

COVID-19 tijaabada antibodi-ga (maaddooyin jidhku sameeyo ee la dagaallama cudurada)

HELITAANLA IYO FASIRAADA NATIJJADA BAARITAANKAAGA

Soo gal 1177.se

Waxa kuu suurtoogali doontaa inaad baaritaankaaga hesho 48 saacadood ka dib marka baaritaanka la sameeyay. Soo gal adigoo soo maraaya

e-tjanster.1177.se kadibna dooro Journaltjänster (Diiwaangeli Adeeg).

Waxaad diwaankaaga toos uga daabacan kartaa natiijada baaritaankaaga. Meel dhigo warqadaa (helitaanla iyo turjumaada natiijada baaritaankaaga) ay ku dhigan tahay natiijadaadu.

Haddii aanad koonto ku lahayn 1177.se ama aad ay da'daadu tahay 13-18, ayaa natiijada baaritaanka loo diri doonaa gurigaaga.

Haddii aadan natiijada tijaabadaada arki karin 3 maalmood ka dib, la soo xiriir rugta caafimaadka ee dalabtey/sameysay baaritaanka (maalmaha sabbtida iyo axadda sug ilaa maalinta xigta ee shaqada).

Fasiraada tijaabada:

Ej påvisat (Lama helin): Antibodi-ga ku lidka ah fayruska Korona lagama helin tijaabada dhiiga, taas oo astaan u ah inaad qabin COVID-19.

Påvisat (Laga helay): Antibodi-ga ku lidka ah fayruska Korona lagama helin tijaabada dhiiga, taas oo micnaheedu yahay inay aad u badan tahay inuu kugu dhacay COVID-19. Taasi waxay ku siin doontaa waxoogaa difaac ah, inkasta oo xilligan hadda ilaa inta uu difaacaas jiri doono aan la aqoon.

Ogsoonow in aqoonteen, iyo sidoo kale waliba macnaha natiijadaadu, laga yaabo in ay is bedesho.

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U fasiraada baaritaanka antibodi-ga ah sida ay sheegtay Hay'ada Caafimaadka Dadweynaha ee Iswiidhan

Antibodi-ga laga helay tijaabada dhiigga waxaa loo arkaa inay micnaheedu yahay:

- Dhimista khatarta inaad cudurka adigu qaado, iyo taas mideed kale oo ah yareynta halista aad cudurka ugu gudbineyso dadka kale ee bulshada.
- Waxa suurtoagal noqon doonta in lala macaamilo dadka kale, oo ay ku jiraan kuwa ka midka ah dadka halista ugu jira, haddii aad raacdo talooyinka guud (eeg hoos).

Marka horre, tani micnaheedu waxa uu noqon doonaa sii wadashada lamacaamilka bulshada, ee gudaha guryaha iyo dibaddaba labadaba, oo lala yeesho kuwa kugu dhowdhow sida qoyska iyo asxaabta, iyo sidoo kale dadka ka midka ah kooxaha halista ugu jira. Xaddidaadda in laga fogaado meelaha dadka badan ee bulshadu iskugu yimaadaan ayaa weli sii jiri doonta.

Soo jeedimaha guud

Ogsoonow in qof kasta uu waqti kasta u baahan doono inuu sii sameeyo isagu qiimeyntiisa u gaarka ah oo uuna sii wato raacitaanka talaabooyinka guud ee xakameynta infegshanka ee bulshada khuseeya, sida:

- Joogitaanka guriga haddii aad xanuun dareemeyso.
- Aad si joogto ah gacmahaaga u dhaqdo. Markaad wax taabato ayaa fayrasku uu ku dhegi karaa gacmahaaga. Waa inaad sidaa darteed joogto u dhaqdaa gacmahaaga maadaama oo ay taasi ka goyn doonto fayruska. Tani waxay dhimeysaa halista faafitaanta infegshanka.
- Ku dabaqida talooyinka guud, tilmaamaha iyo sharciga gareynta ka imaaneyna hay'adaha dowliga si loo dhimo faafitaanka cudurka ee bulshada dhexdeeda.
- Goobta shaqada: raac nidaamka loo dejiyey iyo tilmaamaha ku saabsan qalabka ilaalinta amaanka shaqsiga iyo nidaamka nadaafadda ee qaybaha daryeelka caafimaadka iyo daryeelka.

Ka akhriso macluumaad dheeraad ah bogga internetka ee Hay'ada Caafimaadka Dadweynaha ee Iswiidhan:

[folkhalsomyndigheten.se/the-public-health-agency-of-sweden/communicable-disease-control/covid-19/](https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/communicable-disease-control/covid-19/)

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