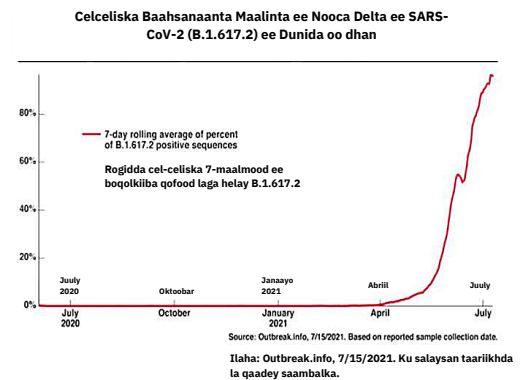


NOOCA DELTA EE COVID-19 WARQADDA XAQIIQADA AH

Waa maxay nooca Delta?

Fahamkayaga ku saabsan fayraska SARS COV-2 si dhakhso ah ayuu is-beddela.
Fayrasyadu si joogto ah ayeey u horumaraan oo is-beddelaan, iyagoo soo saara noocyo kala duwan. Mararka qaarkood, noocyada cusub ayaa ka khatar badan fayraskii asalka ahaa.

Nooca Delta, oo sidoo kale loo yaqaan B.1.617.2, ayaa markii ugu horaysay laga helay Hindiya sannadkii hore, haddana boqolkiiba 80 ee kiisaska COVID ee Maraykanka waa noocaan (1). Nooca Delta wuxuu ku faafaa si ka dhaqso badan fayraskii asalka ahaa, xogtuna waxay muujisay in dadka qaba nooca Delta ay jirkooda ku sidaan fayras 1000 jeer ka badan midka asalka ahaa, taasoo u sahlaya inay dadka kale ku faafiyaan fayraska (2)



DELTA WUXUU SI XUN U WAXYEELLEYYAA DADKA AAN LA TALLAALIN

99.5%

Boqolkiiba 99.5 ee dadka ku dhinta COVID-19 waa kuwa aan la tallaalin.

Maaddaama tirooyinka dadka qaba fayraska kor u kaco iyo tirada dadka la tallaalo hoos u dhaco, gobollada iyo bulshooyinka leh heerar tallaala hooseeya ayaa arka kororka ugu dhakhsaha badan ee COVID-19 - gaar ahaan nooca Delta (3).

Warbixintu waxay muujineysaa in kiisas badan oo COVID ah oo sababay isbitaal dhigista dad ka da' yar kuwii hore la arki jiray. Xataa carruurta ayaa la dhigaa qaybta daryeelka deg-degga ah ee isbitaalka (4).

Inkastoo inta badan dhallinyarada, dadka caafimaad qaba ay ka soo kabsadaan COVID-19, caabuq kasta wuxuu leeyahay halis (5). Dad badan oo dhallinyaro ah, oo caafimaad qaba ayaa isbitaal la dhigay, waxaana ku dhacey calaamadaha daba dheeraadka ah ee COVID-19, ama waxay COVID-19 u gudbiyeen dad kale. Khubaro badan oo caafimaadka dadweynaha ah ayaa rumaysan in ku dhawaad qof kasta oo aan la tallaalin uu aakhirka ku dhici doono nooca Delta ee fayraska.

Astaamaha nooca Delta waxay u muuqdaan inay la mid yihiin nooca asalka ah ee COVID-19. Si kastaba ha ahaatee, takhaatiirta waxay arkaan in dadka si dhaqso ah u bukoodaan, gaar ahaan dad ka da' yar (6). Sawirka saamaynta daba-dheeraadka ah ee fayraska COVID ayaa sidoo kale noqonaya mid cad. Mid ka mid ah 10-kii qof ee uu ku dhaco xitaa COVID-ga khafiifka ah ayaa la kulma dhibaatooyin caafimaad ee daba-dheeraad ah sida xanuunka laabta, neefta oo ku qabata iyo daal xad-dhaaf ah (7). Qaar badan oo ka mid ah dadkani waxay ahaayeen dhallinyaro oo caafimaad qabay ka hor intuu ku dhicin COVID-19.

RESPECT US. PROTECT US. PAY US.

CAABUQYADA TALLAALKA KA DIB

Ma jiro tallaalka oo waxtarkiisu yahay boqolkiiba boqol, waa iska caadi in qofku cudurka ku dhici karo tallaalka ka dib. Caadi ahaan, dadka la tallaalay ee ku dhaca nooca Delta ee fayraska wax astaamo ah ma lahan ama waxay leeyihiin astaamo aad u khafiif ah oo la mid ah hargabka caadiga ah sida qufaca, qandho ama madax xanuun, kaaso lagu daro awood la'aanta dareemida urka.

Laga soo bilaabo Luulyo 26, 2021, 6,587 qofood oo ka mid ah 163 milyan ee qofood oo si buuxda loo tallaalay ayaa isbitaal la dhigay ama ku dhintay cudurka tallaalkooda ka dib - taasi waa boqolkiiba 0.00004 ee dadka la tallaalay. (8).

NATIJADA UGU DAMBEEYA

Tallaalka COVID-19 wuxuu ka hortagi karaa ku dhawaad kiis kasta oo COVID-19 ah (9). Waa inaan sii wadnaa wacyigelinta iyo wax barashada bulshooyinka heerkooda tallaalka hooseeya, oo aan hubinno inay helaan taageero si qof walba loo tallaalo.

Helitaanka tallaalku waa inuu ahaado mid siman kaasoo ku jiro waqti fasax mushaar leh si ay dhammaan kuwa u baahan u helaan. Helitaanka tallaalku waa qayb ka mid ah sameynta goob shaqo ammaan ah. Waa inaan sii wadnaa xakameynta iyo yareynta caabuqa socda, hubinno in la heli karo qalabka ilaalinta shaqsiyeed ee habboon (PPE) iyo u doodno fasax mushahar leh, mushahar caddaalad ah iyo helitaanka daryeel caafimaad ee dhammaan shaqaalaha muhiimka ah.

[1] NYTimes: "The Delta variant makes up an estimated 83 percent of U.S. cases, the C.D.C. director says"

[2] Nature: "How the Delta variant achieves its ultrafast spread"

[3] July 16, 2021. Press Briefing by the White House COVID-19 Response Team and Public Health Officials

[4] NBC News: "Young, unvaccinated people are being hospitalized with Covid-19 as Delta variant spreads, officials warn"

[5] ABC News: "Mississippi health officials warn about Deltadelta 'surge' as 7 children in ICU due to COVID-19"

[6] UC Davis Medicine: <https://health.ucdavis.edu/coronavirus/covid-19-information/Delta-variant.html>

[7] JAMA: "Symptoms and Functional Impairment Assessed 8 Months After Mild COVID-19 Among Health Care Workers"

[8] CDC: <https://www.cdc.gov/vaccines/covid-19/health-departments/breakthrough-cases.html>

[9] Washington Post: "New study on Delta variant reveals importance of receiving both vaccine shots, highlights challenges posed by mutations"