

Talo soo Jeedino Dadka qaba ama uu hayo Macaanka/Sonkorta iyo Suurtagalnimada Caabuqa Covid-19

Talo soo jeedin Guud

- Ku dhaqan nadaafada gacanta ee haboon iskana ilaali in aad la xiriirto/xidhiidho dadka qaba astaamaha/calaamadaha caabuqa.
- Cabir xumada/qandhada jidhkaaga hadii aad dareento in aad jiran tahay/xanuusanayso. Xoogaa ay kor ama sare u kacdo qandhadu/xumadu waxay astaan/calaamad u noqon kartaa Caabuqa Covid-19.
- Raac talooyinka Wakaalada Caafimaadka Dadwaynaha hadii aad isaga shakido Caabuqa Covid-19.
<https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuellt/utbrott/covid-19/skydda-dig-och-andra/>
- **Lacala/Hadiiba astaamaha ama calaamadaha Caabuqa: Cabir heerka sonkorta dhiigaaga hadii aad qabto nooca 1aad/Koowaad ee Macaanka/Sonkorta ama hadii dhakhtarkaaga daaweynta/kalkaaliye caafimaad ay ka go'an tahay in aad adigu isticmaasho Saacada/Qalabka lagu Cabiro heerka sonkorta marayso.**
 - Heerarka Guluukows ka dhiiga (aan lahayn/aanay ka muuqan astaamaha/calaamadaha caabuqa) ≥ 13 mmol/L marka aad isticmaalayso saacada/mishiinka lagu cabiro sonkorta: cabir heerka sonkorta dhiigaaga.
 - Heerka Guluukoosta dhiiga (aan lahayn/aanay ka muuqa astaamaha/calaamadaha caabuqa) ≥ 15 mmol/L marka aad isku durayso/mudayso irbada [insuliinta]: cabir heerka sonkorta dhiigaaga.

Maqnaanshaha xumad /qandho aad u sareysa ($>39^{\circ}\text{C}$), dhibaatooyin muhiim ah oo xaga neefsiga/neefsashada ah ama Jiro/Xanuun khatar ah [oo wata astaamihiisa/calaamahiisa], qaad talaabo oo waafaqsan arinka la xidhiidha caabuqa guud, Tusaale ahaan

- Maskaxda ku hay in guuluukoosta dhiigaaga in lala socdo ay aad uga adkaan karto sidii hore ee caadiga ahayd.
- Waxa lagaaga digayaa in ay jirto khatar sii kordhaysa/badanaysa maadaama qalabka lagu cabiro sonkorta (CGM iyo Freestyle Libre) ay ku marin habaabin karaan ama ku lumin karaan. waana taas sababta ay tahay in aad u sameyso tijaabo guuluukoosta dhiiga ("farta") maalin tii hal mar oo barbar dhig/dhinac dhig natiijada CGM/Freestyle Libre (Qalabka Sonkorta lagu Cabiro)
- Daaweynta ka kooban insulinta ficilka-gaaban oo si waxtar leh u xakameysa heerka dhiiga hadii heerka guuluukoosta dhiga ay tahay > 15 mmol/L, gaar ahaan marka aad isticmaalayso insulin ta aad u adeegsanayso u isticmaalso qalabka insuliinta.

- Haddii heerka Sonkorta dhiigaagu uu noqdo >0.9, la xidhiidh rugtaada caafimada ee sonkorta am wac 1177
- Baahida insuliintu badanaa way sarreysaa marka lagu jiro xaaladaha daran/ba,an inkastoo Raashinka/Cuna cunistu ay yartahay.La soco heerka guluukoosta dhiigaaga hana ka taxadarin ama ha iska dhaafin daawada insuliinta sababtoo ah cunno maad cunin.
- Hubi in aad qaadato cuno isu dheeli tiran.haddii aad leedahay xumad/qandho ,kordhi qaadashada cuno,cabitaano isu dheeli tiran.
- Haddii aad qaadato ama aad isticmaasho metformin ama SGLT-2 inhibitors (Hor joogayaasha) sida ((Jardiance, Forxiga, Invokana or Steglatro) , jooji qaadashada daawooyinkan maadama caabuqu sii jirayo,si aad u dhaw ula soco guluukoosta dhiigaaga,lana xiriir rugtaada caafimadka ee sonkorta si talo bixin lagu siiyo.

Heerka Dhiiga>1.5

- Haddii aanad dareemin xanuun:la xiriir rugtaada caafimadkaa sonkorta ama wac 1177.
- Haddii aad dareemayso daal,tabar darnaan/awood daro,jiro/xanuun ama lallabbo : isgee adigu ama aad qolka xaalada degdega ah ee la macaamila xaaladaha daawaynta gudaha.

Jiritaanka Xumad/Qandho sare (>39°C), neefta/neefsiga oo marba marka ka danbeysa kugu adkaada ama diiditaanka caafimaadka guud

- Waxay u dhawdahay in uu jiro Caabuqa Covid-19.aad qolka xaalada degdega ah ee la macaamila xaaladaha daaweynta gudaha.