

## **Xanuunka Covid-19, is baadhista og iska-daaweynta Viruska Koronaha**

**Warbixin ku saabsan sida aad isaga ilaalin karto in lagu qaadiyo cudurka, is baadhista, karaantiilka iyo sidaad caawimaad dhakhtarka ah u heli karto**

### **Talooyin sida la isaga ilaaliyo caabuqa**

- Guriga joog hadii aad xanuunsantahay oo ixtiraam sharciyada karaantiilka iyo gooni u baxa. Dalbo baadhitaan hadii aad isaga shakisantahay Koronaha
- Gacmaha si wanaagsan u dhaq, iskana ilaali inaad wajigaaga taabatid
- I mitir u jirso dadka aadan guri la degganeyn

### **Calaamadaha**

Calaamadaha waxey noqon karaan qandho, qufac, neeftoo kugu cuslaato, urta iyo dhadhanka oo kaa tago, dhuunto ku xanuunto iyo guud ahaan dareen xanuun.

### **Is baadhista**

Qof walba oo uu mar dhow ku dhaco caabuqa mareenada hawada ama isku arka calaamadaha kale ee xanuunka Covid-19, waa inuu is baadho. Sidoo kale dadka si hoose ula xidhiidhay qofka laga helay cudurka, iyo dadka u safray meelaha uu ku badanyahay cudurka Covid-19, waa iney is baadhaan. Is baadhitaanku waa bilaash.

Wac taleefanka Koronaha (0047) 55 56 77 00 hadii aad su'aalo qabto  
Isniin-jimco 08.00–20.00, sabti-axad 09.00–14.00.

### **Sida loo ballansado baadhitaanka:**

- **Amarjensiga Bergen**  
Ballan ka qabso adigoo adeegsanaya foomkan ama wac taleefanka Karoonaha 55 56 77 si aad u qabsato ballan
- **Adeegga iska soo dhaca ah (aan ballan u baahneyn) Spelhaugen, Fyllingsdalen**  
Adeeggan waa mid aan u baahneyn ballan in la qabsado waxaana loogu talo galay dadka baabuurta wato ama lugeynaayo. Qof walba oo ka shakisan inuu qabo Covid-19, wuu imaan karaa halkan si uu isku baadho. Waxey furantahay isniin-jimco saacadda 09.00–21.00, sabti-axad saacadda 11.00–18.00. Adreeska waa: Spelhaugen 12
- **Goobta: Festplassen**  
Deeqdan waxa loogu tala galay dadka lugaynaya iyo dadka baaskiilka wata, qofku-na uma baahna in uu ballan samaysto. Dhammaan dadka ka shakisan iney qaadeen covid-19, goobtan wey isku

baadhi karaan. Ogeysiis! : Iska ilaali in aad raacdo gaadiidka dadweynaha iyo in aad aado tukaamada iyo maqaaxiyaha magaalada, haddii aad isasoo baadhayso.

Wakhtiyada goobtu furantahay: maalmaha oo dhan 10.30 ilaa 17.00.

### **Xarunta baadhitaanka ee Flesland iyo dekedda**

Isbaadhis bilaash ah oo ikhtiyaari ah waxaa loogu talo galay dadka ka yimaadda dibadda. Haddii aad dibadda ka timaado laakin aad ku timaado garoon kale. Waxaad ku imaanaysaa albaabka safarreyda gudha oo sidaa awgeed kuma soo aadeysid xaruunta la isku baadho. Waxey furantahay maalin walb saacadda 08.00-23.30

### **Markaad aadeyso goobta laguugu baarayo, adeegso gaadiidka gaarka loo leeyahay ama Pasientreiser**

Dadka karantiilka ku jira ee la baarayo waa ineysan qaadanin gaadiidka dadweynaha. Dadka kale oo dhan waa iney iska ilaaliyaan gaadiidka daweynaha markey u socdaan goobta baadhitaanka laakin hadaadn heysanin doorasha kale, dadka ka fogow, daboolo sanko iyo afka, nadaafadda gacmahana ilaali

Hadaadan raaaci karin gaadiidka daweynaha, ama baabuur aadan ka kaxeysan karin ama laguugu kaxeen karin, waxaa dhici kartaa inaad gaadiid xaq ugu leedahay qolalada la yiraahdo pasientreiser. Baadhitaanka ka ballanso taleefanka koronaha una sheeg inaad gaadiid u baahantahay markaad ballanta sameysaneyso.

### **Jawaabta**

Inta aad sugayso jawaabta, waa inaad guriga joogtid iskana ilaaliso inaad dadka kale qaadsiiiso. Dadka jawaabtooda ay boositif noqoto waa lala soo xidhiidhi marka jawaabta diyaar noqoto. Caadiyaa jawaabta haddii ay boositif tahay waxey qaadataa 1-2 maalmood. Haddii ay ajawaabtu negative tahay toos lagula soo xidhiidhi mayo laakin adigaa eegi kara. Jawaabtaada waxaa la gelinayaa helsenorge.no (waxaa lagu galaa MinID). Waxey qaadan kartaa 2-3 maalmood inaa heshid jawaabta tijaaba negatiif ah. Hadaadan geli Karin Helsenorge.no ama aadan jawaab ku helin 3 maalmood gudahooda, wac taleefanka koronaha 55 56 77 00. Waa inaad karantiilka dhameysato xitta haddii jawaabto ay noqoto negatiif.

### **Daaweynta dhakhtarka**

Haddii aad xanuunsantahay ama u baahantahay in lagu daawwo, wac dhakhtarkaaga khaaska ah ama amarjensiga ka wac: 116 117. Hadaad isaga shakisantahay Korona ha tegin dhakhtarka laakin wac marka hore. Haddii aad u baahantahay caawimaad degdeg ah wac 113

Halkan ka raadi amajensiga Bergen (Legevakten)

