**Waa salaaman tahay!**

Naga guddoon warqadaan ku qoran warbixin dheeraad oo ku saabsan fayruuska loo yaqaanno [Corona] iyo caarada/aleerjiyada manka [pollenallergi].

Wacyigelinta guud ee Hay`adda arrimaha caafimaadka dadwaynaha [Folkhälsomyndigheten] ee adiga iyo dadyoowga kale isaga ilaalin kartaan faafinta cudur-keenaha:

***Gurigaaga iska joog haddii aad xannuunsan tahay.***

*Haddii aad dareemeyso inaad xannuunsan tahay, oo aad dareemayso calaamadaha hargabka, qufac ama qandho, xaaladaas waa in aad qof kale la kulmin. Sidoo kale, ha tegin goobta shaqada, dugsiga ama dugsiga xannaanadda. Waa inaad sidaas u dhaqanta haddii xitaa aad is-leedahay inyar ayaan xannuunsanahay. In dadyoowga kale aad ka ilaaliso cudur-qaadsiinta waa arrin muhim ah.*

Waa kan liiska oo aan qabyo ahayn: <https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/skydda-dig-och-andra/information-pa-olika-sprak/somaliska/>

Waxaa bilaawday xilligii caarada/aleerjiyada manka [pollenallergi], waxaana goor dhow dhici doonto in calaamadaha caarada/aleerjiyada manka [pollenallergi] ay dareemaan. Kuwaasoo noqon karo duuf, hindhiso, indho-cuncun, neef iwm. Sidaas awgeed, markii calaamadaha ugu horeeyo ay soo ifbaxaan lama kala garan karo, haddii ay u sabab yihiin caarada/aleerjiyada manka ama hargab. Haddii qofku usan hubin sababta calaamadaha waa in usan tegin dugsiga/shaqada oo iska sugo xaxtarka daryeelka.

**Talo guud oo loo soo jeedinayo xilhaayeha xannaanadda/waalidka ilmaha la dhiban caarada/aleerjiyada manka:**

* Ku dadaal in daahid la`aan aad ku biloowdo daryeelid. Waxaa fiican inaad daryeelida ku biloowdo dhawr toddobaad kahor intii usan bilaaban xilliga caarada/aleerjiyada manka. Haddii aad weli ku bilaabin, ku bilaaw hadda. Waxyaalaha lagula dagaalammo caarada/aleerjiyada manka [pollenallergi] waxaa kamdi ah kiniiniyaasha loo yaqaanno [antihistamin] iyo dawada lagu neefsado [kortisoninhalationer] kuwa u dhiban aleerjiyada cudurka cudurka neefta.
* Haddii cunugga uu dareemmo calaamadaha caarada/aleerjiyada, waa in sida ugu dhaqsi badan lagu bilaaba daryeelid hab waafaqsan talada dhakhtarka (kiniiniyaal, dhibcaha indhaha, dawada sanka lagu buufiyo iyo daryeelka cudurka cudurka cudurka neefta).
* Markii calaamadaha cudurka ay hoos u dhacaan/ciribtirmaan oona waalidku, hubo in ubadkiisa usan ku dhicin hargab ee uu caarada/aleerji la dhibanaa, xaaladdaas cunugga wuxuu bilaabi karaa dugsi dhigashada.

Talo xiriir la leh Caarada/Aleerjiyada, cudurka Neefta iyo fayruuska [Cororna, Covid-19]

Waa iskudabaridida heer goboleed ee waxkaqabadyada daryeel-caafimaadeedyada ardayda Västmanland 26 maarso 2020

Lena Lundqvist, dhakhtarka iskudabarida dhakhtarrrada dugsiyada