

Dowladda gobolka Ontario waxay qaybinayaan **baaritaannada antigen-ka ee degdegga ah kass oo bilaash ah** si ay gacan uga geysato dhimista fiditaanka COVID-19.

Waa Maxay Baaritaanka Antigen-ka Degdegga ah?

- Waa tijaabo si fudud loo isticmaali karo oo kaa baaraysa fayraska COVID-19.
- Natijjooyinka waxaa lagu heli karaa 15 daqiqo oo uma baahnid in lagu xaqiijiyo baaritaanka PCR.
- Wixii maclumaad ah ee ku saabsan baaritaanka guriga, fadlan tixraac tilmaamaha ku qoran baaritaanka, ee fiidyowgan youtube.com/watch?v=CBBd4JRWTsg iyo tilmaamaha suufka afka iyo sanka (kaas oo kordhin kara nuglaanka iyo baaritaanka) ontariohealth.ca/RATInstructions.

Yay Tahay Inuu Istimmaalo Baaritaanka Antigen-ka ee Degdegga ah?

- Dadka isku arka calaamadaha COVID-19 oo ay ku jiraan mid ka mid ah:
 - qandho iyo/ama qarqaryo;
 - qufac;
 - neef yari;
 - hoos u dhac ama luminta dhadhanka ama urta; AMA
 - **Laba ama in ka badan oo ah:**
 - diif/sanka oo caburma
 - madax-xanuun
 - daal daran
 - dhuun xanuun
 - murqo xanuun/xanuun kalagoysyada
 - calaamaddaha ama ifafaalooyinka dhanka caloosha (tusaale ahaan lalabbo, matag iyo/ama shuban)
- Baaritaan hal mar ah (tusaale ahaan, kulan bulsheed ka hor) dadka aan isku arkin calaamadaha COVID-19 oo aan ogayn inay bay'la u noqdeen ayaa guud ahaan lagula talinayn. Haddii aad doorato inaad sidan samayso, dhammee sida ugu dhow wakhtiga ee suurtogalka ah oo oggow in natijjada sheegaysa inaad qabto ay noqon karto ma qabtid oo been ah.

Maxay La Micno Tahay Natijjada Baaritaankayga?

Natijjooyinka Baaritaanka Antigen ee Qabida Sheegaya

Waxay u badan tahay inaad qabto COVID-19.

Haddii aad u malaynayso inaad qabto xanuunka COVID-19 ama aad bay'al u noqotay, booqo ontario.ca/exposed Si aad wax badan oo ku saabsan baaritaannada antigen-ka ee degdegga ah, booqo ontario.ca/rapidtest.

- Isla markiiba karantiil isgeli ilaa aad ka raysato qandhada oo Aadna ka soo raysato calaamaddaha 24 saacadood (ama 48 saacadood haddii calaamadaha caloosha iyo mindhicirka).
 - Ka dib marka aad go'aansato, maaskaro ku xiro meelaha caamka ah oo ka fogow shakhsiyadka u nugul iyo goobaha khatarta sare leh ilaa 10 maalmood laga bilaabo maalinta aad isku aragtagtay calaamaduhu kugu bilaabmeen (ama natijada baaritaanka sheegeen in lagaa helay haddii aadan lahayn astaamo).
- Haddii aad tahay qof difaaca jirkiisa hooseeyo, ugu yaraan 10 maalmood is-karantiil ka dib taariikhda natijada baaritaankaaga sheego inaad qabto ama marka calaamadahaagu bilaabmeen (mid kasta oo hore) iyo ilaa qandhada aad iska waydo oo calaamaduhu ay soo fiicnaanayaan 24 saacadood (ama 48 saacadood haddii calaamadaha caloosha iyo mindhicirka).
- Haddii aad ku nooshahay, ka shaqayso, ka qaybgasho, ama aad iskaa wax u qabso ugu shaqaysoo meel khatartoodu sarrayso¹, u sheeg in natijadaada ay noqotay in lagaa helay oo raac tilmaanta lagu siiyay.
- Xubnaha qoyskaaga iyo dadka kale ee aad iriir dhow la yeelatay oo kula tali inay maaskaro xirtaan oo ayna iskaga fogaadaan shakhsiyadka nugul iyo goobaha khatarta sare leh muddo 10 maalmood ah.
- Haddii halis wayn aad ugu jirto, daawooyinka faayraska looga hortagga fayraska ayaa kaa caawin karta yaraynta haddii aad ku hesho 5 maalmood gudahooda marka calaamaddaha kugu bilaabadeen. Booqo ontario.ca/antivirals ama wac 811 wixii macluumaad dheeraad ah.

Natiijooinka Baaritaanka Antigen ee Inlagaa Waayey Sheegaya

- Haddii aad isku aragto calaamadaha, oo baaritaankaaguna sheegaya in aadan qabin, waxaa laga yaabaa inaad weli qabto xanuunka COVID-19.
- Iisticmaal baaritaan kale oo degdegga ah 24-48 saacadood ka dib baaritaankaaga koowaad ee sheegayay in lagaa waayay. Haddii uu sheegayo inaadan qaban, waxay u badan inaad qabin xanuunka COVID-19. Is-karantiil ilaa calaamadahaagu ay ka soo raynayaan ugu yaraan 24 saacadood (ama 48 saacadood haddii calaamadaha caloosha weli socdaan).

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¹ Meelaha ama goobaha khatarta ugu badan waxaa ka mid ah isbitaalada (oo waxaa kale oo ku jira xarumaha daryeelka joogtada ah iyo caafimaadka) iyo goobaha la isugu yimaado, meelaha ay ku joogaan shaqsiyaadka caafimaad ahaan iyo bulsho ahaanba nugul, oo ay ku jirto, balse aanan ku koobnayn oo kaliya meelaha laga bixiyo daryeelka muddada-Dheer, guryaha hawlgabka, guryaha daryeelka waayeelka ee Qowmiyadda Koowaad, guryaha koox loo degan yahay, hoyga, hosbiska, xabsiyada, iyo gobolka iyo dugsiyada isbitaalka.