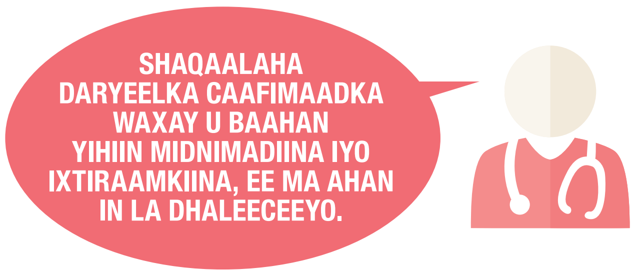
IHL IYO XILLIGAN COVID-19 GAAR AHAAN QAABKA

Iyadoo ay la daalaadhacayayaan sanado dagaal, burburin, sii yaraanshaha adeegyada aasaasiga ah iyo barakac, dadka ku dhex nool iska-horimaadyada hubaysan ayaa hadda qaab COVID-19 ahaan u wajahayaan cabsi xoog leh. Iyada oo dad badan nolol ahaan ku tiirsanyihiin gargaarka bani'aadamnimo, hadana yaanan iloobin in xeerka caalamiga ee bani'aadamnimada(IHL) dhowritaan muhiim ah siinaayo dadka ay saameeyeen iska-horimaadyada hubaysan-xitaa inta lagu guda jiro cudurka saf-marka ah.

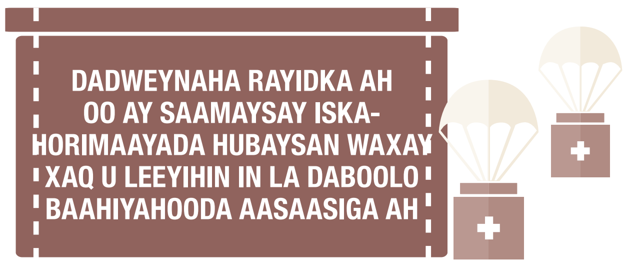


BIXINTA DARYEELKA CAAFIMAADKA

Dhismayaal caafimaad oo si fiican loo qalabeeyey oo shaqaale ku filan leh ayaa lagama maarmaan u ah bixinta daryeel caafimaad oo ballaaran iyada oo dillaaca COVID-19 uu si cad u muujiyay. Shaqaalaha caafimaadka, waaxaha daryeelka caafimaadka iyo tas-hiilaadka gadiidka waa in laga dhowraa weerar inta lagu jiro isku- dhaca.

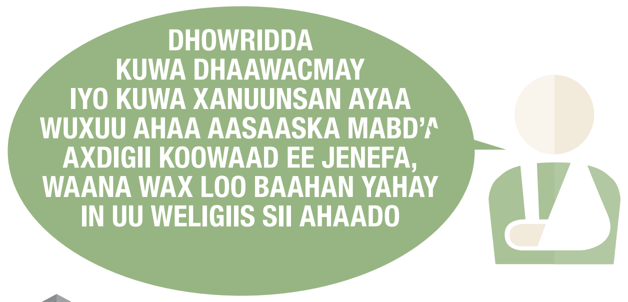
BIYO SIINTA

Inta lagu jiro isku-dhaca, shabakadaha biyaha oo ay ku jiraan fayo-dhowrka iyo qalabka biyo qaybinta la rakibay ayaa waxaa laga dhowraa weerar labadaba agabyada rayidka iyo agabyada lagama maarmaanka u ah jiritaanka dadweynaha rayidka ah.



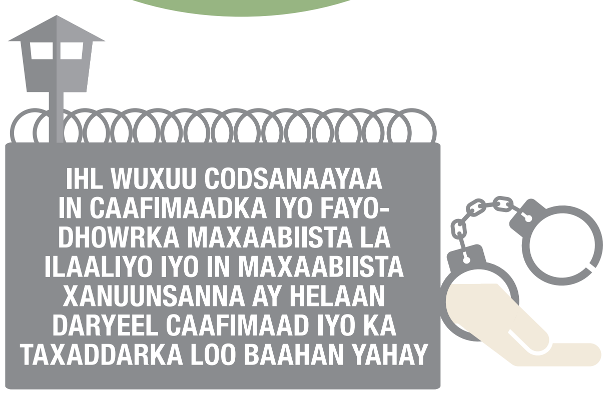
GARGAARKA BANI'AADAMNIMADA

Maadaama Dawladuhu ay qaadayaan tallaabooyin ay ku xakameynayaan faafitaanka fayraska, waxay noqon doontaa muhiim in la hubiyo in gargaarka bina-aadamnimo ee eex-la'aanta ah gaarayo dadweynaha nugul iyo in shaqaalaha gargaarka ay awood u yeeshaan in ay sii wadaan caawinta kuwa aadka ugu baahan.



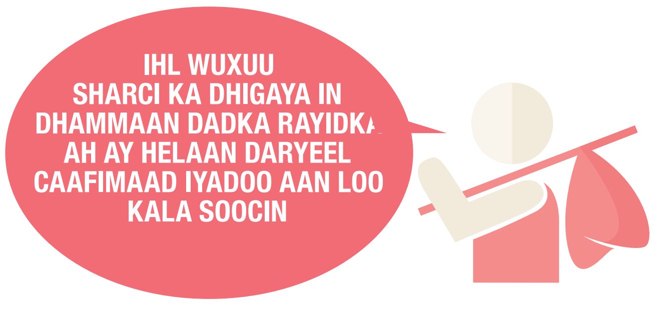
SHAKHSIYAADKA SIDA GAARKA AH UGU SUGAN KHATAR

Waa lagama maarmaan in la hubiyo in dadka da'da ah, dadka naafada ah, kuwa qaba xaalado caafimaad oo hore u jiray iyo nidaamyada difaaca jirkooda daciifay aan la iloobin. Da'dooda ama xaaladdooda jir ahaaneed ayaa waxay ku adkayn karaan inay u hoggaansamaan tallaabooyinka ka hortagga ah ee caafimaadka, sidaas darteed gelinaya halis sare oo caabuq ah.



MAXAABIISTA

Xarumaha xabsiyada ee buux-dhaafka ah ama aan haysan nadaafad ku filan ama kaabayaasha hawo siinta ayaa keenta caqabad halis ah marka ay tahay ka hortagga faafitaanka cudurrada faafa sida COVID-19. Waxaa lagu talinayaa in xarumaha xabsiyada cudurka ka baaraan dadka cusub oo imaanaya, rakibaan meelaha gacmo-dhaqashada iyo in ay abuuraan qolal karantiil ah.



BARAKACAYAASHA, MUHAAJIRIINTA, MAGANGALYO-DOONKA IYO QAXOOTIGA

Dhammaan dadka rayidka ah ayaa laga dhowraa waxyeellada colaadaha hubaysan iyo in si sharci darro ah xoriyadda looga qaado. Tani waxay si la mid ah u khusaysaa dadka gudaha ku barakacay, muhaajiriinta, magangalyo-doonka iyo qaxootiga, kuwaas oo si gaar ah baylah ugu yihiin faafida cudurka COVID-19, marka loo eego duruufahooda nololeedka adag oo joogtada ah.

CARRUURTA IYO WAXBARASHADA

IHL waxaa ku jira xeerar dhinacyada ku lugta leh isku- dhaca uga baahan yahay in ay fududeeyaan helitaanka waxbarashada. Si kastaba, dugsiyo badan ayaa si ku meel gaar ah loo xirey cudurka saf-marka dartiis. In kasta oo ay tahay tallaabo ka hortag oo muhiim ah, waxay culeys dheeraad ah saaraysaa sii wadidda waxbarashada, gaar ahaan meelaha ay ka jiraan iska -horimaadyada hubaysan.

WIXII MACLUUMAAD DHEERAAD AH OO KU SAABSAN SIDA IHL U DHOWRAYO INTA LAGU JIRO SAF-MARRADA, FADLAN BOOQO:
https://www.icrc.org/en/document/covid-19-how-ihl-provides-crucial-safeguards-during-pandemics

ICRC