

COVID-19: Hagahaa isticmaalka nabdoon ee Goobaha Cibaadada inta lagu guda jiro musiibada coronavirus (COVID-19).

**Fadllan ogow**

Hagahan waa mid guud waana in loola dhaqmo sidii hage. Haddii ay dhacdo khilaaf kasta oo u dhexeeya wixii sharci ah ee khuseeya (oo ay ku jiraan sharciga caafimaadka iyo badbaadada) iyo hagahan, sharciga khuseeya ayaa ka sareyn doona.

Hagahani waa hage qarameed oo laga hirgelinayo England oo dhan Fadllan tixgeli haddii ay jiraan xayiraad maxali ah marka aad akhrineyso aadna meelmarineyso hagahan, eeg [halkan](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fnews%2Fleicestershire-coronavirus-lockdown-areas-and-changes&data=02%7C01%7Crebecca.scotter%40communities.gov.uk%7C323bf0882c7244b5c58a08d8218b4ec3%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637296229485374716&sdata=5cuOcnA%2BAX3%2BA5wRA7%2F%2F2txdIiqctz5KydYnuSuHEYs%3D&reserved=0)  wixii macluumaad deegaanka ah.

Hagahani waxaa uu ka hirgeliyaa oo keliya England. Wixii hagis ah oo loogu talagaley [Scotland](https://www.gov.scot/publications/coronavirus-covid-19-guidance-for-the-safe-use-of-places-of-worship/), [Wales](https://gov.wales/guidance-reopening-places-worship-coronavirus?_ga=2.31806006.943742441.1594023516-591888460.1548071038) amaba [Northern Ireland](https://www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-and-what-they-mean-you), fadlan tixraac hagaha dawladaha qaran ee ay khusayso.

1. **Hordhac**

UK waxay hadda ku jirtaa xaalad caafimaad oo degdeg ah oo bulshada sababna u tahay musiibada Coronavirus (COVID-19). [Astaamaha gudbinta ee COVID-19](https://www.gov.uk/government/publications/wuhan-novel-coronavirus-infection-prevention-and-control/transmission-characteristics-and-principles-of-infection-prevention-and-control) waxaa xusaya Hay'adda Caafimaadka Dadweynaha ee England. Faafida COVID-19 ayaa loo maleynayaa in ay ku dhacdo inta badan dhibcaha neefsashada ee ka yimaadda qufaca iyo hindhisada, iyo taabashada meelaha faddaraynsan. Hababka ugu badan ee gudbinta waxaa loo maleynayaa in ay yihiin kuwo dhibcaha yar iyo xiriirka taabashada. Hagahani oo loogu talagalay goobaha cibaadada waxaa loo diyaariyey iyadoo lagu saleynayo caddaynta sayniska ee la heli karo waana la cusbooneysiin doonaa markii loo baahdo sidii markaas macluumaad dheeri ah looga helo caabuqan cusub.

Goobaha cibaadadu waxay ka ciyaaraan door muhiim ah oo shakhsiyaad badan siiya hogaaminta ruuxiga ah, waxayna isu keenaan bulshooyinka iyo jiilasha kala duwan. Ha yeeshee, dabeecadooda ah isu imaatinka ayaa sidoo kale ka dhigaysa meelo si gaar ah ugu nugul faafitaanka coronavirus (COVID-19).

Iyada oo loo marayo guddiga howl-qabadka ee Goobaha Cibaadada, dawladda waxay la shaqeysey hoggaamiyeyaasha caqiidada iyo wakiilladaba sidii loo soo saaro hagahan si loo suurta geliyo dib u furidda ammaanka ah ee goobaha cibaadada si loogu qabto howlaha ugu ballaaran laga bilaabo 4 Luuliyo 2020..

Hagahani waxaa lagu dabaqayaa England iyada oo ay weheliso isbeddelada munaasibka ah ee la xiriira ee ku jira sharciyada [Health Protection (Coronavirus, Restrictions) (England) Regulations 2020](http://www.legislation.gov.uk/uksi/2020/684/contents/made).

Hagahani waxaa uu ku jiri doonaa dib u eegis waxaana suurtagal ah in dib wax looga bedello si loo waafajiyo xaaladaha is bedbedelaya.

Isu imaatinka in ka badan 30 qof ayaa la oggolaan doonaa laakiin waa keliya goobaha dadwaynaha qaarkood sida sharciga lagu sheegay. Kuwani waxaa ku jiri doona goobaha cibaadada iyo dhismayaasha ku hareereysan. Balse waxaa jira nashaadyo lagu talinayo in tirada lagu xaddido 30 qof goobaha cibaadada dhexdooda iyadoo ay u sabab tahay caafimaadka dadweynaha. Hagahani waxaa uu qeexayaa nashaadkaas iyo weliba sida loo hubin karo in goobtaada cibaadado ay tahay mid ka bedqabta COVID-19.

Marka aad ku dhex jirtid nashaad goobta cibaadada dhexdeeda ama aagagga ku hareereysan, dhammaan dadku waa in ay u hoggaansamaan tilmaamaha kala fogaanshaha bulshada. 2 mitir ama 1 mitir oo ay la socoto tallaabooyin lagu yareynayo halista gudbinta (halka aysan 2 mitir suurtagal aheyn) qoyska dhexdiisa waa la ogol yahay. Tusaale ahaan, adeegsiga weji daboolka.

Ficillada cibaadada ee ka dhaca meelaha ka baxsan goobaha cibaadada iyo aagaga ku hareereysan, sida lagu qeexay hoosta, fadllan raac hagaha la xiriira tirada dadka loo oggol yahay in ay ku uruuraan meelahaas.

Jadwalka soo socdaa wuxuu qeexayaa meesha lagu talinayo in la xadido tirada dadka ee ku jira goobaha cibaadada iyadoo ay ugu wacan tahay suurtagalnimada fiditaanka sii kordha ee COVID-19.

**Shaxda 1:**

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| **Nashaad** | **Xadka ugu badan ee isu imaatinka lagu taliyay** |
| Cibaado jamaaci ah, oo ay ku jirto salaadaha, cibaadooyinka ama fikirada ay hogaamiyaan wadaad diineed amaba qof caadi ah. | Xaddidaada cibaadada wadajirka ah waa in lagu go'aamiyaa iyada oo lagu saleynayo awoodda goobta cibaadada ka dib qiimeynta halista (arag Qeybta 5 'Xaddidaadaha Awooda').  Kala fogaanshaha bulshada waa in si adag loogu hoggaansamaa (arag Qeybta 5 'Kala fogaanshaha Bulshada'). |
| Xafladaha guurka | Xafladaha guurka waa in aysan xaadirrin in ka badneyn 30 qof. Imaanshaha waa in uu sidoo kale ahaadaa mid aan dhaafsiisneyn xadka awoodeed ee dhismayaasha si kala fogaanshaha bulshada si adag loogu hoggaansamo. Tafaasiil dheeraad ah ka eeg [Hagaha loogu talagaley aroosyada yaryar iyo isguursiga xafiisyada ka dhaca xilliga lagu jiro musiibada coronavirus (COVID-19) (Guidance for small marriages and civil partnerships during the coronavirus (COVID-19) pandemic)](https://www.gov.uk/government/publications/covid-19-guidance-for-small-marriages-and-civil-partnerships/covid-19-guidance-for-small-marriages-and-civil-partnerships#guidance-for-venue-managers) |
| Aaska | Aaska waa in aysan xaadirrin in ka badneyn 30 qof. Imaanshaha waa in uu sidoo kale ahaadaa mid aan dhaafsiisneyn xadka awoodeed ee dhismayaasha si kala fogaanshaha bulshada si adag loogu hoggaansamo. Xaaladaha qaarkood waxaa suurtagal ah in ay ka yaraadaan 30 qof. Tafaasiil dheeraad ah ka eeg [COVID-19: hagaha maareynta aaska xilliga lagu jiro musiibada coronavirus (COVID-19: guidance for managing a funeral during the coronavirus pandemic)](https://www.gov.uk/government/publications/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic). |
| Munaasabadaha kale ee wareegga nolosha (qeexitaanka Shaxda 2). | Munaasabadaha kale ee wareegga nolosha waa in aysan xaadirrin in ka badneyn 30 qof, ilaa mooyee wareega nolosha uu dhacayo inta lagu guda jiro cibaadada caadiga ah.  Tixgalinta waa in sidoo kale la siiyaa xadka awooda dhismayaasha si kala fogaanshaha bulshada si adag loogu hoggaansamo (Fiiri qeybta 5 'kala fogaanshaha bulshada'). |

Hagahani wuxuu khuseeyaa goobaha cibaadada marka loo isticmaalayo ujeedo diin ama u diyaarin ujeeddo diimeed.

Meesha goobta cibaadada ay adeegsadaan kooxo kale, u adeegsiga keliya howlaha uu ogol yahay sharciga waa in ay ka dhacaan. Ganacsiyadda aan weli furmi karin waxaa [ku taxan yihiin halkan](https://www.gov.uk/guidance/opening-certain-businesses-and-venues-in-england-from-4-july-2020) (sida ganacsiyadda jimicsiga ee gudaha lagu sameeyo, isboortiga fudud ee gudaha, bandhigyada gudaha oo ay joogaan daawadayaal, iwm)

Isticmaalka la oggol yahay ee goobta cibaadada ee aan lagu darin hagahan, waa in aad tixraacdaa hagaha gaarka ah ee hoos ku xusan:

* [Dalxiiska](https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/the-visitor-economy), [ganacsiga tafaariiqda](https://assets.publishing.service.gov.uk/media/5eb9703de90e07082fa57ce0/working-safely-during-covid-19-shops-240620.pdf) iyo [maqaayadaha](https://www.food.gov.uk/business-guidance/reopening-and-adapting-your-food-business-during-covid-19) iyo [ganacsiyada kale ee martigelinta](https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/hotels-and-other-guest-accommodation)
* Kulamada iyo isu imaatinadda yaryar, sida hadaba loogu ogol yahay goobaha kale [bulshada siyaabo kala duwanna loo adeegsado](https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities). .

**2. Ulajeedada hagahan**

Hagahan ayaa loogu talagalay in uu ka caawiyo goobaha cibaadada ee England in ay u diyaar garoobaan furitaanka howlo badan oo cibaadada, iyadoo la raacayo sharciga la xiriira. Hagahani ayaa qeexaya sida loogu sameyn karo qaab COVID-19 laga bed qabo oo la jaan qaada tilmaamaha kala fogaanshaha bulshada, si loo yareeyo halista soo gaarista caabuqa.

**Shaxda 2:**

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| **Qeexitaanada loogu talagaley ulajeedada hagahan** | |
| **"Goobta cibaadada"** | Goob cibaado waxaa loola jeedaa dhisme loo adeegsado xafladaha diineed ee caadiga ah, cibaadada la wadaago ama isu imaatinada la midka ah ee ururrada diintu ku qabtaan. Waxaa ka mid ah adeegsiga aagagga ku xeeran, tusaale ahaan, halka gawaarida la dhigto, daaradaha ama jardiinooyinka oo maamulayaasha dhismaha ay mas'uul ka yihiin.  Hagaha waxaa kaloo uu daboolayaa dhismooyinka markii loo adeegsanyo kulamada diimeed, xitaa marka ujeedadooda koowaad aysan ahayn kulanno diimeed, sida xarunta bulshada. Dhismooyinkan ayaa kaliya la isticmaali karaa marka loo oggol yahay in ay furnaadaan hage dheeri ah ayaana dhici karta in lagu dabaqo.  Hagahani ma daboolayo jardiinooyinka dadweynaha, guryaha gaarka loo leeyahay, goobaha dhaqamada ama meelaha kale ee bannaan, sida duurka keymaha oo loo isticmaali karo ujeeddooyin diimeed. Haddii dadku rabaan in ay ku cibaadeystaan ​​meelahan, markaa hagidda ku habboon meeshaas waa in loo hoggaansamo. |
| **"Dhacdada wareegga nolosha"** | Munaasabadaha diimeed ee lagu xuso ciidaha, kuwaas oo ah xaflado gooni gooni ah, xaflado iskood isu haysta oo aan aheyn xuska dhacdada wareegga nolosha ama xafladaha cibaadada caadiga ah ee la wadaago. |
| **"Cibaadeystayaasha" ama**  **"Booqdayaasha"** | Kuwa galaya goobta cibaadada si ay ugu cibaadeystaan ​​ama hawlo kale oo loogu talagalay in loo isticmaalo goobta cibaadada. |
| **"Mareeyeyaasha dhismooyinka"** | Qofka amaba dadka mas'uulka ka ha maamulidda dhisme goob cibaado, oo ay ku jirto qiimeynta u hogaansanaanta tilmaamaha soo socda. Qofkan waxaa uu noqon karaa hogaamiye caqiido amaba qof caadi ah. |
| **"Qoyska" iyo "Xidhmada Taageerada"** | Qoysku waa qof ama koox dad ah oo isla deggan isla hal deegaan.  Xidhmada taageerada waa halka hal qof oo qaan gaar ah oo keligiis nool, ama waalid kaligiis ah oo haysta caruur kayar 18, ay sameyn karaan shabakad gaar ah oo lala wadaago hal qoys oo kale ayadoon lagu dhaqmeynin kala fogaanshaha bulshada.  Labada qoys ee sameysta xidhmada taageerada ujeeddooyinka hagahan awgeed waxaa ay u xisaabsan yihiin hal qoys oo kale . |
| **"Ahaadaa"** | Halka uu hagaha sheego in nashaad uu **ahaadaa (must)** in la sameeyo arintaa waxaa u sabab ah in ay tahay shuruud sharci oo hoostagta[(Shuruucda Ilaalinta Caafimaadka) Health Protection (Coronavirus, Restrictions) (England) Regulations 2020](http://www.legislation.gov.uk/uksi/2020/684/contents/made) |
| **"Waa in"** | Halka uu hagaha sheego **waa in (should)** nashaad la sameeyo arintaa ma aha shuruud sharci oo hoostagta[(Shuruucda Ilaalinta Caafimaadka) Health Protection (Coronavirus, Restrictions) (England) Regulations 2020](http://www.legislation.gov.uk/uksi/2020/684/contents/made), si kastaba ha noqotee waxaa si xoogan lagula talinayaa in tixgalinta la siiyo in la raaco talooyinka la bixiyey si loo yareeyo halista gudbinta COVID-19. |

* 1. **Mabaadii'da furaha u ah in si nabad ah loo furo goobaha cibaadada**

Meel kasta oo ah goob cibaado waxaa si xoog leh lagula talinayaa in lagu dabaqo hagahan iyada oo loo tixraacayo duruufaheeda gaarka ah, oo ay ku jirto baaxadeeda iyo noocyada nashaadaadkeeda, sida loo abaabulo, looga shaqeeyo, loo maareeyo loona nidaaminayo.

Maamulayaasha dhismoooyinka goobaha cibaadada waxay leeyihiin ikhtiyaar marka ay u maleeyaan inay aamin tahay in ay furaan waana in ay go'aansadaan inay sii xirnaadaan haddii aysan awoodin in ay si nabdoon ugu hoggaansamaan hagaha hoos ku xusan.

Meelo badan oo goobaha cibaadada ka mid ah ayaa sidoo kale ah goobo shaqo sidaas darteedna waa in laga warqabo mas'uuliyadaha ah loo shaqeeyayaal sida ku xusan sharciga caafimaadka iyo badbaadada. Goobaha cibaadadu sidoo kale waxaa saaran waajibaad daryeel oo dadka mutadawiciinta, si loo hubiyo illaa iyo inta ugu suurtagashan aysan halis ugu jirin khataraha caafimaadkooda iyo badbaadadoodaba.

Waa in tixgalinta la siiyaa sida si cadaalad iyo sinnaan ah loogu wada heli karo si nabad ah dhammaan adeegsadayaasha si ay u awoodaan in ay ku fuliyaan dhaqamada caqiidada goob cibaado dhexdeeda, iyadoo la waafajinayo tilmaamaha dowlada iyo tixgelinta shuruudaha hoos imanaya Sharciga Sinnaanta (Equality Act 2010) halkaasoo lagu dabaqi karo.

Si ay uga caawiso go'aaminta ficillada loo baahan yahay in la qaato, waxaan kula talineynaa in goob walba oo cibaado ay dhameystirto qiimeynta halista COVID-19. Tani waxaa ay dheeri ku tahay qiimeyn kasta oo haliseed oo horey loo sameeyey.

Marka dhisme ama meel dib loo qaabeeyo sida goob cibaado oo kale tusaale ahaan, in aad isticmaaleysid dhisme ama meel aadan horay ugu isticmaalin ulajeedadan, qiimaynta halista dabka oo cusub waa in la sameeyaa.

Waxaa xiriikan laga heli kataa [Hagaha dhameystirka qiimeynta halista](https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm). Qiimeyntan halista waa in lagu sameeyaa iyadoo lala tashanayo ururrada shaqaalaha amaba shaqaalaha (oo ay ku jiraan mutadawiciinta iyo kunturaadleyda) *haddii ay munaasib tahay.* Waxaa kale oo faa'iido yeelan kara in lagu daro kuwa ku cibaadeysta amaba danleyda kale (tusaale ahaan, kireystayaasha deriska ah) kala tashiga qiimeynta halista si ay uga caawiso in ay fahmaan bulshada caqiidada iyo bulshada maxalliga ahba iyo in la wanaajiyo qaabeynta dib u furista iyo fulinteedaba. Ka gaabinta dhammaystirka qiimeynta halista ee xisaabta ku dareysa COVID-19 waxay noqon kartaa jebinta  [sharciga Caafimaadka & Nabadgelyada (Health & Safety legislation)](https://www.hse.gov.uk/legislation/hswa.htm)  sidoo kale ayaa sharciga la jebinayaa haddii la sameeyo qiimeynta halista oo aan laheyn tallaabooyin ku filllan. Waxaa goobaha cibaadada lagu dhiirigelinayaa in ay qiimeyntooda halista ay ku daabacaan internetka meeshii suurtagal ah.

Maamulayaasha dhismayaasha ayaa si adag lagula talinayaa in ay qaadaan tallaabo ay ku yareeynayaan suurtagalnimada faafidda coronavirus (COVID-19) uu ku faafo dadka cibaadaysanaya, iyo kuwa ka shaqeeya / mutadawacnimo ugu shaqeeya dhismaha dhexdiisa iyo aagagga ku xeeran. Waxaa laga yaabaa in aad rabto in aad ka qaybgeliso cibaadeystayaasha in ay kula naqshadeeyaan heshiis aan rasmi aheyn ee dabeecadaha bulshada.

Maareeyayaasha dhismaha waa in ay qaadaan dhammaan tallaabooyinka suurtagalka ah si loo sugo amniga dadweynaha, iyagoo hubinaya in xaddidaada isu imaatinka loo dejiyey deegaanka loo hogaansamayo, iyo halka xadka lagula taliyay lagu dejiyay hagitaankan oo ah 30 qof oo ay tahay in sidoo kale la raaco.

Dhismooyinka waa in ay tixgeliyaan saameynta ay ku yeelanayaan goobo badan oo dib uga furmaya aag yar dhexdiisa. Tan macnaheedu waa la shaqeynta maamulada degmooyinka, ganacsatada deriska ah iyo hawlwadeenada safarada si loo qiimeeyo khatartan loona dabaqo ficillo dheeri ah oo loo sameeyo in lagu dimo halista isu gudbinta. Kuwani waxaa ka mid noqon kara:

* Hoos u sii dhigidda awoodda - xitaa haddii ay suurtagal tahay in dad dhowr ah si nabad ah loo fariisin karo goobta gudaheeda, waxaa laga yaabaa in aysan ammaan u ahayn dhamaantood in ay u safraan ama ka soo safraan, ama galaan ama ka baxaan goobta.
* Isku xijxijinta waqtiyada gelitaanka ee goobaha kale ee maxalliga ah iyo qaadista tallaabooyin looga hortagayo safka oo si dheer ugu sameysma aagga ku wareegsan.
* Diyaarinta waddooyin hal-maritaan leh oo u dhaxeeya xarumaha gaadiidka iyo dhismooyinka.
* Kula talinta dadka booqda in ay ka fogaadaan qaabab gaar ah oo gaadiid ama wadooyin oo ay ka fogaadaan meelaha dadku ku badan yihiin marka ay u soo socdaan dhismaha.

**4. Wax ka bedelka howlaha si loo yareeyo faafidda caabuqa**

Hoggaamiyaasha caqiidada waa in ay la jaan qaadaan hagaha hoos ku xusan oo ay raadiyaan in ay ku daraan isbeddello lagu sameyn karo cibaado diimeedka badanaa leh xiriir dhow oo dhexmara shakhsiyaadka.

Goobaha cibaadada iyo bulshooyinka caqiidada waa in ay wax ka bedelaan adeeg diimeedka, gaar ahaan meelaha xafladaha aan haddii aan wax laga bedellin qaadaneynsa in ay ku dhacdo saacado badan ama maalmo, si loo hubiyo amniga kuwa jooga loona yareeyo faafitda caabuqa. Waxaa lagu talinayaa in xafladaha iyo adeegyadaba lagu dhameystiro waqtiyada ugu yar ee macquulka ah.

Marka la dhameeyo, ka qeybgalayaasha waa in lagu dhiirigeliyaa in ay isla markiiba ka dhaqaaqaan, si loo yareeyo halista isla xiriirka iyo faafidda caabuqa. Haddii ay munaasib tahay, waa in aad wax ka bedeshaa meesha si cibaadeystayaasha loogu suurtageliyo in ay fariistaan inta ay taagnaan lahaayeen taas oo yareyneysa halista in ay isla xiriiraan.

Kuwa cibaadeysanaya waa in ay xaddidaan xiriirkooda qof kasta oo aan xaadireyn goobtaada cibaadada, tusaale ahaan, haddii ay kala qeybgalayaan adeeg lala wadaagayo hal qoys oo kale, meeshii suuragal ah waa in ay isku dayaan in aysan la hadlin qof ka baxsan kooxdan.

Waxaa lagu talinayaa, meeshii ay suurtagal tahay, in goobaha cibaadada ay is daba dhigaan daadihinta cibaadada ama munaasabadaha kale si looga fogaado isu imaatinka weyn iyo in ay sii wadaan gaarsiinta shakhsiyaadka is go'doominaya ama gaar ahaan u nugul COVID-19.

Hagid gaar ah oo dheeraad ah waa sidan soo socota.

**Adeegsiga waxyaalaha la wadaago**

* Shakhsiyaadka waa in laga hor istaago in ay taabtaan ama dhunkadaan waxyaabaha sida wadajira ah loo taataabto. Wax dadka kala celinaya iyo / ama calaamado muuqda waa in la dhigaa meeshii muhiim noqota si looga fogaado in ay arintani dhacdo.
* Shakhsiyaadka sidoo kale waa in ay ka fogaadaan taabashada hantida ay leeyihiin dadka kale sida kabaha kuwaas oo, haddii meesha laga qaado, ay tahay inuu meeleeyo oo soo qaado milkiilahooda ayadoo loo hogaansanaanayo mabaadi'da kala fogaanshaha bulshada.
* Waxyaalaha dib loo isticmaali karo iyo waxyaalaha la isla isticmaalo tusaale ahaan, saliyada salaada, go'yaasha adeegga, kutubta ama waxyaabaha la barakeysto waa in laga saaraa isticmaalka. Beddelka wax hal mar la isticmaalo waa in la bixiyaa haddii islamarkiiba meesha uu ka qaadayo qofka cibaadeysanaya.
* Alaabada uu qofku leeyahay si uu ugu isticmaalo cibaado tusaale ahaan, salliga salaada ama kutub diimeed, waa la keeni karaa laakiin waa in hadana uu ka qaadaa qofka cibaadeysanaya.
* Xaaladaha halka ay cibaadaytayaashu aysan soo qaadan karin kutubtooda, goobaha cibaadada waa in ay hayaan kutub gooni ah oo nadiif ah ee shaqsiyaadka adeegsadaan. Kutubta nadiifka ah waa in la karantiilaa 48 saacadood tan iyo isticmaalkoodii hore waana in la karantiilaa 48 saacadood markale kadib isticmaalkooda. Alaabada aan si fudud loo nadiifin karin waa in ay sidoo kale ku hoos jiraan 48 saac karantiil ka dib isticmaalkooda.

Fadllan sidoo kale ka tixraac talobixin nadaafadeed oo gaar ah hoosta.

**Cuntada iyo Cabitaanka**

* Meesha cuntada ama cabitaanku ('waxyaabaha la cuno') ay muhiim u yihiin ficilka cibaadada, waa la isticmaali karaa, hase yeeshe wadaagga cuntada waa in laga fogaadaa, sidoo kale isticmaalka weelalka la wadaago..
* Haddii ay lagama maarmaan tahay in la taataabto cunnooyinka iyadoo qayb ka ah dhaqanka caqiidada, kuwa siinaya iyo kuwa qaadanayaba cunnada waa in ay gacmahooda si buuxda u dhaqaan ka hor iyo ka dib cunidda, ama ay xirtaan galoofyada.
* Qofka qaybinaya waxyaabaha la cuno waa in uu ugu dhiibaa, gacanta kale oo kaliya, si looga fogaado xiriir kasta oo ka dhexeeya iyaga iyo kuwa helaya, ama in uu xirto galoofyada.  Haddii xiriir lama filaan ah uu dhaco, labada qofba waa in ay dhaqso gacmahooda u nadiifiyaan.
* Ficillada kale oo loo sameeyo in ay yareeyaan faafidda waa in sidoo kale la tixgeliyaa, tusaale ahaan, cunnooyinka waa in hore loo sii diyaariyaa, waana in la sameeyaa nidaam ka fogeynaya dadka in ay xiriir la sameeyaan raashinka iyo cunnooyinka / amaba maacuun aysan iyaga laheyn (tusaale ahaan in la isticmaallo baaquliyaal la wadaago)
* Hadalka, heesaha iyo jiibinta waa in aysan ku kor dhicin waxyaabaha aan daboolneyn (oo aan ka ahayn cunadda u isticmaali karo qofka dabaaldegaya oo keliya). Beddelka waxyaabaha la cunno waa in si badbaado leh loo daboolo, ka hor intaan la furin, waa in la nadiifiyaa, gacmaha waa in la dhaqo ama galoofyo la gashadaa.
* Meelaha martigelinta ee ku yaala goobaha cibaadadaa dhexdood, sida maqaayadaha, ayaa loo oggol yahay in ay furnaadaan laakiin waa in ay ku koobnaadaan adeegga miiska, kala fogaanshaha bulshada waa in la ilaaliyaa, waana in ay dhacdaa xiriirka ugu yar ee dhex mara shaqaalaha iyo macaamiisha iyadoo la raacayo hagidda goobaha martigelinta oo laga heli karo[halkan](https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/restaurants-offering-takeaway-or-delivery).

**Heesidda, jiibinta iyo isticmaalka qalabka muusikada**

* Dadku waa in ay ka fogaadaan heesida, qaylinta, kor u qaadista codadka iyo / ama garaacidda muusikada lagu garaaco kaas oo adkeyn kara wada hadalka caadiga ah ama ku dhiirigelin kara qaylada. Tan waxaa ugu wacan suurtagalnimada halista sii kordhaysa ee gudbinta ka imaata hawada iyo dhibcaha.
* Sidaa darteed, jawaabaha laga hadllo inta lagu jiro cibaadada sidoo kale waa in aysan noqonin cod sare loo qaaday.
* Hawlaha ay ka midka yihiin heesaha, jiibinta, dhawaaqa iyo / ama ku ciyaaridda aaladdaha la afuufo waa in si gaar ah looga fogaadaa cibaadada dhexdeeda iyo diyaargarowgeedaba. Arintan waxaa u sabab ah waxaa jira halis dheeraad ah oo suurtagal ah oo ay ku gudubto meelaha ay dadku heesayaan amaba jiibinayaan koox ahaan, arintani waxaa ay ku dhaceysaa xattaa haddii kala fogaanshaha bulshada la raacayo amaba daboolka wejiga la adeegsanayo.
* Meesha ay muhiim u tahay ficilka cibaadada, hal shaqsi oo kaliya waa in loo oggolaadaa in uu heeso ama jiibiyo, iyo isticmaalka shaashadda muraayadaha oo loo yaqaan 'plexi-galss' waa in la tixgeliyo si ay u ilaaliso cibaadaytayaasha, maxaa yeelay arintani ayaa sii horjoogsan doonta gudbinta isla markaana shaashadda si fudud ayaa loo nadiifin karaa.
* Meesha muusiga ka ciyaarto qayb weyn xagga cibaadada, oo duubitaan la heli karo, waxaan soo jeedineynaa in aad tixgaliso in aad u isticmaasho bedel ahaan heesaha tooska ah.
* Waxaa lagugula talinayaa in aad garaacdo qalabka muusikada ee aan la afuufin. Organs-ka ayaa loo ciyaari karaa ficillada caqiidada, iyo sidoo kale maareynta guud, laakiin waa in si buuxda loo nadiifiyaa ka hor iyo ka dib isticmaalka.

Dawladda iyo bulshada caafimaadka iyo sayniska waxaa ay hadda si degdeg ah ugu jiraan baaritaan ku saabsan halista isu gudbinta iyo sida howlahan oo kale sida ugu wanaagsan loogu maarayn karo si badbaado leh, hagid dheeraad ahna waa ay ku xigi doontaa marka la helo.

**Aroosyada iyo dhacdooyinka wareegga nolosha**

Waxaa si adag loogula talinayaa in waxyaalaha muhiimka u ah xafladda oo keliya ay dhacaan waqtigan xaadirka ah.

* Wax cunno ah amaba cabitaan ah waa in aan la qaadanin iyadoo xafladda ka tirsan aan ka aheyn in looga baahan yahay ujeedada dhaarta xafladda.
* Sida lagu soo xusey Shaxda 1, aroosyada waa in aysan xaadirin in ka badneyn 30 qof. Munaasabadaha kale ee wareegga nolosha waa in aysan xaadirin in ka badneyn 30 qof, ilaa mooyee wareega nolosha uu ka mid yahay dhacdooyinka adeegga cibaadada caadiga ah. Cibaadeystayaasha waa in ay ku dhaqmaan kala fogaanshaha bulshada.
* Xafladaha aroosyada waaweyn waa in aysan dhicin ka dib dhacdooyinka wareega nolosha. Eeg hagaha , maqaayadaha iyo [ganacsiyada kale ee martigelinta](https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/hotels-and-other-guest-accommodation) wixii macluumaad dheeri ah.

**Adeegsiga biyaha**

* Wixii ah nadaafad ama weyso loo baahan yahay cibaadada ka hor waa in aan lagu sameynin goobta cibaadada balse la soo sameeyaa ka hor inta aan la iman.
* Xaaladaha dhifka ah ee ay lagama maarmaanka u tahay, meelaha lagu dhaqdo ee ku yaal goobta cibaadada waa in loo adeegsadaa iyada oo la raacayo tilmaamaha kala fogaanshaha bulshada iyo waa in lagu dhaqmaa tallaabooyinka nadaafadda.
* Dadku waa in aysan dhaqin qeybaha jirka ka mid ah ee dadka kale.
* Meesha cibaadada ama xafladaha ay u baahan yihiin biyo in jirka la mariyo, wax yar ayaa jirka lgu rusheyn karaa, balse waa in laga fogaadaa biyo gelinta buuxda.
* Dadka jooga waa in ay ka fogaadaan halka ay ka soo gaari karto finiinka biyaha.
* Meesha uu dhallaan ku lug leeyahay waalidka / mas'uulka ama xubin kale oo ka tirsan qoyska caadiga ah ee dhallaanka waa in ay hayaan dhallaanka.
* Dhammaan dadka ku lug leh waa in ay si buuxda u dhaqdaan gacmahooda ka hor iyo ka dib hubiyaanna nadaafad wanaagsan.

**Tabarucaadka kaashka ah**

* Meesha ay suurtagal tahay hoggaamiyayaasha caqiidada waa in ay ka reebaan bixinta lacagta kaashka ah isla markaana ay sii wadaan adeegsiga ku bixinta internetka iyo kaararka aan taabashada laheyn iyo tas'hiilaad kale.
* Halka tani aysan ahayn ikhtiyaar bannaan, lacagta waa in lagu aruursadaa weel meel lagu habeeyay oo hal qof wax ka qabanayo, aysanna noqon mid la wareejinayo. Nadiifinta joogtada ah iyo nadaafadda waa in la joogteeyaa, iyo galoofyada gacanta la gashado si loo qaadqaado lacagta kaashka ah halka bixinteeda ay sii socoto.

**Dhalinyarada iyo caruurta tageysa goobaha cibaadada**

* Caruurta yaryari waa in ay kormeeraan waalidka ama kuwa ka mas'uulka ah. Waa in ay gacmaha si fiican u dhaqaan muddo 20 ilbiriqsi ah biyo socda iyo saabuun oo ay si fiican u qallajiyaan ama u isticmaalaan nadiifiyaha gacmaha lagu masaxo si loo hubiyo in dhammaan qaybaha gacmaha la wada gaarsiiyey. Goobaha cibaadada waxay ka caawin karaan in ay xasuusiyaan caruurta iyo dhalinyarada, iyo waalidkoodba iyo mas'uuliyiinta tallaabooyinka muhiimka ah ee ay qaadi karaan inta lagu guda jiro dillaaca coronavirus (COVID-19), si looga caawiyo ka hortagga faafidda caabuqa. Dhejisyada xayeysiiska guud ee nadaafadda gacmaha waxaa laga heli karaa [eBug website](https://campaignresources.phe.gov.uk/schools).
* Hagge [gooni ah](https://www.gov.uk/government/publications/protective-measures-for-holiday-or-after-school-clubs-and-other-out-of-school-settings-for-children-during-the-coronavirus-covid-19-outbreak/protective-measures-for-out-of-school-settings-during-the-coronavirus-covid-19-outbreak) oo loogu talogaley meelaha ka baxsan iskuulka ayaa la daabacay waana in la raacaa marka la bixinayo duruusta iskuulka ka baxsan (tuition), tababarka, iyo nashaadka ka baxsan saacadaha iskuulka (sida galbihii, dhamaadka todobaadka, fasaxyada iskuulka)
* Xannaanada caruurta ee rasmiga ah iyo goobaha waxbarashada tixraac [hagaha ku habboon](https://www.gov.uk/government/publications/actions-for-educational-and-childcare-settings-to-prepare-for-wider-opening-from-1-june-2020).
* Qalab kasta oo carruurta ay wadaagto, sida geesaha ciyaarta, alaabada jilicsan, alaabta lagu ciyaaro oo jilicsan iyo waxyaabaha caruurtu ku ciyaaraan ee ay adag tahay in la nadiifiyo, waa in meesha laga saaraa / ama laga qaadaa in la isticmaalo.
* Goobaha lagu ciyaaro ee bannaanka waa la ogol yahay in ay furnaadaan halka ay maareeyayaasha dhismaha ay sameeyeen qiimeynta halista ayna go'aansadeen in ay aamin tahay in la furo, ka eeg hagaha [halkan](https://www.gov.uk/government/publications/covid-19-guidance-for-managing-playgrounds-and-outdoor-gyms). Fiiro gaar ah waa in loo yeeshaa nadiifinta adeegyada had iyo jeer ay taataabtaan caruurta iyo kuwa le'eg dhererka caruurta.

**5. Ficillada guud si loo yareeyo faafidda caabuqa**

Dadku waa in ay u dhaqmaan si nabad ah oo mas'uuliyad ku jirto si loo yareeyo faafidda caabuqa ku faafo bulshooyinkeena.

**Baarintaanka iyo Raadinta (Test and Trace)**

Dowladdu waxaa ay bilowdey [Adeegga Baaritaanka iyo Raadinta NHS (NHS Test and Trace service)](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/) si loo maareeyo in uu caabuqa dib u soo noqnoqdo. Adeegga:

* waxaa uu u fidiyaa baaritaan qof kasta oo leh astaamaha cudurka COVID-19 si loo ogaado haddii ay qabaan caabuqa;
* wuxuu la xiriiraa qof kasta oo baaritaan looga heley cudurka si ay uga caawiyaan in ay la wadaagaan macluumaad ku saabsan qof kasta oo ay xiriir dhow ay dhowaan la sameeyeen; iyo
* waxay ogeysiiyaan xiriiradaas, meeshii loo baahdo, waxayna la socodsiiyaan in ay u baahan yihiin inay is-go'doomiyaan si loo caawiyo joojinta faafidda caabuqa.

Macluumaad dheeraad ah ayaa khadka looga heli karaa oo ay ku jirto xiriirada lala sameeyey dadka ay suurtagalka tahay in loo caddeeyey in ay caabuqa COVID-19 qabaan oo aan qofka la nooleyn iyo [goobaha shaqadaba](https://www.gov.uk/guidance/nhs-test-and-trace-workplace-guidance#about-the-nhs-test-and-trace-service).

Iyada oo la raacayo hagida kale ee dawladda ee meelaha kale ee ay ka mid yihiin tafaariiqda iyo qeybaha martigelinta, waa in aad ku caawisaa adeeggan in aad qaadid diiwaangelin sax ah oo ku meel gaar ah oo booqdayaasha ah oo ku eg 21 maalmood, una qaadaa hab lagu maamuli karo goobtaada cibaadada, kana caawi Baaritaanka iyo Raadinta NHS codsiyada xogtaas haddii loo baahdo raadinta xiriirka iyo baarista faafidda deegaanka. Hage dheeraad ah oo ku saabsan haynta diiwaanka shaqaalaha, macaamiisha iyo booqdayaasha si loo caawiyo Baaritaanka iyo Raadinta NHS waxaa laga heli karaa [halkan](https://www.gov.uk/guidance/maintaining-records-of-staff-customers-and-visitors-to-support-nhs-test-and-trace).

Marka aad ururineyso magacyada iyo tafaasiisha xiriirka dadka imaanaya goobtaada cibaado, waa in aad ogolaanshahooda weydiisaa, Tani waxaa u sabab ah suurtagalnimada xasaasinimada macluumaadka lagu uruuriyey xaaladdan, oo uu ilaalinayo sharciga. Hagaha ku saabsan [ururinta tafaasiisha booqdaha looguna talagaley Baarintaanka iyo Raadinta (Test and Trace)](https://ico.org.uk/global/data-protection-and-coronavirus-information-hub/coronavirus-recovery-data-protection-advice-for-organisations/collecting-customer-and-visitor-details-for-contact-tracing/), oo ay ku jirto arimaha ku saabsan ogolaanshaha, waxaa bixiyey Xafiiska Wakiilka Macluumaadka (Information Commissioner’s Office). Waa in aad si cad ugu sheegtaa in bixinta ogolaanshaha ay tahay mid istikhiyaar ah mana aha mid shardi u ah imaanshaha goobtaada cibaado. Waxaan sameyney foom warqad ah oo loogu talagalay soo ururinta ogolaanshaha ee goobaha cibaadada, waxaa laga helayaa Lifaaqa B.

**Xayiraadaha dadka iman kara**

Xaddidaada cibaadada wadajirka ah waa in lagu go'aamiyaa deegaanka iyada oo lagu saleynayo awoodda goobta cibaadada ka dib qiimeynta halista. Tirada dadka la ogol yahay in ay soo galaan goobta cibaadada halkii mar oo kasta waa in la xaddidaa, si masaafo amni ah oo ugu yaraan 2 mitir ama 1 mitir oo ay la socoto tallaabooyin lagu yareynayo halista gudbinta (halka aysan 2 mitir suurtagal aheyn) la joogteyn karo qoysaska dhexdooda.

* Baaxadda iyo duruufaha (oo ay ku jiraan isdhaafka hawada) dhismayaasha ayaa go’aamin doona tirada ugu badan ee dadka loo ogolaan karo halka ay sidoo kale fududeyneyso kala fogaanshaha bulshada; tani waxaa markaas suurtagal ah in ay tiradu ka yar tahay tan ugu badan ee 30-ka qof ah oo tagi kara dhacdooyinka wareega nolosha sida aroosyada.
* Tirada dadka ee nabadda ah waa in uu go'aamiyaa maareeyaha dhismaha.
* Marka la qeexayo tirada dadka si macquul ah u raaci kara kala fogaanshaha bulshada, iskudarka guud ee dhulka iyo sidoo kale meelaha noqon karta baraha lagu kala hago iyo aagagga mashquulka ah waa in lagu xisaabtamo (tusaale ahaan, meelaha laga soo galo, meelaha laga baxo) iyo halka suurtogalka ah ee laga sameyn karo hal dariiq keli ah oo lagu socdo.

**Kala fogaanshaha Bulshada**

Dhammaan maareeyayaasha iyo kuwa soo booqanaya goobaha cibaadada waa in ay raacaan hagaha kala fogaanshaha bulshada oo ay ku jirto:

* Meeshii ay suurtagal tahay raac kala fogaanshaha bulshada ugu yaraan 2 mitir ama 1 mitir oo ay la socoto tallaabooyin lagu yareynayo halista gudbinta (halka aysan 2 mitir suurtagal aheyn) qoyska dhexdiisa. Meelaha sida joogtada ah loo adeegsado, calaamadee aagagga adoo dhulka ku dhejinaya sharooto ama rinji si dadka looga caawiyo kala fogaanshaha bulshada.
* Tixgeli qorsheena ficcillo dheeraad ah oo aad ku dhaqaaqeyso si loo yareeyo halista gudbinta marka aad qiimeyntaada halista sameyneyso. Kuwaani waxaa ka mid ahaan kara, tusaale ahaan, in laga fogaado kuraasta fool-ka-foolka ah iyadoo la beddelayo qaabka ay u yaallaan, yareynta tirada dadka ku jira meelaha xiran, hagaajinta hawo-bixinta, adeegsiga shaashadaha ilaalinta iyo daboolida wejiga, iyo xiritaanka goobaha bulshada ee aan muhiimka ahayn, sida lagu qeexay hagahan.

Maareynta safka ayaa muhiim ah in si taxadar leh loo xakameeyo qulqulka kooxaha soo galaya amaba ka baxaya dhismaha iyadoo waafaqsan kala fogaanshaha bulshada, iyadoona la yareynayo halista ciriiriga ama xiriirka. Waa in tixgelin la siiyaa sida loo maareeyo kuwa ku sugaya bannaanka goobta cibaadada, oo ay ku jirto sameynta nidaamyada safka oo ku dhisan kala fogaanshaha bulshada.

Dhammaan cibaadooyinka waa in lagu gutaa si loo joogteyn karo u hoggaansanaanta kala fogaanshaha bulshada u dhexeysa shakhsiyaadka ama kuwa ka kala yimid guryaha kala duwan. Tani waa in la yareeyo halista gudbinta awgeed. Waa in ay jirtaa isu dhowaansho marka ay lagama maarmaan tahay oo keliya si loo suurta galiyo dhaqangelinta caqiido (tusaale ahaan la xiriirka hogaamiyaha diinta) Waqtiga lagu bixiyo isla xiriirka waa in laga dhigaa sida ugu yar.

Ficillada kale oo loo sameeyo in lagu yareeyo halista gudbinta si loo taageero kala fogaanshaha bulshada waxaa ku jiri kara:

* Kuwa hogaaminaya cibaadada in ay xusuusiyaan jamaacadooda muhiimadda ay leedahay kala fogaanshaha bulshada iyo nadaafadda.
* Iyadoo la hirgerlinayo in qulqulka hal dhinac oo keliya laga soo galo hal dhinacna looga baxo dhismaha ayadoo wata calaamado dhulka ku taal amaba tilmaamo ku habboon, oo leh xaddidaad gelitaanka aagagga aan muhiimka u ahayn. Dhamaadka cibaadada, tani waxaa ka mid noqon kara cibaadestayaasha ka tagaya hal saf markiiba, si looga hortago isku ciriirinta meelaha laga soo galo iyio meelaha laga baxo.
* Meelo badan oo laga soo galo ayaa la furi karaa, ayadoo la dhigayo calaamado la arki karo amaba caawimaad si loo hago dadka cibaadeysanaya loogana fogaado ciriiriga.
* Isku xijxijinta qeybo kala duduwan markey imanayaan amaba baxayaan taas oo dhimeysa qulqulka meelaha laga baxo iyo meelaha laga soo galo isla iyadoo markaas yareyneynsa saameynta ay ku yeelan karto gaadiidka dadweynaha. Dhismayaasha waxaa kaloo ay bilaabi karaan nidaam la xajisanayo si ay goobaha u caawiso. Waxaa laga yaabaa in aad tixgaliso sida mudnaanta loo siin karo dadka laga yaabo in ay qabaan baahi gaar ah.
* Isticmaalka shaashado, waxyaallo kala xirxiraya ama qolal kala duwan iyo goobo lagu kala fogeeyo dadka cibaadeysanaya.
* Isbeddel kasta oo lagu sameeyo meelaha laga soo galayo, laga baxo iyo safka waa in xisaabta lagu darsadaa dib-u-habeyn macquul ah si loo waafajiyo baahiyaha kuwa u baahan, sida dadka cibaadeysanaya ee naafada ah.
* Soo bandhigida nidaamka xajisasho ee ka caawiya maaraynta tirada, gaar ahaan adeegyada ay sarreyso rabitaankeeda.
* Meereeyeyaasha dhismaha oo xayeysiinaya maalmo xaddidan ama waqtiyo ay goobaha cibaadadu u furan yihiin oo keliya kuwa si gaar ah ugu nugul coronavirus (COVID-19), tusaale ahaan, kuwa ka weyn 70 ama caafimaad ahaan nugul.
* Hoggaaminta cibaadada meelo kala duwan oo ah goobta cibaadada si loo xaddido tirada dadka hal meel jooga - iyadoo laga fogaanayo halista ciriiriga meelaha laga soo galo / meelaha laga baxo.
* Meesha kala fogaanshaha bulsheed aan la ilaalin karin, fiiro gaar ah ayaa loo baahan yahay in la siiyo nadaafadda si loo yareeyo halista gudbinta. Tixgeli sida hawo-bixinta dhismaha ay u wanaagsan tahay siina wanaaji halka ay suurtagalka tahay, tusaale ahaan adigoo hagaajinaya albaabada u furan meelaha ku habboon.
* Raacidda hagaha nadaafadda gacmaha:
  + Dhaq gacmahaaga si ka badan sidii caadiga ahayd, muddo 20 ilbiriqsi adoo isticmaalaya saabuun iyo biyo ama nadiifiyaha gacanta, gaar ahaan ka dib markaad qufacdo, hindhisto, ama duufsato, ama ka dib marka aad tagtey goobaha dadweynaha.
  + Marka aad qufacdo amaba hindhisto, afkaaga iyo sankaaga ku dabool tiishuu amaba garbaha shaarkaaga (Ha isticmaallin gacmahaaga) haddii aadan tiishuu haysan, tiishuugana tuur si nadaafad leh isla markiiba. Ka dib si fiican gacmahaaga u dhaq ugu yaraan 20 ilbiriqsi adigoo isticmaalaya saabuun iyo biyo ama nadiifiyaha gacanta haddii aan qalabka gacanta lagu dhaqo aan la heli karin

Talobixinta kor ku xusan ee kala fogaanshaha bulshada waxay khuseysaa marka loo safrayo ama laga soo safrayo goobta cibaadada Go'aannada dib loogu furayo goobta gawaarida la dhigto waa in lagu gaaraa deegaanka oo la sameeyo tallaabooyin wax ku ool ah sida beddelidda qaab-u-dhigashada gawaarida si looga caawiyo dadka in ay bulsha ahaan u kala fogaadaan waa in la tixgeliyaa. Hagidda kala fogaanshaha bulshada ku haboon safarka, goobaha gawaarida la dhigto iyo goobaha caamka ah waxaa laga heli karaa halkan [hagaha dadka safarka u baahan inta lagu jiro musiibada coronavirus (guidance for passengers who need to travel during the coronavirus outbreak)](https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers). Tan ayaa si joogto ah dib loo eegaa loona cusboonaysiiyaa.

**Dadka qaba astaamaha**

Qof kasta oo ay ka muuqdaan astaamaha COVID-19 (qufac joogto ah oo cusub, qandho sare ama lumis, ama isbeddelo, dareenkooda caadiga ah ee dhadhanka ama urka) waa in aysan tagin goobta cibaadada ay ugu wacan tahay halista ay ku keeni karaan dadka kale; waa in ay si degdeg ah guriga isugu go'doomiyaan iyaga iyo xubnaha kale ee qoyskoodaba. Ka qeybgalka ka fog waa in la tixgeliyo, tusaale ahaan si toos ah ee internetka. Tani waxay si isku mid ah u khusaysaa shakhsiyaadka ka shaqeeya goobta cibaadada.

**Shakhsiyaadka is go'doominaya iyadoo ay u sabab tahay caabuq suurtagal ah amaba la xaqiijiyay ee COVID-19 ee guriga dhexdiisa**

Marka ay shakhsiyaadka is go'doominaya iyadoo ay u sabab tahay caabuq suurtagal ah amaba la xaqiijiyay ee COVID-19 ee guriga dhexdiisa, ama ay NHS Test & Trace ay sidaa ka codsatey, waa in ay si ka fog uga qeybgalaan. EegHagaha joogidda guriga ee qoyska ay suurtagalka tahay amaba la xaqiijiyey in ay qabaan COVID-19. Hagidda loogu talagaley aaska waa uu ka duwan yahay, ka eeg [hagaha ku saabsan maareynta aaska xilliga lagu jiro musiibada coronavirus halkan](https://www.gov.uk/government/publications/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic#mourners-who-are-symptomatic).

**Nadaafadda (jeermis dilidda)**

* Ka dib gelitaanka ama ka bixitaanka goob cibaado, qof walba, oo ay ku jiraan shaqaalaha, waa in la weydiiyaa in ay si fiican gacmahooda u dhaqaan ugu yaraan 20 ilbiriqsi ayagoo isticmaalaya saabuun iyo biyo ama nadiifiyaha gacanta haddii aysan qalabka gacanta lagu dhaqo aan la heli karin Dhejinta Hay'adda Caafimaadka Dadweynaha ee England ayaa laga soo dejisan karaa [halkan.](https://www.publichealth.hscni.net/publications/coronavirus-wash-your-hands-poster)
* Waa in ay jiraan calaamadaha iyo dhejimaha si loo dhiso wacyigelinta farsamada gacmo-dhaqista wanaagsan, baahida loo qabo in la kordhiyo gacmo-dhaqashada si joogto ah, ka fogow taabashada wejigaaga oo ku qufac kuna hindhis tiishuu si nabdoon loo tuurey, ama garabkaaga shaarka haddii aan tiishuu aan la heli karin.
* Waa in aad bixisaa gacmo-nadiifiye meelo dhowr ah oo aysan ku jirrin tas'hiilaadka musqulaha.

**Musqulaha**

Musqulaha gudaha amaba ku xiran goobaha cibaadada waa in la furaa si taxadar lehna loo maareeyaa si loo yareeyo halista gudbinta COVID-19. Tallaabooyinka sidsa caadiga ah loo baahanayo si adeegsiga musqulaha looga dhigo sida ugu aaminka badan:

* Adeegsiga calaamadaha iyo dhejimaha (eeg nadaafadda kor)
* Adeegsiga calaamadinta kala fogaanshaha bulshada ee meelaha safafku sida caadiga ah ugu sameysmaan, iyo qaadashada dariiqo galitaan oo xadidan, oo leh mid keliya laga galo, mid laga baxo (iyadoo laga fogaanayo abuuritaanka is-xirmooyin dheeri ah).
* Si loo suurta geliyo nadaafad gacmeedka wanaagsan keen nadiifiye gacmeed oo laga heli karo gelitaanka musqulaha iyadoo aamin ah oo waxqabad leh, iyo in la hubiyo tas'hiilaad gacmodhaqitaan oo ay ku jiraan biyo socda iyo saabuun dareere ah iyo xulashooyinka ku habboon ee qalajinta (ama shukumaan waraaqaha ama qallajiyeyaasha gacmaha) in ay diyaar yihiin. Shukumaannada wadaagga ah waa in laga saaraa laguna beddelaa waraaqaha hal mar la isticmaalo oo keliya.
* U deji hagitaan cad oo nadiif ah iyo tilmaam nadiifin musqulaha ah, oo leh soo noqnoqoshada nadiifinta oo la socota isticmaalka. Adeegso waxyaabaha wax lagu nadiifiyo ee caadiga ah, adiga oo fiiro gaar ah u yeelanaya sagxadaha taabashada ee badanaa la taabto, oo tixgeli isticmaalka marada la tuuro ama warqad si aad u nadiifiso dhammaan meelaha adag.
* Tixgeli sida hawo-bixinta dhismaha ay u wanaagsan tahay siina wanaaji halka ay suurtagalka tahay, tusaale ahaan adigoo hagaajinaya albaabada u furan meelaha ku habboon.
* Waa in taxaddar gaar ah laga yeesho nadiifinta musqulaha la qaadi karo iyo musqulaha ballaaran ee isku xirxiran.
* Samaynta jadwal nadiifin oo cad oo muuqda oo marwalba la cusbooneysiiyo oo muuqda.
* Fidinta tas'hiilaad dheetri ah ee qashinka iyo marar badan oo qashinka la uruuriyo

**Nadaafadda**

* Dhammaan sagxadaha, gaar ahaan kuwa inta badan la taataabto sida gacanta albaabka iyo biraha, waa in si joogto ah loo nadiifiyaa, iyadoo la isticmaalayo alaabada nadiifinta ee caadiga ah. Eeg [Hage](https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings/covid-19-decontamination-in-non-healthcare-settings). Waqti ku fillan waa in la siiyaa in nadaafaddan la sameeyo, gaar ahaan inta aan dib loo furrin. Alaabta sida joogtada ah loo isticmaalo, sagxadaha ama meelaha bannaan, oo ay ku jiraan tusaale ahaan albaabada u dhexeeya bannaanka iyo gudaha waa in fiiro gaar ah la siiyaa markii la nadiifinayo.
* Hay'adda Historic England ayaa sidoo kale soo saartey [hagaha nadiifinta sagxadaxa waxyaalaha taariikhiga ah](https://historicengland.org.uk/coronavirus/historic-places/cleaning-historic-surfaces/), oo laga yaabo in aysan munaasab u aheyn in lagu nadiifiyo iyadoo la isticmaalayo alaabaha nadiifinta.
* Waa in go'aan lagu gaaraa xarunta sida joogtada ah ee nadaafadda loo sameynayo iyadoo lagu saleynayo qiimeynta halista iyo isticmaalka dhismaha.

**Daboolidda wejiga**

* Caddaynta ayaa sheegeysa in xirashada weji dabool uusan ku difaaceynin. Si kastaba ha noqotee, haddii aad cudurka qabtid laakiin aadan weli yeelan astaamo, waxay siin kartaa xoogaa difaac ah dadka kale ee aad si dhaw ula xiriirtid.
* Daboolidda wejiga ma beddeleyso qaababka kale oo loo maareeyo halista, oo ay ku jiraan kala fogaanshaha bulshada, yareynta waqtiga lagu bixiyo isla xiriirka, iyo kordhinta dhaqidda gacmaha iyo sagxadaha. Tallaabooyinkan kale waxay weli yihiin dariiqooyinka ugu wanaagsan ee lagu maareeyo halista goobta cibaadada. Haddii aad leedahay astaamaha COVID-19, adiga iyo qoyskaagaba waa in aad isku go'doomisaan guriga: xirashada weji dabool arintani ma ay beddeleyso. Waa in aad [qorsheysaa in aad baaritaan iska qaado](https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/) si aad u ogaatid in aad COVID-19 qabtid.

Dadka cibaadeysanaya, mutadawiciinta iyo shaqaalaha, waxay xiran karaan waji dabool si ay u siiyaan badbaado dadka kale hadey sidaa sameeyaanna waa muhiim in ay u isticmaalaan sida saxda ah:

* Si fiican u dhaqdaan gacmaha ka hor inta aysan xiran iskana bixin.
* Waxa ugu muhiimsani waa in ay daboolaan afka iyo sanka oo ay si fiican wejiga u le'eg yihiin. Eeg [Hagaha ku sameynta guriga weji daboolka](https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering) .
* Weji daboolka waa in aysan isticmaalin carruurta yaryar ama kuwa ay ku adkaan karto in ay si sax ah u maareeyaan. Tusaale ahaan, carruurta ku jira dugsiyada hoose oo aan la saacideyn, ama kuwa qaba xaaladaha neefsashada.
* Daboolida wejiga la mid ma aha maaskarada qalliinka ama waxyaabaha neefta caawiya oo ay adeegsadaan daryeelayaasha caafimaadka iyo shaqaalaha kale ee qeyb ka ah qalabka ilaalinta shaqsiyeed. Maskaraatooyinkan iyo qalabkan neefsashada waa in loo sii diyaariyaa kuwa iyagu ugu baahan in ay iska ilaaliyaan halista ka jirta goobta ay ka shaqeeyaan, sida shaqaalaha caafimaadka iyo daryeelka, iyo kuwa ku jira goobaha warshadaha, sida kuwa mar walba la kulmaya halista siigada ee iyagu horayba ugu adeegsada shaqadooda maalinlaha ah.
* England marka ay tahay, dadweynaha ayaa si adag lagula talinayaa in ay xirtaan weji dabool marka ay joogaan isbitaalka waana waajib in weji dabool lagu xirto gaadiidka dadweynaha aan ka aheyn kuwa laga filayo ee ku jira [liiskan](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fguidance%2Fcoronavirus-covid-19-safer-travel-guidance-for-passengers%23exemptions-face-coverings&data=02%7C01%7CMichelle.Meso%40communities.gov.uk%7Cc1d74b7b7fb94341b41b08d816979f8d%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284187755690836&sdata=SApcq%2BtpCN8DWgk8%2B779YQRjvYkxgBe3Zy0eHvwx7js%3D&reserved=0).
* Weji daboolka waa in aysan isticmaalin carruurta ka yar da'da 3 ama kuwa ay ku adkaan karto in ay si sax ah u maareeyaan.
* Fadllan xusuusnow in xirashada weji daboolka ay xannibi karto la hadalka lala yeesho dadka ku tiirsan akhriska dibnaha, muuqaalka wajiga iyo cod waadix ah.

Daboolida wejiga la mid ma aha maaskarada qalliinka ama waxyaabaha neefta caawiya oo ay adeegsadaan daryeelayaasha caafimaadka iyo shaqaalaha kale ee qeyb ka ah qalabka ilaalinta shaqsiyeed. Kuwani waa in loo sii diyaariyaa kuwa iyagu ugu baahan in ay iska ilaaliyaan halista ka jirta goobta ay ka shaqeeyaan, sida shaqaalaha caafimaadka iyo daryeelka, iyo kuwa ku jira goobaha warshadaha, sida kuwa mar walba la kulmaya halista siigada.

**Ilaallinta kuwa nugul**

Waa in si gaar ah diiradda loo saaraa ilaalinta dadka caafimaad ahaan u nugul oo ay u badan tahay in ay ku dhacdo jirro aad u darran. Tallabooyinkan waa in ay ku jiraan:

* Hogaamiyeyaasha diinta, dadka caadiga ah, qoyska, mutadawiciinta, shaqaalaha iyo xubnaha bulshada, oo ay ku jiraan carruurta, [oo jooga guriga isna go'doominaya](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection) haddii ay qabaan qufac cusub oo joogto ah ama qandho sare ama lumis ama isbeddel xagga urka ama dhadhaka. Tani waa in lagu yareeyo halista faafidda COVID-19 uu ku faafo asxaabta, bulshaweynta, iyo gaar ahaan dadka nugul.
* Ashkhaasta ka gaashaamanaya (shielding) waa in ay ku sii dhaqmaan talabixinta dowladda ee ku saabsan [ka gaashaamashada (shielding)](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19).
* Haddii qof xanuunsado haystana astaamaha COVID-19 asagoo jooga meel goob cibaado waa in ay islamarkiiba guriga aadaan oo lagula taliyaa in ay raacaan [hagaha joogidda guriga (stay at home guidance)](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection), kaas oo daboolaya NHS Test and Trace.. Haddii ay u baahan yihiin talobixin caafimaad waa in ay khadka galaan ee ah NHS 111 (amaba ay wacaan 111 haddii aysan internet haysanin) Wac lambarka 999 haddii uu jiro qof si khatar ah u xanuunsadey amaba u dhaawacmey noloshoodana ay khatar ku sugan tahay. Waa in aysan booqanin GP-ga, farmasiyaha, xarun daryeel oo degdeg ah amaba isbitaal.

Dadka kale ee laga yaabo inay la xiriireen qofka xanuunsaday waa in ay gacmahooda si buuxda u dhaqaan wada dhaqankooda ka dib, laakiin uma baahna in ay qaadaan tallaabo kale oo gaar ah ilaa ay iyagu ka soo muuqan doonto astaamaha laftooda ama ay kula taliso in ay sidaa sameeyaan baaritaanka iyo raadinta NHS (NHS Test and Trace). Haddii ay ka soo muuqdaan astaamo waa in ay raacaan [hagaha joogidda guriga (stay at home guidance)](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection).

**Shakhsiyaadka jira 70 sano iyo wixii ka weyn ee tagaya goob cibaado**

* Dadka qaar ayaa laga yaabaa in ay halis sareysa ugu jiraan qaadista cudur darran oo ka yimaada COVID-19, oo ay ku jiraan dadka da'doodu tahay 70 ama ka weyn, iyadoo aan loo eegin xaaladaha caafimaad.
* Shakhsiyaadka ku jira kooxdan waxaa lagula talinayaa in ay guriga joogaan inta ugu macquulsan oo, haddii ay baxaan, in ay si gaar ah u taxaddaraan si loo yareeyo xiriirka ay la leeyihiin dadka kale ee ka baxsan gurigooda.
* Tixgeli in aad kooxdan si gaar ah ugu sheegtid astaamaha COVID-19 iyo [digniinta joogidda guriga iyo kala fogaanshaha bulshada ee hadda jirta](https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing).

**Shakhsiyaadka aadka caafimaad ahaan ugu nugul /ka gaashaamanaya (shielding)**

* NHS-ta waxay warqad u dirtey ilaa 2.2. Milyan oo qof kuwaas oo loo arko in ay si aad ah caafimaad ahaan ugu nugul yihiin COVID-19, lagulana taliyey in ay ka gaashaantaan (Shield). Eeg [Hagaha kooxdan](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19)  ee ugu danbeeyey. Bukaanka ka gaashaamanaya (shielding) ayaa hadda lagula talinayaa in aysan la kulmin wax ka badan hal qof oo ka baxsan qoyskooda, sidaa darteedna laguma talinayo in ay xaadiraan goobaha cibaadada. Laga bilaabo Isniinta 6da Luuliyo, shakhsiyaadka ka gaashaamanaya (shielding) waxay dooran karaan in ay isugu yimaadaan kooxo ilaa 6 qof ah bannaanka isla markaana ay la sameysan karaan ​xirmo taageero qoys kale, waxaase weli lagula talinayaa in aysan xaadirin goobaha cibaadada. Talobixinta kuwa caafimaad ahaan nugul iyo kuwa aadka u nugul caafimaad ahaan waa talobixin waxayna dooran karaan sida ay u maareynayaan halistooda.

**6. Sidee goobaha cibaadada ay ula wadaagi karaan hagahan booqdayaasha?**

* Goob kasta oo cibaado waxaa si xoog leh lagula talinayaa in ay hirgeliyaan tallaabooyinka lagu qeexay hagahan si loo hubiyo in booqdayaashu u hoggaansamaan hagidda Dowladda, iyo qiimeyn kasta oo halista ah loo dhammaystiray dhismaha, amniga dhammaan kuwa booqda ama ka shaqeeya halkaas awgeed. Dowladdu waxay si adag ugula talineysaa goob kasta oo cibaado in ay hubiso in booqdayaashu u hogaansamaan tilmaamaha kala fogaanshaha bulshada.
* Caqiidooyin badan waxay u soo saareen hage gaar ah bulshooyinkooda caqiidada kuna saabsan arrimaha qaarkood. Waxaa laga yaabaa in aad jeclaan lahayd in aad ka yeesho macluumaadka dowladda ee ku saabsan COVID-19 in ay helaan bulshadaada caqiidada iyo kuwa kale, si aad uga hortagto macluumaadka khaldan oon waxtarka laheyn.
* Waa in aad tixgelisaa in aad u sheegto [koox gaar ah oo dadka ka mid ah](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19#clinically-extremely-vulnerable-groups) oo halis dheeraad ah ugu sugan in ay qaadaan jirro darran oo ka timid COVID-19 astaamaha COVID-19 iyo hagiddii ugu danbeysey ee [joogidda guriga iyo kala fogaanshaha bulshada](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection) oo si xooggana uga joojisid in ay ka soo qeybgalaan shirarka diimeed inta lagu jiro waqtigan ama waqti u qoondeysid inay ka qeybgalaan salaadda shakhsiyeed.
* Goobaha cibaadada iyo hoggaamiyeyaasha caqiidada waa in ay tixgeliyaan sida hagida loola wadaagi karo booqdayaasha, oo ay ku jirto kahor inta aysan soo booqan, una heli karaan hab ku habboon dhaqamada, luqadaha iyo heerarka akhriska ee bulshooyinka ay u adeegeyso goobta cibaadada.

**7. Ilaallin ammaan**

* Ku hagidda goob cibaado tallaabooyinka COVID-19 waxay dabcan keeni doontaa is-beddello ku yimaadda siyaasadaha hawlgalka, geeddi-socodka iyo nidaamka goobta cibaadada. Isbeddello kasta oo kuwan ku yimaada waa in mar walba loo tixgeliyaa iyadoo laga eegayo waxyaalaha ay nabadgelyada ku keeni karto
* Meelmarinta hagahan goobaha cibaadada waa in la sii wadaa tixgalinta ilaalinta amniga si loo ilaaliyo nabadgelyo wax ku ool ah ee dhismaha, dhammaan shaqaalaha iyo booqdayaasha, khaasatan agagaarka albaabada / bixitaanka iyo saf kasta ama isu imaatinka bannaanka dhismaha halkaas oo ay dadku la kulmi karaan cudurka.
* Shakhsiyaadka mas'uulka ka ah amniga dhismaha waa in lala tashadaa lagana qeyb galiyaa sidii loo hubin lahaa in nabadgalyo wanaagsan la ilaaliyo ilaa iyo inta suurta galka ah iyo in aysan jirin cawaaqib xumo xagga ammaanka ah oo ka dhalata isbadal kasta oo la sameeyo. Qiimeyn halis waa in lagu sameeyaa waxqabad kasta oo cusub amaba isbedel shaqeynaya si loo hubiyo in la tixgeliyey halisaha iyo ficillada la taaban karo la sameeyey si loo yareeyo halista gudbinta la qeexey lana hirgeliyey.
* Waxay ku xiran tahay goob kasta oo cibaado in ay qiimeyso heerka halista, goobaha cibaadadana waxay dooran karaan in ay dib u dhigaan furitaanka haddii aysan dareensaneyn in ay si ammaan ah u awoodaan in ay ku qabtaan tallaabooyinka kala fogaanshaha bulshada hadda jira.

Marka aad ku gudajirtid qiimeynta halista waa in aad tixgelisaa arimaha amniga ee ku yaalla **Lifaaqa A.**

**8.**  **Dhaqangelinta**

Waa muhiim in laga warqabo qodobbada dhaqangelinta, sidaasoo kale ayey muhiim ugu tahay waaxaha kale.

Halka awooda dhaqangelinta (maamulka deegaankaaga), ay aqoonsato shaqsiyaadka mas'uulka ah ee aan tallaabo qaadin si loogu hogaansamo shuruucda caafimaadka bulshada ee la xiriirta iyo hagida lagu xakameynayo halista caafimaadka bulshada (ay ku jirto hagahan), waxay tixgelin doonaan qaadida tallaabooyin badan oo lagu hagaajinayo xakamaynta ee khataraha. Tusaale ahaan, tani waxay daboolaysaa loo shaqeeyayaasha aan qaadayn tallaaboooyinka ku habboon si loo hubiyo kala fogaanshaha bulshada, markay suurtagal tahay

Marka loo eego sharciga hadda jira ee [Sharciga Caafimaadka & Nabadgelyada (Health & Safety legislation)](https://www.hse.gov.uk/legislation/hswa.htm) ka gaabinta dhammaystirka qiimeynta halista ee xisaabta ku dareysa COVID-19 waxay noqon kartaa jebinta sharciga, sidoo kale ayaa sharciga la jebinayaa haddii la sameeyo qiimeynta halista aan laheyn tallaabooyin ku filllan. Tallaabooyinka ay hay'adda dhaqangelintu qaadi karto waxaa ka mid ah bixinta talobixin gaar ah loo shaqeeyayaasha si loogu taageero in ay gaaraan heerka loo baahan yahay, iyada oo loo marayo soo saarista ogeysiisyada dhaqangelinta si ay gacan uga geystaan ​​hagaajinta amniga. Jebinta culus iyo ku guuldareysiga u hogaansanaanta ogeysiiska dhaqangelinta ayaa noqon karta fal dambiyeed, oo leh ganaaxyo culus iyo xitaa xabsi ilaa labo sano ah.

Loo shaqeeyayaasha waxaa laga filayaa in ay ka jawaabaan ficillada noocaas ah wixii talo ama ogeysiis ah ee ay soo saaraan hay'adaha dhaqangelinta iyagoo si dhaqso leh u meel marinaya waxaana looga baahan yahay in ay sidaas ku sameeyaan waqti kasta oo ay soo rogto hay'adda dhaqangelintu. Intooda badan loo shaqeeyayaasha ayaa ah kuwo mas'uul ah waxayna ku biirayaan dagaalka UK ee ka dhanka ah COVID-19 iyagoo la shaqeynaya Dowladda iyo waaxyadooda si loo ilaaliyo shaqaalahooda iyo dadweynaha. Si kastaba ha ahaatee, kormeerayaasha ayaa sameynaya hubinta u hoggaansanaanta waddanka oo dhan si loo hubiyo in loo shaqeeyayaashu ay qaadayaan tallaabooyinka lagama maarmaanka ah.

**Lifaaqa A: Qiimeyn halis loogu talogaley ilaalin ammaan - arimaha la tixgelinayo**

Qiimeyn halista ah oo tixgelineysa ilaalin ammaan waa in la sameeyaa marka lagu daro, ama qeyb ahaan, wixii ah caafimaadka iyo amniga / badbaadada dabka ama qiimeyn ballaaran oo ku saabsan khataraha iyo halista ku imaaneysa dadka ku nool iyo hareeraha goobta cibaadada iyadoo ay sabab u tahay isbedelada la sameeyey si ay goobta cibaadadu u shaqeyso.

Safaf, kala fogaanshaha bulshada iyo nabadgelyada:

In kasta oo is ciriiriga dadku ay yar tahay in ay dhacdo inta kala fogaanshaha bulshadu ay si sax ah u shaqeyneyso, dib u qaabeynta meelaha banaan ayaa laga yaabaa in ay soo bandhigaan halisyo nabadgelyo cusub, gaar ahaan halka safafyo badan laga abuuray. Tixgellin waa in la siiyaa arimaha soo socda:

* Maareeyayaasha dhismaha waa in ay meel kasta oo ay suurta gasho, oo ay la jaanqaadaan kala fogaanshaha bulshada, abaabulaan safka hore ee meelaha hadaba la ilaaliyo; Maareeyayaasha dhismaha waa in aysan ka saarin astaamaha amniga ama alaabada waxtarka leh ee alaabta jidadka iyagoon tixgelinaynin amniga ilaalinta wareega.
* Haddii safka laga geli karo oo keliya meelaha ka baxsan goobaha la ilaaliyo markaa maareeyayaasha dhismahu waa in ay tixgeliyaan oo yareeyaan wixii nuglaan ah iyagoo: saf u dhigaya safafka ka dambeeya qaab dhismeedka joogtada ah (sida alaabada dariiqa, xirmooyinka, meelaha la dhigo kuwa alaabada lagu jiito iyo baaskiilada) si ay u bixiyaan ka hor istaag muuqaal ah iyo dib u dhigis; xiritaanka goobaha gawaarida ee meelaha la wadaago; hagaajinta waqtiga adeega iyo alaab keenista; yareynta fursadaha gawaarida in ay la falgalaan dadka lugeeya; dejinta caqabadaha adadag; Soo bandhigida xadka xawaaraha oo la yareeyay iyadoo la adeegsanayo xasilinta taraafikada.
* Maareeyayaasha dhismaha waa in ay ka fogaadaan in ay dadweynuhu ugu soo bandhigaan barta internetka ama khadka tooska ah, macluumaad faahfaahsan oo ku saabsan goobaha safka, waqtiyada iyo tirada dadka ama ka saarista astaamaha amniga sida alaabada dariiqa iyo xirmooyinka.

Shaqaalaha, saraakiisha amniga/ mutadawiciinta iyo wakiilada

Waa muhiim in shaqaaluhu feejignaadaan oo ay wax ka qabtaan khataraha amni ee imaan kara oo ay ka mid yihiin argaggixisannimada iyo dambiyada ballaaran. Waa in ay:

* Sii wadaan hubinta in wacyiga khataraha amniga la soo qaado oo ay weheliso khataraha caafimaad iyo badbaadada iyada oo loo sii marayo warbixinnada shaqaalaha
* In kasta oo wakiilada, iyo mararka qaar saraakiisha amniga, laga yaabo in ay diiradda saaraan maareynta dadka iyo safka sababaha nabadgelyada ee COVID-19 awgeed, waa in ay sii wadaan feejignaanta oo ay soo sheegaan wixii dhaqdhaqaaq ah ee laga shakiyo sida ugu dhaqsaha badan.
* Waxaa habboon in la tixgeliyo lahaanshaha wakiillo gooni ah oo lagu maareeyo kala fogaanshaha bulshada iyo dhinacyada caafimaadka iyo nabadgelyada, iyo amniga maadaama tani ay u saamaxeyso in fiiro aah loo yeesho si looga ilaaliyo goobta in ay ka nabad gasho khataraha.
* Hubi in ay jirto nidaam wada xiriir wanaagsan si aad dadka ula socodsiiso wixii dhacdo ah ee dhaca. Samee layli gaaban ama tijaabo si loo hubiyo habraacyada iyo qalabka in ay si sax ah u shaqeynayaan.

Wixii macluumaad dheeraad ah eeg Xarunta Ilaalinta Kaabayaasha Qaranka (Centre for Protection National Infrastructure) (CPNI) iyo Xafiiska Amniga Qaranka ee La-Dagaalanka Argagixisada (National Counter Terrorism Security Office) (NaCTSO) wixii [talo gaar ah oo xagga amniga ah oo la xiriirta COVID-19](https://www.cpni.gov.uk/staying-secure-during-covid-19-0).

Macluumaad waxtar leh ayaa sidoo kale laga heli karaa websiteyada soo socda:

**Talobixinta CPNI**

* **Talobixinada dhammaan nabadgelyada ee COVID-19:** [https://www.cpni.gov.uk/staying-secure-during-covid-19-0](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cpni.gov.uk%2Fstaying-secure-during-covid-19-0&data=02%7C01%7CKamalpreet.Rana%40communities.gov.uk%7C36c6db8968364ab3464408d816c365ac%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284375777592021&sdata=ThQQklrpjZQy5JU%2Fs9plO%2B5f0HTdXVOLBJWfTyaWS94%3D&reserved=0)
* Talobixin ku saabsan ilaalinta safafka laga ilaalinayo **gawaarida colaadaha wada (hostile vehicles)**: [https://www.cpni.gov.uk/system/files/documents/cd/fa/The risk to pedestrians from Vehicle.pdf](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cpni.gov.uk%2Fsystem%2Ffiles%2Fdocuments%2Fcd%2Ffa%2FThe%2520risk%2520to%2520pedestrians%2520from%2520Vehicle.pdf&data=02%7C01%7CKamalpreet.Rana%40communities.gov.uk%7C36c6db8968364ab3464408d816c365ac%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284375777602013&sdata=OIKkk%2FI2xLA3vzZtOBUxBjZ8PpWMfxsaAc7A9vOfG%2FM%3D&reserved=0)
* Talobixin ku saabsan **kormeerid colaad leh** (**hostile reconnaissance)** [https://www.cpni.gov.uk/system/files/documents/23/de/understanding-hostile-reconnaissance-understanding-and-countering-the-threat.pdf](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cpni.gov.uk%2Fsystem%2Ffiles%2Fdocuments%2F23%2Fde%2Funderstanding-hostile-reconnaissance-understanding-and-countering-the-threat.pdf&data=02%7C01%7CKamalpreet.Rana%40communities.gov.uk%7C36c6db8968364ab3464408d816c365ac%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284375777602013&sdata=WtfXcKkOZi9TclaqgcOpvGQuQ1oHUyHDpYvNvb4eIGU%3D&reserved=0)
* COVID-19 **ololaha goobta shaqada (workplace actions campaign)** (fariimaha ku saabsan kala fogaanshaha iyo nadaafadda)[https://www.cpni.gov.uk/covid-19-workplace-actions-0](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fscanmail.trustwave.com%2F%3Fc%3D10916%26d%3DqZS13uQ4TM0F8b1bcJdMCrDQKg2ryZF6XpAnOL7tuQ%26u%3Dhttps%3A%252f%252fwww.cpni.gov.uk%252fcovid-19-workplace-actions-0&data=02%7C01%7CKamalpreet.Rana%40communities.gov.uk%7C36c6db8968364ab3464408d816c365ac%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284375777612008&sdata=hH65c5EYW1g5dsiv9sc6nYOkNpkKe7YOYBFdbN9fJyg%3D&reserved=0)

**Talobixinta NaCTSO**

* **Talobixinta Guud ee Nabadgelyada:** <https://www.gov.uk/government/organisations/national-counter-terrorism-security-office>
* **Hagaha Meelaha Gaarka ah ee Dadka ku Badan Yahay** [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/820082/170614\_crowded-places-guidance\_v1b.pdf](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fassets.publishing.service.gov.uk%2Fgovernment%2Fuploads%2Fsystem%2Fuploads%2Fattachment_data%2Ffile%2F820082%2F170614_crowded-places-guidance_v1b.pdf&data=02%7C01%7CKamalpreet.Rana%40communities.gov.uk%7C36c6db8968364ab3464408d816c365ac%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284375777612008&sdata=DEq8C89dUxJoE%2Bu%2BjwW4lRGLRDfiuM%2F%2FNf%2FOO00oZ%2BM%3D&reserved=0)
* **Wax ka qabashada Internetka ka Hortageysa Argagixisada (Action Counters Terrorism e-learning):** [https://ct.highfieldelearning.com/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fct.highfieldelearning.com%2F&data=02%7C01%7CKamalpreet.Rana%40communities.gov.uk%7C36c6db8968364ab3464408d816c365ac%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284375777622003&sdata=8%2BNKCxmoGviit%2B0sJRku4a4dSdzUmIynxY7SwMe15UU%3D&reserved=0)
* **Wax ka Qabashada ka Hortageysa Argagixisada ee Mobile app-ka (Action Counters Terrorism Mobile App)– ayaa laga heli karaa** Download the Urim app in [Google Play](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fplay.google.com%2Fstore%2Fapps%2Fdetails%3Fid%3Dcom.app.urim%26hl%3Den&data=02%7C01%7CKamalpreet.Rana%40communities.gov.uk%7C36c6db8968364ab3464408d816c365ac%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284375777622003&sdata=Z2TJ%2Bdit7ovhKEqJCzGW5uW8qpu4X8TccxbsgdhqrqY%3D&reserved=0) or [App Store](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.apple.com%2Fgb%2Fapp%2Furim%2Fid1310305478&data=02%7C01%7CKamalpreet.Rana%40communities.gov.uk%7C36c6db8968364ab3464408d816c365ac%7Cbf3468109c7d43dea87224a2ef3995a8%7C0%7C0%7C637284375777631997&sdata=WCIcY3mPv2MlDrc179josK5D0CiixG5%2BP1RKm%2BOPnhc%3D&reserved=0). Ka dib email u dir [ct@highfieldelearning.com](emailudir:ct@highfieldelearning.com) si aad u dalbato username iyo password. Fadllan ogsoonow waxaa loo heli karaa oo keliya adeeg ganacsi / xirfad.

**Lifaaqa B: Foom warqad ah oo loogu talagalay soo ururinta oggolaanshaha iyo tafaasiisha xiriirka ee ka-qaybgalayaasha goobaha cibaadada:**

**FOOM: Foomka oggolaanshaha ee goobaha cibaadada iyo kuwa maareeya macluumaadka xasaasiga ah**

Si aan u taageerno barnaamijka Baaritaanka iyo Raadinta ee NHS, waxaan qaadaynaa tafaasiisha xiriirka (magaca iyo lambarka taleefoonka) dhammaan booqdayaasha, iyo sidoo kale diiwaangelinta waqtiyada la galayo lagana tagayo [magaca goobta cibaadada].

Iyadoo la raacayo hagaha ay soo saartay waaxda caafimaadka iyo daryeelka bulshada, waxaan u ilaalin doonnaa tafaasiishaada si nabadgelyo leh iyadoo aan u hogaansameyno sharciga GDPR muddo 21 maalmood ah ka hor inta aan si xafidan loo baabi'in ama loo tirtirin. Waxaan tafaasiishaada la wadaagi doonnaa oo keliya Baaritaanka iyo Raadinta ee NHS, haddii nala weydiiyo, haddii ay dhacdo in loo baahan yahay in laga caawiyo joojinta faafidda coronavirus. Tafaasiishaada uma adeegsan doonno ulajeeddooyin kale ama u gudbin doonno cid kale.

Waad ku mahadsantahay fahamkaaga.

Haddii aad oggolaato in aad bixiso macluumaadkaaga sababtan awgeed, fadlan buuxi foomka soo socda:

|  |  |
| --- | --- |
| MAGACA |  |
| Lambarka Taleefoonka |  |
| Saxiix |  |
| Taariikhda: |  |