



Daweynta afka ee COVID-19

19 July 2022

Waa maxay daweynta afka?

Daawaynta afka ee COVID-19 waa dawooyinka afka laga qaato sidii kiniin ama kaabsal oo loogu talagalay dadka u qalma ee laga helay COVID-19. Faa'iidada daawooyinkan ayaa ah in dad badan ay awoodi doonaan inay ku helaan daaweynta COVID-19 guryahooda iyaga oo aan u baahnayn inay u safraan isbitaal si loogu daweeyo bukaan-jiif ahaan.

Sidee iyo goorma ayay tahay in la qaato daawaynta afka?

Dawooyinka waxa loo qaataa sidii kaniini ama kaabsal 12-kii saacadoodba 5 maalmood gudahooda laga bilaabo marka astaamuhu bilaabmaan ama sida ugu dhakhsaha badan ee suurtoogalka ah ka dib marka laga helo COVID-19.

Yaa u qalma daawaynta afka?

Dadka da'doodu tahay 18 sano iyo ka weyn

Haddii lagaa helo COVID-19, waxaa laga yaabaa inaad u qalanto daawaynta afka ka hortagga fayraska haddii aad 18 jir tahay ama ka weyn tahay oo aad dhexdhexaad ilaa si daran u difaacdo.

Xaaladaha difaaca jirka oo dhexdhexaad ah ama daran waxaa ka mid ah:

- kansarka dhiigga ama qaar ka mid ah cilladaha unugyada dhiigga cas (thalassaemia, cudurka sickle cell)
- qaataha ku-tallaalidda
- difaaca jirka aasaasiga ah ama la helay (HIV).
- kiimoteraabiga ama shucaaca jirka oo dhan 3dii bilood ee u dambeeyay
- daawaynta corticosteroid qiyaas sare leh ama pulse corticosteroid therapy 3 bilood ee la soo dhaafay

- daawaynta difaaca jirka 3-dii bilood ee la soo dhaafay
- rituximab 12-kii bilood ee la soo dhaafay
- curyaan maskaxeed ama hoos u dhac
- cudurada wadnaha ee lagu dhasho
- naafada ku nool xaalado badan iyo/ama daciifnimo.

Dadka da'da ah iyo dadka Aborijiniska iyo Torres Strait Islander

Haddii aad tahay qof da' ah ama Aboriginal iyo Torres Strait Islander, oo aad tijaabiso COVID-19, waxaa laga yaabaa inaad u qalanto daawaynta afka ee fayraska haddii aad:

- 70 sano ama ka weyn iyadoon loo eegin arrimaha khatarta ah oo leh ama ka oo aan lahayn astaamo
- 50 jir ama ka weyn oo leh **2** arrimood oo khatar ah (hoos ku taxan)
- Aboriginal ama Torres Strait Islander, 30 sano ama ka weyn oo leh **2** arrimood oo halis ah (hoos ku taxan).

Qodobbada khatarta ah:

- ku noolaanshaha daryeelka da'da ee la deggan yahay
- naafada ku nool xaalado badan iyo/ama tabar daran (laakiin kuma koobna ku noolaanshaha hoy la taageeray)
- xaaladaha neerfaha sida istarogga ama waallida iyo xaaladaha demyelinating tusaale. sclerosis badan, Guillain-Barre Syndrome
- xaalado neef-mareen oo daba-dheeraaday oo ay ku jiraan cudurka sambabada xannibaadda joogtada (COPD), neef dhexdhexaad ah ama daran
- buurida ama sokorowga (nooca I ama II ee u baahan daawo)
- wadnaha oo istaaga, halbowlaha afkeesa, cardiomyopathies (wadno-xanuunnada)
- kelyaha oo hawl gab ama cirrhosis
- ku noolaanshaha meel fog iyadoo helitaan daryeel caafimaad oo heer sare ah ay hoos u dhacday.

Dawooyinkani kuma habboona qof walba, markaa la hadal dhakhtarkaaga si aad u hubisid u-qalmitaankaaga.

Sidee iyo xagee laga helaa dawaynta afka?

Waxaad u baahan tahay warqad dhakhtar si aad u heshid dawaynta COVID-19 ee afka. Waxaad ka heli kartaa farmasiyada warqad dhakhtar.

Dawaynta fayraska afka ma la kabi jiray?

Dadka xaqa u leh waxay heli karaan dawaynta afka laga kabo ee ka hortagga fayraska iyada oo loo marayo Pharmaceutical Benefits Scheme (Qorshaha Faa'iidooyinka Dawooyinka) iyagoo wata warqad dhakhtar la oggol yahay, tusaale ahaan dhakhtar.

Dadka laga helo COVID-19 laakiin aan haysan kaadhka Medicare waxay la xidhiidhi karaan GP-ga bukaan-socodyada neefsashada si ay talo uga helaan ikhtiyaarrada dawaynta.

Yay tahey in aaney qaadan dawaynta afku?

Dawaynta afka laguma talinayo in loo isticmaalo haweenka uurka leh ama naaska nuujinaya - taas oo ka dhigaysa mid aad muhiim u ah in haweenka uurka leh iyo kuwa naaska nuujiya la tallaalo ka soo horjeeda COVID 19.

Dawooyinka qaar maaha kuwo badbaado u leh in lala isticmaalo dawooyinka kale waana in aan loo isticmaalin dadka qaba kelyaha ama beer xanuunka daran.

Dawaynta afka iyo bacriminta

Haddii lagu qoro dawaynta afka ee COVID-19 waa inaad si dheeraad ah uga taxadartaa isticmaalka ka hortagga uurka maxaa yeelay dawadu waxay saamayn kartaa sida ka hortagga uurkaagu u shaqeeyo. La hadal dhakhtarkaaga haddii aad wax su'aalo ah ka qabtid ka hortagga uurka ee kala duwan iyo waxa adiga kuu fiican.

Tallaalka iyo dawaynta afka

Dawayntan looguma talagelin in loo isticmaalo beddelka tallaalka ka dhanka ah COVID-19.

Tallaalku waa habka ugu wanaagsan ee aad naftaada, kuwa aad jeceshahay, iyo bulshada kaleba uga ilaalin kartid COVID-19.

Ansixinta

Dhammaan dawooyinka Australiya waa in loo oggolaadaa isticmaalka Therapeutic Goods Administration (Maamulka Alaabta Therapeutic) (TGA). TGA waa saynis yahanada iyo khabarada caafimaadka ee nidaamiya oo ansixiyaa dhammaan tallaalkada, dawooyinka iyo alaabada kale ee caafimaadka si loogu isticmaalo Australiya. TGA waxay leedahay heerar adag oo u oggolaanaya dawooyinka in lagu isticmaalo Australiya. Kaliya waxay oggolaadaan dawooyinka badbaadada leh ee wixtarka leh. Tan waxaa ku jira COVID-19 dawaynta afka.

Macluumaad dheeraad ah

Si aad u heshid macluumaadka COVID-19 iyo taageerada luqadaada, wac National Coronavirus Helpline (Khadka Caawinta Coronavirus ee Qaranka) 1800 020 080 oo dooro ikhtiyaarka 8 ee kaalmada turjumaada bilaashka ah.