

**Maareynta Caafimaadka
Maskaxdaada iyo Caafimaad
Sii Ahaanshaha Xilliga Iugu Jiro
Faafitaanka COVID-19**



March 2020

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Faafitaankii ugu dambeeyay ee COVID-19 wuxuu welwel iyo walaac badan ku abuuray dadka reer Hong Kong, gaar ahaan marka loo eego shakiga laga qabo fayraska. Mind HK, waa hay'ad samafal ee caafimaadka maskaxda oo maxalli ah, waxayna dooneysaa qof walba kaliya inuusan tixgelin caafimaadkiisa jir, laakiin sidoo kale caafimaadkooda maskaxeed, inta lagu jiro waqtigan adag, sida ugu dhakhsaha badana aan u aqoonsanno una baranno inaan daryeelo caafimaadkeenna maskaxeed, maxa yeelay markii aan intaa barano ayaan sare uqaadikarna caafimaad qabkeena iyo qalab wanaagsanaaneena. Hoos waxaa ku xusan talo bixinno ku saabsan sida caafimaadka maskaxda looga dhigo mid mudnaan leh.

Sida loo fahmo loona maareeyo welwelka

Wallacu waa waxa aan dareenno marka aan walwalno, xiisad ey naqabato ama ey naheeyso baqdin; waana jawaabcelin bini aadamnimo oo dabiici iyo ansax ah markaan ogaano inaan khatar ku jirno. Fikradaheena ayaa ku xiran sida aan dareen ahaan iyo jir ahaan dareemeyno. Haddii aan la kulano "musiibo" iyo fikirro walaac leh (tusaale ahaan "ma awoodi doono inaan ka ilaaliyo qoyskeyga fayriska"), tan waxay u egtahay inay naga dhigeeyso inaan dareenno murugo iyo walwa dheeri ah, taas oo saameyn ku yeelan doonta sida aan dareemeyno guud ahaan, (Tusaale ahaan adoo sababaya dhibaatooyinka hurdada, cunno xumo, xoog saarid la'aan iyo tabar yari guud"), taas oo keeneyso in aan u nuglaano xanuuno dheeri ah, una jilacsanaano qaadista calaamadaha hargabka.

Calaamadaha tilmaamaya inaad la halgamayso walwal:

- Ogaanshaha **maskaxdaada oo ku mashquulsan** dhacdooyinka hadda socda.
- Adoo noqda **mid aad u xasaasi ah ama uga falceliya** wararka ku saabsan xaaladahaxilligan jira.
- Dhibaatooyinka **ku saabsan diirada, feejignaanta, xusuusta ama go'aan qaadashada**
- **Dareemid xanaaq badan, walwal, iyo daal**
- Neefsasho qoto gaaban, garaaca wadnaha oo dhaqsada iyo madax xanuun.
- **Dhibaato kaaga timaada dhinaca hurdada** iyo dareen deganaan la'aan
- **Si joogto ah u hubinta warbaahinta bulshada** ama ilaha wararka si aad u heshomacluumaad

Siyaabo loo dayactiro ladnaantaada

- Iskuday in aad **maamusho dareemmitaanka walaac xad dhaafa ah** adoo fahma una qirta dareenkaada si joogto ah, halkii aad ka fogaan leheyd.
- **Kudadaal joogtooyin caafimaad leh** kana taxadat caafimaadka jirkaada (hel hurdo kugu filan, cun raashin caafimaad leh)
- **Isku xir ama laxirii dad kale.** Lahadal qof add ku kalsoontahay, waqtina kubixi laxariiritaanka dadka ku farxad geliya sida saaxibadaada ama reerkaaga. Ka foqaaw kaliya inaad ka hadasho virus-ka ama xaaladaha hadda jira.
- **Bannaanka ubax ama socod u'aad** meelaha aan laga buuxin
- **Firfircoonow**
 - Iskuday in aad dhaqdhaqaaajiso jirkaada maalin kasta, xata hadii aad kujirto meel gudeheed, maxa yeelay jimacsigu waxuu kugu caawinayaa in ey niyaddada kor ukacdo, maskax-culeyskaaduna hoos udhoco. Haddii aaditaanka meesha jirdhiska ama stuudiyaha aad ka dareento nabad gelyo xumo, eeg in add sii wado joogtadaada adoo guriga jooga ama bannaanka.
- **Baro sida loo maareeyo dareenka hubnaan la'aanta ah.** Iskuday inaad kala qeybiso wax xakameyn karto iyo waxa aadan xakameyn karin. U xaadir kuma aad xakameyn karto.
- Baroobey **jimicsiyo neefsashooyo feejignaan ah**, kuwaas oo kaa caawin kara in aad isdejiiso.
- Ku darso waxqabadka howl kasta oo kamid ah "5-ta siyaabood ee wanaagga" **Wax bixi, La xirrir, Firfircoonow, U fiirso wax kasta, Sii-wad waxbarashada.**

Ka-tagista warbaahinta bulshada

Tan iyo markii uu soo ifbaxay fayraska COVID-19, waxaa jirtay in si sax ah loo maleegto isla markaana lacabsiiyo dadka iyadoo la faquuqo warbaahinta. Faafinta macluumaadka dareenka leh, ee aan la hubin ee ku saabsan fayraska ayaa keenaysa walaac aan loo baahnayn, taasoo horseedda saameyn aan wanaagsanayn dhinaca caafimaadka maskaxda dadka. Haddii aad dareento culeys saa'id ah, halkan waxaa ku xusan qaabab aad u nasan karto oo aad uga bixi karto warbaahinta bulshada iyo wararka:

- **Ka fogow inaad si xad dhaaf ah u baarto warbaahinta bulshada iyo wararka.** Hubi hal il oo lagu kalsoonaan karo hal jeer maalintii haddii aad rabto inaad lasocoto, laakiin iskuday inaad dhaafin halkaa il-wareed.
- **Aqoonso ilo lagu kalsoonaan karo oo macluumaad ah** halkii aad iskugu halleyn lahayd warbaahinta bulshada ama wargeysyada
- **Ku mashquuli naftaada nashaadaad** kale sida shaqada, iskuxirka asxaabta / reerka ama hiwaayadaha aad kahesho
- **Isku day inaad iska dhaqaaajiso warbaahinta bulshada iyo barnaamijyada wararka** kana fogaato shaashadda guriga iyo taleefankaaga ama aad curyaamiso/damiso in muddo ah
- **Dami ogeysiiska barnaamijyada**

Waxaa kale oo muhiim ah in la ogaado in inta badan faafidda walwalka ay badanna ka faaftogtahay faafitaanka fayras laftiisa.

La qabsashada kali ahaanta iyo cidlada:

Madaama eynu nahay noolayaal bulsho ah, inteena badan waxaynu dareemaynaa baahi aan uqabno is dhexgalka bulshada. Marka la eego in dad badan ey gudaha ku sugnaanayaan, sida guriga ka shaqeyntaa iyo ka fogaanshaha bixitaanka bannanka, qaar badan ayaa wajahaya cidlo iyo kelinimo sidaa darteed.

Kalinimada ayaa ah dareenka aan helno markii baahida aan uqabno is-dhexgalka bulsho aan la fulin. Kali ahaanta iyo inaad dadka kale la xiriirin waxay gacan ka geysan kartaa dhibaatooyinka caafimaadka maskaxda, sida welwelka iyo dliqadda; sidaa darteed waa muhiim in la barto sida loo garto dareemadaas goor hore.

Halkan waxaa ku xusan talo bixinno ku saabsan sida looga gudbi karo kalinimada:

- **Isku day habab kale oo aad dadka kale kula xiriirto**, tusaale. qoraalka ama wicitaanka fiidiyaha.
- **Kula kulan dad cusub khadka tooska ah** (online).
- **Dibadda u bax oo socod aad** (markii ay dadku aad u yar yihiin). Xitaa in aad deriskaadahello kudhahdo waxay kaa dhigi kartaa inaad dareento wax yar oo cidlo la'aan ah.
- **Baro inaad keligaa waqti qaadatid**
 - Waqti kali ahaantaada waxay lahaan kartaa kartaa abaal marin weyn. Kali ahaanshahaaga ayaa ku siinaya fursad aad ku **sameyso wax aad jeceshahay ama aad xiisaynayso**, tusaale, karinta.
 - Inaad haysatid waqti aad ku fikirto oo aad ku muujiso waxyaaba badan marka aad keligaa tahay waxay noqon kartaa **waayo-aragnimo wanaagsan**. Farsamooyinka sida yoga, ka fiirsashada, ama haysashada joornaal ayaa kaa caawin kara inaad is dejiso.
- Haddii aad haysato xayawaan guri joog ah, **waqti aad u wanaagsana aad la qaadato xayawaankaaga rabaayadda ah** waxay kaa caawin kartaa yareynta dareemmada kelinimada.



Maqaalkani waa mid wargelin ah oo keliya loogumana talo gelin inuu beddelo talooyinka caafimaad ee takhasuska leh, ogaanshaha cudurka, ama daaweynta. Haddii aad la kulanto heerar aad u sareeya oo isku buuq ah, xusuusnow inaad kaligaa wajahin, oo caawinaad ayaad heli kartaa. Caawinaad deg deg ah fadlan kala xiriir:

Telefoonka degdega ah: **999**
Samatar-ka khadka tooska ah ee 24-ka saac (Luqado badan): **+852 2896 0000**
Samatar Befrienders Hong Kong 24-saac khadka tooska ah (Cantonese oo keliya): **(852) 2389 2222**

Reliable sources for information on COVID-19:

WHO: [who.int/](https://www.who.int/)

Si aad u hesho adeegyo taageero xiisadeed oo dheeri ah: [mind.org.hk/find-help-now](https://www.mind.org.hk/find-help-now)
Adeegyada taageerada degdega ah ee aan deg-degga ahayn:

[mind.org.hk/community-directory/](https://www.mind.org.hk/community-directory/)



Mind HK (www.mind.org.hk) waa qayb ka diiwaan gashan 88 hay'ad samafal ah (91/16471) oo ka go'an hagaajinta wacyiga iyo fahamka caafimaadka maskaxda ee Hong Kong.

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