



CORONAVIRUS GURIGA JOOG BISHA RAMADAAN

Khamaista 23-ka Abriil – Sabtida 23-ka Maajo 2020

GOOBAHA CIBAADADU WAA AY XIRNAAN DOONAAN WAQTIGAN XAADIRKA AH

Joogista guriga inta lagu jiro bisha Ramadaan waxay kaalin muhiim ah ka ciyaaraysaa dadaalka qaran ee lagu yareynayo faafidda coronavirus (COVID-19). Taasi waa farriinta ka socota khubarada caafimaadka iyo culimada muslimiinta iyadoo bulshooyinka ku nool England oo dhan ay isu diyaarinayaan xuska bisha barakeysan.

Siyaasadda dowladda ee xilligan ee joogitaanka guryaha iyo qawaaniinta kala fogaanshaha bulshada ayaa khuseeysa dhammaan muwaadiniinta UK waxaana taageeraya ururo badan oo bulshada muslimiinta ah oo ay ku jiraan Golaha Culimada Ingiriiska iyo Imaamyada. Dowladdu waxay aqoonsan tahay in tani ay tahay codsi aan horay loo arag laakiin raacidda qawaaniintan ayaa gacan ka geysan doona xakameynta faafidda coronavirus iyo ilaalinta qoyska, asxaabta, bulsha-weynta, iyo kuwa ugu nugul.

In aad naftaada iyo gacalkaaga aad dhawrto inta lagu gudajiro bisha Ramadaan ee sanadkan waxay la micno tahay in aad is waafajiso isbedelka waqtigan jira iyo ku dhaqanka diinta iyo dhaqamadaba. Tani waxay si gaar ah muhiim ugu tahay ilaalinta dadka nugul ee ka gaashaamanaya (shielding) ayagoo leh xaalado caafimaad oo joogta ah iyo sidoo kale qoyska, asxaabta iyo daryeelayaasha kuwa aadka u nugul.

Dhaqan ahaan bisha Ramadaan waa waqti si wadajir ah loo wada tukado, si ruuxi ah la isu xisaabiyo (loo cibaadeysto), cuntada lala wadaago ehelka iyo saaxiibada si loo wada afuro maallin walba, laguna soo gabagabeeyo dabaaldega bulshada ee Ciidul-Fitriga. In kastoo ay adkaan doonto joogitaanka guriga inta lagu jiro bisha barakaysan oo dhan, waxaase lagama maarmaan ah in la ilaaliyo NHS-ta lana badbaadiyo nafta.



Tixgeli sida aad u isticmaali karto tikniyoolajiyadda si aad waqtigaan ula xiriirto qoyskaaga, asxaabtaada iyo bulsha-weynta diinta. Fiidiyowga iyo warbaahinta bulshada ayaa kugu xiri kara adeegyada cibaadada iyo xafladaha. Wacdiyada shaqsiga ah iyo booqashooyinka daryeelka ayaa lagu heli karaa taleefoonka. In kasta oo ay jirto kala fogaansho xagga jirka ah, ayaa hadana isku waqti iyo isla maalinta lala cibaadeysan karaa bulshadaada aad isku caqiidada tihiin. Hoggaamiyeyaashaada caqiidada (culimada) ayaa kaala talin kara siyaabaha badan ee aad ugu xirnaan karto.

Soonka dadka caafimaadka qaba waxay u wadan karaan sida caadiga ah bisha Ramadaan. Haddii aad leedahay astaamo aad u fudud oo coronavirus ah ama cudur u eg hargab oo aadan u baahnayn dawo ama daaweyn, sida uu dhakhtarku kugula taliyey markaas, waad soomi kartaa laakiin waa inaad sidaas sameysaa adiga oo is go'doominaya. Bukaanka kale ee leh astaamo aad u daran ee coronavirus waa inay tixgeliyaan in aysan soomin, sida caadiga u ahba bukaannada qaba cudur kasta oo halis ah. Had iyo jeer kala tasho dhaqtarkaaga wixii talo ah ee ku saabsan duruufahaaga gaarka ah iyo haddii ay haboon tahay in aad soontid iyo in kale. Dadka cuntada u diyaarinaya dadka kale sida afurka amaba suxuurta, waa in aysan diyaarrin haddii ay qabaan astaamo coronavirus ama cudur kale oo u eg hargab, xattaa haddii ay astaamuhu yihiin kuwo fudud.

INTA LAGU JIRO BISHA RAMADAAN WAA IN AAD GURIGAAGA DIBADDA UGA BAXDAA OO KELIYA MID KA MID AH AFARTAN SABABOOD:

- Soo iibsashada daruuriyaadka aasaasiga ah, tusaale ahaan cunada iyo daawada, sida ugu xaddidan ee suurtagalka ah.
- Jimicsi sameynta hal jeer maalintiiba, tusaale ahaan orod, socod, ama baaskiil - keligaa ama adigoo la jira xubnaha qoyskaaga.
- Baahi kasta oo caafimaad ah, oo ay ku jirto bixinta dhiigga, ka fogaanshaha khatarta waxyeelada, yabooha daryeelka amaba caawinta qof nugul.
- U safarka shaqo awgeed, balse waa keliya shaqada aadan guriga ku qaban karin.

Marka lagu daro weysada salaadaha kahor, nadaafadda caafimaad waa in sidoo kale la ilaaliyaa ayadoo gacmaha la dhaqanayo illaa iyo 20 ilbiriqsi, lana adeegsanayo saabuun iyo biyo ama nadiifiyaha gacanta (hand sanitiser), markaad gurigaaga soo gasho, sankaa duufsato, hindhisto ama qufacdo cuntana aad cuneeyso amaba aad diyaarineyso, si ay kaaga caawiso ilaalinta naftaada iyo dadka kaleba.

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Ramadaanku waa waqtiga salaadaha, is xisaabinta, wax-isuhurka iyo sadaqada - dhammaan sifooyinkaani waxay fure u yihiin taageeridda dadaalkeenna wadajirka ah ee wax looga qabanayo masiibadan. Ramadaankan, aan ka fikirno sida ugu wanaagsan ee aan u ilaalin karno kuwa ugu nugul qoysaskeena, deriskeenna iyo dhammaan bulshooyinkeena kala duwan. Wada shaqeynteen waxaan ku yareyn karnaa isu gudbinta coronavirus waxaanan hoos u dhigi karnaa suurtagalnimada in aan buux dhaafinno adeegyadayada caafimaadka iyo daryeelka. Yaanan illaawin xusuusinta qotada dheer ee ruuxiga ah ee masiibadani keeneyso; wadajirka, wada-shaqeynta oo aan inshallahu qofna laga tageynin.

Osman Dar, La-Taliyaha Caafimaadka Caalamiga ah ee Caafimaadka Dadweynaha England (Public Health England)

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GURIGA JOOG BISHA RAMADAAN

- Dibadda ugu bax oo keliya cunno, sababo caafimaad amaba shaqo (balse oo keliya haddii aadan guriga ku shaqeyn karrin)
- Haddaad dibadda aadid, mar walba ka fogow 2 mitir (6ft) dadka kale
- Gacmahaaga dhaqo isla marka aad guriga timaado
- Ha la kulmin dadka kale, xattaa saaxiibada amaba qoyska. Waad faafin kartaa caabuqa xattaa haddii aadan laheyn astaamo

Haddii aad caafimaad ahaan aad u nugushahay waxaa si weyn laguugula talinayaa in aad mar walba joogtid guriga oo aad ka fogaato la kulmida foolka-foolka ah ee dadka, si aad naftaada u ilaaliso.

Haddii aad leedahay astaamo ay sababi karto coronavirus, oo aadan u baahnayn daaweyn isbitaal, ama haddii aad ku nooshahay guri qof leh astaamo ay sababi karto coronavirus waa inaad guriga joogtaa illaa iyo intaad ka bogsaneyso.

Dowladda UK waxay ku dhaqmeysaa qorshe ficil oo uu cilmigu (science) hogaaminayo si loo yareeyo saameynta coronavirus, loo ilaaliyo NHS-ta loona badbaadiyo nafta. Guusha qorshahan waxay ku xiran tahay taageerada qaranka si loo raaco tilmaamaha. Fadlan ku dhaqan tilmaamahan isna badbaadi Ramadaankan.

XIRIIRO (LINKS) WAXTAR LEH

Waxa aad sameyn karto ama aadan sameyn karin:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Joogitaanka guriga iyo ka fogaanshaha dadka:

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

Talabixinta joogitaanka guriga: hage fudud:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876715/Coronavirus_COVID-19_advice_on_staying_at_home_20200328.pdf

Tilmaanta kala fogaanshaha bulshada oo qof walba loogu talagaley:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Tilmaanta ku saabsan ilaalinta dadka sida ugu badan aad ugu xanuunsanaya coronavirus (shielding - ka gaashaamanaya):

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/875126/Easy_read_guidance_on_shielding_March_2020.pdf

Gacmo dhaqashada sida ugu fiican:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/877530/Best_Practice_hand_wash.pdf

Tilmaanta Hay'adda Caafimaadka Aduunka (WHO) ee ku saabsan Ramadaanka iyo COVID-19

<https://apps.who.int/iris/bitstream/handle/10665/331767/WHO-2019-nCoV-Ramadan-2020.1-eng.pdf>

Talabixinta Wasaaradda Caafimaadka iyo Daryeelka Bulshada ee ku saabsan Ramadaanka

https://webarchive.nationalarchives.gov.uk/20130105022145/http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_078409

Ramadaanka iyo Sokorowga:

<https://www.england.nhs.uk/diabetes/case-studies/keeping-patients-with-diabetes-healthy-during-ramadan/>
<https://www.diabetes.org.uk/Guide-to-diabetes/Managing-your-diabetes/Ramadan>