa waayay Koronaha. Hadii aad iska weydo calaamadaha adigoo weli jawaabta suagaya, waa inaad guriga joogto ilaa aad ka hesho jawaabta. Dadka aad wada deggentihiin waad is dhex geli kartaan oo uma baahno iney karaantiil galaan.