

# COVID-19:

*Saamaynta caafimaad iyo aayaha muddada dheer*

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Xanuunka COVID-19 waa cudur ku dhaca habdhiska neefsashada aadanaha oo si fudud loo kala qaadi karo isla markaana si sahlan u faafi kara. Cudurkani, waa mid safmar ah oo sababa dhimasho ama le'asho badan iyo waxyeellooyin kala duwan oo ku habsada nolosha dadka. COVID-19 waxaa keena fayras ugub ah oo adduunka ku cusub kaas oo jiritaankiisa dhowaan la ogaaday. Fayraskani, ilaa hadda malaha wax daawooyin ah oo lagu daaweyn karo mana jiro wax tallaah ah oo lagu hor-qabatayn karo. Dabayaaqadii Diseembar 2019, ayuu markii ugu horreysay ka dillaacay waddanka Shiinaha haddase faraha ayuu ka baxay, waxa uu ku faafay caalamka oo dhan oo wuxu si dhakhso ah u noqday masiibo Saf caam ah [*pandemic*]. COVID-19 ilaa iyo maalintii uu bilaabmay waxa sii kordhaya dhibaatooyinka iyo saamaynta uu ku yeeshay nolosha bulshada adduunka. Wuxu keenay halis caafimaad, dhaqaale burbur, shaqo la'aan, cunto yaraan, hakad xagga waxbarashada ah, cabsi iyo jaahwareen ku dhacay isu socodkii dunida. Qormadan, soo socota waxan si kooban ugaga hadli doonnaa guud ahaan sayniska cudurka COVID-19, saamaynta caafimaadka iyo aayaha muddada dheer ee SARS-CoV-2. Waxan ku guudmari doonna xaaladda caafimaadka adduunka ee hadda, saamayntii waayadii hore ee cudurrada faafa, fayrasyada ugubka ah iyo halistooda caafimaad, waxyaabaha keena fayrasyada ugubka ah, fayrasyada korona iyo asalkooda, qaab dhismeedka koronafayras, magacaabista rasmiga ah ee cudurka COVID-19, cudurka fayraska SARS-CoV-2, sidee cudurka SARS-CoV-2 loo qaaday, habka la isugu gudbiyo SARS-CoV-2, tilmaamaha lagu garto cudurka COVID-19, hababka ogaanshaha cudurka COVID-19, daaweynta cudurka COVID-19, siyaabaha looga hortago cudurka COVID-19, saamaynta iyo halistiisa caafimaad iyo ugu dambayntii mustaqbalka iyo aayaha muddada dheer ee cudurka COVID-19. Ujeedka qoraalkani waa sidii bulshadu u heli lahayd macluumaad iyo tixraacyo aasaasi ah oo ku saabsan cudurka COVID-19. Qaybaha uu qoraalku ka kooban yahay midba midka kale waa ka madax bannaan yahay, sidaa darteed, qof kasta mawduuca iyo qaybaha uu rabo ama xiisaynaayo buu dhugan karaa.

## **Xaaladda Caafimaadka Adduunka iyo Cudurka COVID-19**

Xaaladda caafimaadka adduunka ee hadda jirtaa waxay maraysaa meel cakiran oo aan la garanayn halka mustaqbalkeedu ku dambayn doono iyo aayaha ka dhalan doona midna. Waxa mar keliya adduunka qabsatay cabsi, baqdin iyo wer-wer/wal-wal weyn oo lama filaan ah, taas oo ilaa hadda ay dunidu la daalaadhacayso dhalashada masiibo ama afo caam ah oo durba u horseedday silic weyn, dhimasho, iyo carqalado badan oo saamayn taban ku yeeshay xagga nolosha caadiga ah. Kalsoonidarrada, cabsida iyo hubaal la'aanta waxa sii xumeeyey aaminaadda iyo rumaysnaanta ah in waxan oo dhibaato ah oo aan soo aragnay ay tahay mid cusub oo wax qarsoon ah isla markaana ay adagtahay in la fahmo, xalliyo iyo inaan cidiba garanayn sida looga baxayo. Ilaa December 2019, waxa caalamku ku waabariistay kuna baraarugay cudur si tartiib-tartiib ah u dhashay oo si deg deg ah u koray isuna bedelay cudur faafa oo noqday Saf caam ah si dhakhso ahna u gaadhay dal walba ama adduunka oo dhan. Kaas oo si dhab ah u gilgilay nolosha bulshada adduunka kuna beeray ama abuuray cabsi iyo halisgelin aan hore loo arag ama loo aqoonin oo soo foodsaartay jiritaankooda ummadnimo.

Sare u kaca dhimashada iyo tirada kiisaska dadka uu ku dhacay cudurku waxay horseedeen isbedello dhinac kasta oo ka mid ah nolosheenna, shaqadeenna, waxbarashada (iskuullada, jaamacadaha, iwm), madadaalada, ganacsiga, safarka, fayd qabka dhaqaalaha, iyo isdhexgalka bulshada, asxaabta iyo qoyska. Saf caamkan ayaa ka mid noqonaya cudurrada faafa kii ugu horreeyey ee ku soo beegmay xilligan warbaahinta baraha bulshada adduunka hogaamiso. Taas oo ay adag tahay helitaanka macluumaad muhiim ah, xaqiiqooyin iyo xog-ogaalnimo sax ah oo ku saabsan cudurka COVID-19 kuwaas oo lagu kalsoonaan karo. Warbaahinta bulshada ayaa inta badan baahisa xogo iyo warar been ah, kuwaas oo sii kordhinaya cabsida, welwelka iyo jahwareerka bulshada haysata. Intaas waxa sii dheer, waxa jira qaybo badan oo ka mid ah bulshada caalamka oo aan iyagu rumaysnaynba jiritaanka iyo waxyeellooyinka fayraska sababa cudurka COVID-19.

Khumiistii, 30 Janawari 2020, WHO (*Laanta Caafimaadka Adduunka*) waxa ay ku dhawaaqday xaalad caafimaad oo deg-deg ah oo caalami ah. Waxayna shaaca ka qaadday in cudurka koronafayras [*coronavirus infection*] uu yahay mid aad u daran oo halis ah ayna suurtagal tahay inuu ku faafo adduunka oo dhan. Sidaas awgeed, loo baahan yahay in si wadajir ah looga wada qayb qaato dedaallada lagu xakamaynaayo cudurka koronafayras. Arbacadii, 11 Maarso 2020, WHO waxa ay markale ku dhawaaqday in cudurka Koofidh-19 (COVID-19) ee dalka Shiinaha ka dillaacay in xaaladdisu u gudubtay heer Saf caam ah [*pandemic*] kuna wada faafay dunida oo dhan. Cudurka koronafayras xaaladdisu weli waa mid socota oo isbed-bedelaya, wuxuu weli ugu fidayaa si baaxad leh gudaha waddamada badankooda. Waxa sii kordhaysa tirada dadka u dhintay ama u geeriyootay iyo inta uu ku dhacay ee qaaday. Cabsi iyo argagax badan baa ka jirta meel walba, gaar ahaan dalalka uu ilaa hadda ku sii fidaayo sida USA, India, Laatiin America iyo dalalka saboolka ah ee u badan qaaradda Afrika. Laanta WHO, waxay ku sheegtay warbixinteedii ugu dambaysay inuu cudurku weli sii fidaayo oo dhimashada dadkuna sii badanayso sida ay muujinayso xogta rasmiga ah ee ay soo saartay 10/09/2020 ee hoos ku qoran\*:

Tirada guud ee dadka uu ku dhacay waxa ay gaadhaysaa wadartoodu: 27,738,179

Tirada guud ee dadka u geeriyooday waxa ay dhan tahay: 899,916

Qaaradda Afrika dadka uu ku dhacay waxa ay tiradoodu gaadhaysaa: 1,322,452

Qaaradda Afrika dadka u dhintay waxa ay tiradoodu gaadhaysaa: 31,913

Dalka Soomaaliya dadka uu ku dhacay waxa ay tiradoodu gaadhaysaa: 3,371

Dalka Soomaaliya dadka u dhintay waxa ay tiradoodu gaadhaysaa: 97

*\*WHO Global report as of 4:05pm CEST, 10 September 2020, there have been 27,738,179 confirmed cases of COVID-19, including 899,916 deaths, reported to WHO. From Africa CDC Dashboard Last update: 9/9/2020: Confirmed cases: 1,322,452, Deaths: 31,913, Recoveries: 1,059,892.*

*\*From WHO report: In Somalia, from Mar 16 to 4:05pm CEST, 10 September 2020, there have been 3,371 confirmed cases of COVID-19 with 97 deaths.*

### Saamayntii waayadii hore ee cudurrada faafa

Saamaynta caafimaad ee cudurrada faafaa maaha mid ugub ah ama imminka innagu cusub oo aan hore u jiri jirin. Intii ilaahay arlada iyo noolaha ku nool abuurayba waa jireen maqalkooduna dhegaha kama maqnayn. Tusaale ahaan, wax badan baan maqallay geyiga Soomaalida dhacdooyin caam ahaa sida Siigo case iyo Furuqle. Waa waqtiyo hore oo cudurrada daacuunka iyo furuqu ay ka dillaaceen Soomaaliya iyo geeska Afrika, halkaas oo dad fara badani ku naf waayeen. Sidaas awgeed, taariikhda cudurrada faafa iyo saamayntooda caafimaad ee aadanaha adduunka waa mid soo jireen ah, in kastoo ay aad u yaraatay wixii ka dambeeyay horraantii qarnigii 19aad sida aan hoos ku arki doonno.

Mar kasta oo dunida cudur aan hore u jirin ka dillaaco waxay xusuusisaa bulshada adduunka xusuuso argagax iyo cabsi badan lahaa oo hore u soo maray, kuwaas oo ummad aan tiradooda la soo koobi karin ay ku dhinteen. Dhacdooyinkaas naxdinta badan waxan tusaale ahaan ugu soo qaadan karnaa saf caamyadii caanka ahaa ee adduunka hore uga dillaacay ama uga dhacay qarniyadii tegey iyo kan hadda lagu jiro sida uu muujinaayo jadwalka hoos ku qoran.

Table 1: Dadkii u geeriyooday cudurrada faafa ilaa qarnigan

Sannadka	Cudurka	Dalka	Dhimashada
430 BC	Beste (Plague)	Giriig	75,000-100,000
541-542 AD	Beste (Plague)	Europe, Asia	25-50 million
	Beste (Plague)	Europe, Asia, Africa	75-200 million
1545 & 1576	Furuq (Smallpox)	Mexico	17 million
1665-1666	Beste (Plague)	Europe (London)	100,000
1817-1824	Daacuun (Cholera)	Asia, Europe	100,000+
1918-1920	Hargab (Spanish flu)	Dunida oo dhan	30-100 million
1957-1958	Hargab (Asian flu)	Dunida oo dhan	1-2 million

1968-1969	Hargab (Hong Kong flu)	Dunida oo dhan	1-2 million
1980s-	AIDS/HIV	Dunida oo dhan	35 million +
2013-2016	Ebola	Galbeedka Africa	11,300
2020-	COVID-19	Dunida oo dhan	800,000 +

Dhacdooyinkaas taariikheed ee dadka faraha badani ugu le'ay cudurrada faafa ayaa ah sababta keentay in dawladaha caalamka iyo hay'adaha qaabilsan caafimaadku ay aad uga feejignaadaan cudurrada ugubka ah ee aan hore loo aqoon sida cudurka koronafayras. Cudurrada faafa waayadii hore waxay ahaan jireen waxyaabaha ugu badan ee xaaqa aadana ka hor intaan lagu tallaabsan daryeelka caafimaadka ee castriga ah [*modern medicine*], taas oo bilaabantay ka dib markii la aqoonsaday ee la ogaaday in cudurrada faafa [*infectious diseases*] iyo cudurka laftiisa [*infection*] ay sababaan noolaha ili-ma'aragtayda ah [*microbes/microorganisms*] ee loo yaqaan jeermisyada [*germs*]. Waa xilligii la daahfuray aragtida jeermiska [*Germ theory*] taas oo ku beegnayd intaanu dhammaan qarnigii 18aad. Wixii intaas ka dambeeyey waa laga guulaystay cudurrada faafa oo waxaa la soo saaray daawooyinka dila baakteeriyada [*antibacterial/antibiotics*] iyo tallaada cudurrada faafa [*vaccinations*]. Waxa guulahaas horseed ka ahaa adeegsiga cilmiga microbiolojiga (*application of modern microbiology science*) iyo dadaallada caafimaadka guud [*public health initiatives*].

Xaalku si kastaba ha ahaadee, waqtigan hadda lagu jiro ee carro-edegaynta ama caalamiyeynta [*globalisation/global village*] ee adduunkii isu furmay iskuna xidhmay, waxa jirta in sannadihii ugu dambeeyey ee qarnigan ay adduunka mar labaad soo food saarayso haliso badan oo xagga caafimaadka ah oo laga yaabo inay la mid noqdaan xaaladaha aynu kor ku soo sheegnay ee adduunka soo maray. Halista iyo cabsidaba waxa sababayaa waa cudurrada faafa [*infectious diseases*]. Xaaladahaas cabsida iyo khatarta leh ee adduunku hadda madaxa la galay waxay ka kooban yihiin saddex xaaladood ama waxyeello oo isku dhafan oo kala ah:

Cudurradii hore u jiray oo hadda dib u soo noqday ama fufay [*Re-emerging infections*]  
 Cudurro ugub ah oo aan hore u jirin oo hadda soo if-baxay ama cusub [*Emerging infections*]  
 Ili-ma'aragtaydii oo adkaysan ama kakanaan u yeelatay daawooyinkii lagu daaweyn jiray, gaar ahaan [*antibiotics-ka*] [*Antimicrobial resistance*]

Cudurradii hore u jiray ee hadda dib u soo fufay ama u soo noqday [*re-emergence infections*] waxa ka mid ah: Plague [in Madagascar 2017], Cholera [Somalia, Sudan, Ethiopia, Yemen, South Sudan, Congo 2017], Dengue, Measles, Meningitis, Leptospirosis, Shigellosis, Yellow Fever, Lassa fever, Chikungonia (kuduudiye) oo dhowaan Burco ka dillaacay iwm.

Cudurrada ugubka ah ama cusub ee maalin walba hadda adduunka ku soo kordha [*new-emerging infections*] waxa ugu badan kuwa ay sababaan ama keenaan fayrasyadu. Tusaale ahaan cudurrada faafa ee ugubka ah ee aan hore u jirin ama loo aqoon waxa ka mid ah: Avian flu (H5N1), SARS, Ebola, Swine flu, Marburg, Nepah, MERS, Zika iyo SARS-CoV-2 oo ah kan dhowaan soo kordhay ee qoraalkani hadda ka hadlayo.

Ili-ma'aragtayda [*microbes*] adkaysanka u yeelatay antibioticska [*antimicrobial resistance*] waxa ka mid ah bakteeriyada sababta cudurka qaaxada ama TB (MDR/X TB MDR bacteria). Tusaale ahaan, dhimashada ay guud ahaan sababaan ili-ma'aragtayda kala duwani waxa ka mid ah: >58,000 dhallaanka yar yarka ah [*babies*] ayaa ugu dhinta Hindiya sannadkii, EU waxa u dhinta >25,000, 2.5 million hospital bay u galaan, USA waxa u dhinta 23,000 +, 2 million ayaa u xanuunsada oo isbitaal u gala, Thailand waxa u dhinta 38,000 +, 3.2 million ayaa u xanuunsada oo isbitaal loo dhigay. Waxa la rumaysan yahay, in dadka ugu tirada badani ugu dhintaan Afrika iyo dalalka kale ee saboolka ah.

Sida xogaha iyo caddaymaha la hayaa muujinayaan, khatarta ugu badani waxay ka imanaysaa cudurrada u kala gudba aadanaha iyo xayawaanka [*zoonotic infections*]. Tusaale ahaan, 60% cudurrada faafa ee dadka ku dhaca waa kuwo xayawaanka/xoolaha ka soo gudbay ama laga qaaday (zoonotic infections), 75% cudurrada adduunka ah ugubka ah ama ku soo kordhay waxay ka yimaadaan xayawaanka. Cudurrada adduunka ku cusub ee sannad walba la ogaado waa ilaa 5 cudur, 3 ka mid ah baa ka soo jeeda xayawaanka/xoolaha. Sidaas darteed, halista cudurka fayraska ugubka ah ee koronafayras [*novel coronavirus*] ee sababa COVID-19, waxa ay qayb ka tahay khataraha iyo waxyeellada laga cabsida qabay ee la filaayey inay ka imanayso

cudurrada faafa, gaar ahaan kuwa xayawaanka laga qaado. Cudurka fayraska SARS-CoV-2 wuxu noqonayaa cudur ugub ah oo aan hore loo aqoon [*new-emerging infection*].

### Fayrasyada ugubka ah iyo halistooda caafimaad

Inta aynaan ka hadal fayrasyada iyo halistooda caafimaad waxa qumman inaan marka hore isla fahamno waa maxay fayrasku? Dadka iyo noolaha kaleba waxa ku wareegsan oo ka agdhow cadaw badan oo aan indhaha lagu arki karin oo uu ka mid yahay fayrasku. Sababta, cudurrada faafa ay khatarta iyo halista badan u leeyihiin waxa ugu wacan waxyaabaha sababa oo si qarsoodi ah qofka jidhkiisa ku soo gala iyaga oo kaashanaya yaraantooda oo aad iyo aad u yar oo aan dadka u ogolaan karin inay indhahooda keligood ku arkaan si ay markaas isaga celiyaan ama isaga ilaaliyaan.

Cudurka iyo cudurrada faafa waxa sababa waa noolaha yar yar ee ili-ma'aragtayda ah [*microorganisms/microbes*] ee loo yaqaan jeermiska [*germs*] gaar ahaan kuwooda cudur dhaliyayaalka ah [*microbial pathogen*]. Ili-ma'aragtaydu waa noolayaasha yar yar ee aan lagu arki karin isha aadanaha oo qaawan ama indhaha oo keliya ama keligood ah. Si loo arko, waxa loo adeegsadaa arkiddooda weyneeye ama weyneysada oo ah aaladda loo yaqaanno Weyneeye [*Microscope*]. Ili-ma'aragtaydu guud ahaan waxa ay ka kooban yihiin shan qaybood oo waaweyn oo kala ah: Bakteeriyada [*Bacteria*], Fayraska [*Viruses*], Fangaha [*Fungi*], Deriskunoosha [*Parasites*] iyo Prionska [*Prions*].

Fayrasku waa ili-ma'aragtayda ugu badan ee sababa cudurrada halista ah gaar ahaan kuwa faafa sida koronafayras. Erayga, fayras [*virus*] waa eray ka soo jeeda asal ahaan Laatiin [*Litan*] oo la micno ah sun ama waabaayo [*poison or venom*] waxana la ogaaday jiritaankiisa horraantii qarnigii 19aad. Fayras waa uun aad u xajmi yar oo saxar oo kale ah oo aan lagu arki karin weyneysada fudud [*light microscope*], aad iyo aad ayuu uga yar yahay baakteeriyada. Waxa keliya oo lagu arki karaa waa weyneysada elektronikada ah [*electron microscope*]. Laguma shaandhayn karo shaandhada ama miirayaasha [*filters*] wuxuuna awood u leeyahay inuu ku tarmo kuna nafaqaysto isla markaana ku noolaado unug noole kale dhexdiisa.

Fayrasku ma aha unugley oo waa unugla [*acellular microbe*] isla markaana maaha noole ee waa nooc ama jaad kale oo aan lahayn qaab dhismeedka iyo hab nololeedka [*Non-cellular life*] ay leeyihiin noolayaasha kale ee ili-ma'qabatayga ah sida bakteeriyada. sababtoo ah, marka laga reebo unugyada martigeliya ama sooraha u ah [*host cells*], waxa aanu lahayn dheefsasho [*metabolically*] ama dheef-shiid kiimikaad [*metabolism*] oo firfircoon, mana laha habka taranka noolaha oo isma dhali karaan ama ma dhali karaan fayrasyadu. Laakiin waxay awood u leeyihiin inay ku bataan ama tarmaan [*replication*] gudaha unugyada nugul ee noolaha kale sidaan kor ku soo sheegnay. Fayraska xagga dhismihiisa iyo dhiskooda hiddo sidaha [*genome*] wuxu ka kooban yahay acid bu'eedyada DNAda ama RNAda [*nucleic acid*] taas oo ay ku wareegsan tahay jaakad borotiin ah [*protein coat*] oo loo yaqaan '*capsid*'. waxaa dusha sare kaga xeeran oo ku wareegsan gal sida buqshadda oo kale ah kana samaysan dufan/baruur [*outer lipid envelope*], kaas oo ay ka helayaan xuubka unugyada sooraha/martida marka ay ka baxaan unugyada. Waxa fayraska loo qaybiyaa laba qaybood oo kala ah DNA fayras iyo RNA fayras. Koronafayras waa RNA fayras.

Sidaan hore u soo xusnay, fayrasyada ugubka ah ayaa ugu waxyeellooyin badan waxayna horseedaan dhibaatooyin sii socda (socota ah) oo caqabad weyn ku ah caafimaadka guud ee adduunka. Waxaana ugu sii halis badan fayrasyada neef-mareenka (respiratory viruses) kuwaas oo sababa cudurrada faafa ee ku dhaca marinka neefsashada ee bini'aadamka. Tusaale ahaan, kuwii ugu dambeeyey waxa ka mid ah:

- 2002-2003: [*Severe Acute Respiratory Syndrome*] (SARS) ah cudur ba'an oo ku dhaca neef-mareenka waxa sababa fayraska korona ee SARS-CoV. Wuxu ka bilaabmay markii hore waddanka Shiinaha ka dibna wuxu ku faafay ilaa 37 dal. Waxa uu ku dhacay dad gaadhaya 8,098 waxaana u dhintay 774 qof.
- 2009: Hargab doofaarka [*Swine flu* (H1N1)] oo ah hargab aad u xun kuna faafay adduunka oo dhan silligaas. Waxa u geeriyooday dad gaadhaya ilaa 284,000.
- 2009: Hargabka shimbiraha-Avian flu (H5N1) oo ah hargabka shimbiraha kaas oo dad badani u dhinteen muddo gaaban ilaa 455.

- 2012: [*Middle East Respiratory Syndrome*] (MERS) oo ah cudur ba'an oo ku dhaca neef-mareenka waxa sababa fayraska korona ee MERS-CoV. Wuxu ka bilaabmay markii hore waddanka Saudi Arabia iyo dalal ka mid ah Bariga Dhexe gaar ahaan UAE iyo Koonfurta Kuuriya oo uu gaadhay 2015. Waxa uu ku dhacay dad gaadhaya 2,494 waxaana u dhintay 858 qof.
- 2019: [*Coronavirus disease*] 2019 (COVID19) oo ah cudur oo ku dhaca neef-mareenka waxa sababa fayraska korona ee SARS-CoV-2. Sidaan soo sheegnay dhowaan ayuu ka dillaacay Wuhan, Shiinaha. Cudurkani waa mawduuca aynu hadda ka hadlaynu weli waa fidayaa dhimashadiisuna waa sii kordhaysaa.

### Waxyaabaha keena in fayrasyada ugubka ahi soo baxaan

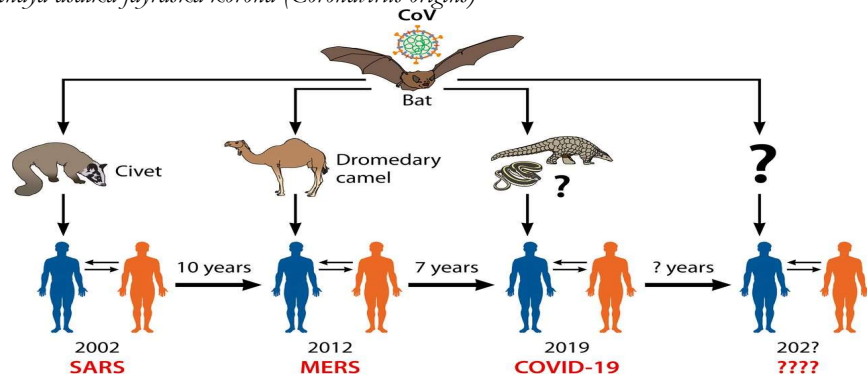
Waxa laga yaabaa inay dad badani is weydiinayaan tolow maxaa sababa in fayrasyo ugub ahi ku soo kordhaan dunida muddo walba. Sidaas awgeed, waxa mudan inaan wax ka ogaanno ama fahamno waxyaabaha sababa in sannad walba ay soo kordhaan fayrasyo ku cusub adduunka oo aan hore loo aqoon ama ay soo fufaan cudurro hore u jiray laakiin dabargo'ay ama yaraaday. Waxyaabahaas kuwa ugu muhiim waxa ka mid ah:

1. Caafimaadka aadanaha, caafimaadka xoolaha/xayawaannada) iyo xaaladda degaanka (beey'adda) ayaa si aan la kala saari karin isugu xidhan. Taasina waxa ay sahashaa qaadista iyo fidista cudurrada faafa.
2. 70-80% cudurrada ugubka ah iyo cudurrada soo fufay oo ka midka ah cudurrada faafa waxa la ogyahay inay asal ahaan ka yimaaddeen ama ka soo gudbeen xayawaanka (Jones et al (2008) Nature), taas oo macnaheedu yahay inay kala qaadi karaan ama si fudud ugu kala gudbi karaan xoolaha/xayawaanka iyo bini aadamka. Fayrasyada neef-mareenku [*respiratory viruses*] waxay ka soo jeedaan oo laga qaadaa xawayaanka sida aan ku arki doonno jaantuska soo socda.
3. Korodhka tirada dadweynaha adduunka, isbedellada cimilada, koritaanka magaalooyinka ama magaalaynta, waxyeellada degaanka, la-qabsiga iyo isbedellada noolayaasha ili-ma'aragtayda ah, badashada safarada caalamka (isu socodka dunida) iyo haajiridda ayaa waxa ay dhammaantood ka qayb qaataan ama kordhiyaan halista ah inay soo baxaan isla markaana ay fidaan noole yarayaasha sababa cudurrada faafa, gaar ahaan kuwa ku dhaca habdhiska neefsashada ama neef-mareennada.

### Fayrasyada korona iyo asalkooda

Fayrasyada korona [*coronaviruses*] waa qoys ballaadhan [*family*] oo fayrasyo ah lana og yahay inay sababaan cudurro sahlan sida hargabka ama durayga caadiga ah iyo cudurro aad u daran ama u ba'an oo ku dhaca neef-mareennada sida cudurrada MERS, SARS iyo COVID-19 oo ah kan ugu dambeeyey. Fayrasyada korona sidoo kale waxay keenaan ama sababi karaan cudurro fara badan oo ku dhaca noocyada kala duwan ee xayawaanka. Fayrasyada korona waxa ay asal ahaan ka yimaaddeen ama ka soo jeedaan xayawaanka ilaa iyo inta imminka laga og yahay. Sida uu muujinaayo jaantuska hoose waxa asalkoodu ka yimid fiidmeerta/kaballida (Bats).

Jaantus muujinaya asalka fayraska korona (*Coronavirus origins*)



Fayrasyada korona, inta aanay soo gaadhin aadanaha ka hor waxay ka soo gudbaan ama dhaafaan xayawaan kale oo dhexdhexaadiye ah oo loo yaqaan sooraha dhexe [*intermediate host*]. Sida uu muujinaayo jaantuska

sare, SARS-CoV oo ah fayraska sababa cudurka SARS waxa laga qaadaa bisadaha duurka [*Civet cats*] kuwaas oo u soo gudbiya bina aadamka. Sidoo kale, MERS-CoV oo ah fayraska sababa cudurka MERS waxa laga qaadaa geela [*Dromedary camel*] una soo gudbiya dadka. Dhanka kalena, SARS-CoV-2 oo ah fayraska sababa cudurka COVID-19 waxa loo malaynayaa in laga qaado qarandida ama xamaarata sida masaska [*Pangolins or snakes*] una soo gudbiya aadanaha. Fiidmeertu waa sooraha ama martigeliyaha koowaad [*primary host*] ee fayrasyada korona ka hor intaanay soo gaadhin aadanaha. Halka, xayawaannada kalena ay yihiin sooraha dhexe ee cudurka laga qaado marka la taabto ama hilibkooda la cuno. Waxa dhici karta in fiidmeerta lafteeda cudurka laga qaado haddii la cuno ama la taabto. Waana sababta keentay inay cudurradani mar walba ka dillaacaan ama ka bilaabmaan waddanka Shiinaha. Maaddaaba, geyigaas ay bulshada ku nooli xayawaannada kala duwan u isticmaalaan cunto ahaan oo suuqyada caadi ahaan loogu kala iibsado iyaga oo nool ama la dilay.

Waxa kale oo jirta, in dhowr nooc oo la yaqaan oo ka mid ah fayrasyada korona ay ku dhex wareegayaan xayawaanka, laakiin aanay weli u soo gudbin bina'adamka. Dhacdadan karaar dhaafka ah [*spillover*], ayaa markii fayraskii ku dhex wareegayey xayawaanka laga helay aadanaha ay sababtay in dadku cudurrada ka qaadaan xayawaanka. Sidaas awgeed, sidaan horeba u soo sheegnay marar badan, waxa saynisyahannadu rumaysan yihiin in SARS-CoV-2 oo ah fayraska sababa cudurka Covid-19 uu asal ahaan ka yimid xayawaanka oo laga qaaday qarandida ama xamaarata iyo fiidmeerta/kaballida (Bats) oo dabcan iyadu u ah hoy fayrasyada korona sida aan ku soo aragnay jaantuska aan kor ku soo dhaafnay.

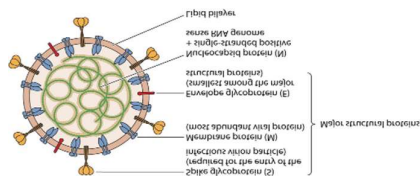
Hore waxan u soo sheegnay, in fayrasyada korona ay yihiin qoys ballaadhan [*family*]. Noocyada koronafayrasyada laga helo aadanaha waxa loo kala qaybiyaa ilaa afar-koox hoosaad oo ka kooban afar duul (genera) oo kala ah: *Alpha-coronavirus*, *Beta-coronavirus*, *Gamma-coronavirus* iyo *Delta-coronavirus*. Toddoba (7) ka mid ah fayrasyadan ayaa dadka ku dhici kara:

- Human coronavirus 229E ama HCoV-229E (*Alpha-coronavirus*)
- Human coronavirus NL63 ama HCoV-NL63 (*Alpha-coronavirus*)
- Human coronavirus OC43 ama HCoV-OC43 (*Beta-coronavirus*)
- Human coronavirus HKU1 ama HCoV-HKU1 (*Beta-coronavirus*)
- MERS-CoV (*Beta-coronavirus*) oo ah fayraska sababa cudurka MERS
- SARS-CoV (*Beta-coronavirus*) oo ah fayraska sababa cudurka SARS
- SARS-CoV-2 (*Beta-coronavirus*) oo ah fayraska sababa cudurka COVID-19

**Qaab dhismeedka koronafayras (SARS-CoV-2 virus structure)**

Koronafayras waa RNA fayras (RNA virus), xagga qaab dhismeedka waxa dhiskiisu ka kooban yahay acid bu'eedka RNA (ribonucleic acid) taas oo ah hal dhagaati ama tidac oo togan cabirkeeduna dhan yahay ku dhowaad 25 ilaa 32 kilobases (kb) nucleotides. Waxa dusha sare kaga xeeran gal dufaneed leh laba lakab [*lipid bilayer*]. Sidoo kale, waxa ku sii wareegsan jaakad borotiin ah [*protein coat*] oo loo yaqaan 'capsid'. Sida uu muujinaayo jaantuska hoos ka muuqdaa, koronafayras waxa jaakidka borotiinka ah ku jira oo ku qarsoon afar borotiin dhisme oo waaweyn, kuwaas oo kala ah caaro fiiq ama spike (S), xuubleh ama membrane (M), gal/buqshadleh ama envelope (E) iyo nucleocapsid (N). Borotiinnadaasi shaqooyin muhiim ah ayay qabtaan, tusaale ahaan, borotiinnada caaro fiiqdu ama spike (S) waxay leeyihiin ashayaal dhuubaan oo caarooyin fiiqan leh sida qodaxda oo kale waana kuwa uu koronafayras u adeegsado inuu jidhka ama unugyada jidhka ku soo gal ooo ku qabsado.

*Jaantus muujinaya: Qaab dhismeedka koronafayras (SARS-CoV-2 virus structure)*



Koronafayras, waxaa markii ugu horreysay la aqoonsadey oo la ogaadey jiritaankiisa 1960-yadii, laakiin ilaa imminka lama garanayo halka ay ka yimaadeen asal ahaan aan ahayn inay yihiin fayrasyada xayawaanka [*animal viruses*]. Magacooda korona waxa loogu bixiyey ama loogu magacdaray qaab muuqaaleedka dhiskooda oo shabbaha muuqaalka taajka [*Crown*]. Taaj waa Laatiin waxaana loo yaqaan Korona. Sidoo kale muuqaalka koronafayras wuxu u eg yahay goobo iftiin ah oo qorraxda ku wareegsan. Sidaas, ayaa magaca koronafayras lagu soo dhirindhiriyey oo magacooda loogu helay.

## **Magac bixinta rasmiga ah ee cudurka COVID-19 (Karkardhiye)**

Sidaan hore u soo sheegnay, koronafayras waa fayras cusub oo ugub ah (*a new novel coronavirus, nCov*). Intaanu dunida wada gaadhin oo ku faafin, waxaa markii hore laga helay magaalada Wuhan ee dalka Shiinaha. Waxa ugu horrayntii si ku meel gaadh ah loogu magacaabay “*Wuhan novel coronavirus (WNV-CoV)*”, in kastoo bilowgii cudurka koronafayras ay WHO ku talisay in la odhan karo 2019-nCoV (n is for novel, CoV is for coronavirus). Ugu dambayntii, talaadadii 11 Febraayo 2020, WHO, waxay shaacisay magacaabista rasmiga ah ee cudurka koronafayras ee hadda jira in loogu walqalo oo lagu gardaadiyo magaca cusub oo ah Xanuunka Koronafayras 2019 ama Coronavirus Disease 2019 oo marka si fudud loo soo gaabiyo noqonaya COVID-19 (*Co is for corona, Vi is for virus, D is for disease and 2019 is for discovered year*). Sidoo kale isla 11/02/2020, Kooxda Daraasaadka Koronafayras (*The Coronavirus Study Group*) ee Guddiga Caalamiga ah ee Abila’ablaynta Fayrasyada (International Committee on Taxonomy of Viruses) ayaa si rasmi ugu dhawaaqay in fayraska sababa xanuunka COVID-19 lagu magacaabi doono SARS-CoV-2 (*Severe Acute Respiratory Syndrome Coronavirus 2*). Sidaas awgeed, fayraska sababa ama keena cudurka COVID-19 waa SARS-CoV-2. Xanuunka ama cudurkiina waa COVID-19.

Haddaba, waxa mudan in la is weydiiyo Af-Soomaali muxuu cudurka COVID-19 ku noqonayaa? Maaddaaba, Soomaalidu aanay lahayn waqtigan xaadirka ah xarumo lagu sameeyo daraasaadka iyo cilmi baadhista sayniska iyo caafimaadka ama luqadda Af-Soomaaliga, magac bixinta Soomaaliga waxa aynu ku salaynaynaa habka Soomaalidu ugu magac bixiso cudurrada ama xanuunnada ku cusub ee dunida ku soo kordha. Waxa ay eegaan ama dhugtaan caalaamadaha iyo astaamaha ugu muhiimsan cudurka iyo qaabka cudurku qofka buka u qabto marka uu ku dhaco iyo sida uu u saameeyo. Tusaale ahaan, cudurka Meningitis: Qoorgooye (bukaanka waxa dib u qalloocsama qoorta), Tetanus: Kojiye (bukaanku waa isku soo kogaa), Chukangonia fever: Kuduudiye (bukaanku addimada ama ruugagga kama kici karo). Mararka qaarkoodna waxay ka soo ergaystaan afafka kale sida Typhoid fever: Tiifow (*from Italian language*).

Sidaas aawadeed, innaga oo taas ka duulayna, magac bixinta COVID-19 ee Afka Soomaaliga waxan ku salayn doonnaa saddex asbaabood oo ah kuwa ugu caansan ama ugu badan oo mudan in dhug loo yeesho. Sida aynu ku arki doonno qaybta tilmaamaha lagu garto cudurka fayraska SARS-CoV-2, kuwa ugu muhiimsan waxa ka mid ah qandhada iyo qarqaryada. Sidoo kale, COVID-19 wuxu leeyahay saamayn guud oo ah cabsi ama baqdin taas oo qof waliba si uun uga baqaayo cudurka. Saddexdaas asbaabood ee ah kuwa ugu caansan ama ugu badan cudurka COVID-19 waxay sahlayaan magac bixinta Afka Soomaaliga, sababtoo ah waxay tixraacayaan ama ku salaysan yihiin hababka magac bixinta Soomaalida.

Qandho ama xummad (*fever*), qarqaryo ama dhaxamoonaya [*chills*] iyo cabsi ama walaac (*fear or anxiety*). Sidaas awgeed, COVID-19 waxa lagu magacaabi karaa Kardhiye (Kardhiyaha) ama Karkardhiye. Kardho waa dhaxan (qabow) ama xanuun lala gariiro iyo baqdin (qof jirro ama dhaxan la gariiraya ama wax ka baqaya). Kar ama kaar waa kulayl ama xummad (qof jirro ama xanuun la xumadoonaya). Waxa sii dheer saamaynta cudurka ee xagga nololshada ama shakhsiyaadka oo laga baqayo dhimashada cudurka, in cudurku kugu dhaco, saboolnimo, dhaqaale burbur iyo xagga nafsiyaadka ama maskaxda. Wixi hadda ka dambeeya haddii ilaahay idmo magaca rasmiga ahi waa Kardhiye ama Karkardhiye, haddiise la helo magac Soomaali kale oo kan ka habboon waxan qaadan doonnaa ka ugu mudan waanna soo dhowaynayaa qof kasta oo fikrad cusub qaba.

## Cudurka fayraska SARS-CoV-2

31kii Disembar 2019, WHO waxa lagu soo wargeliyey inay jiraan koox ka kooban kiisas qaba cudurka oof-wareen ah [*pneumonia*] oo aan la garanayn waxa sababay in laga helay magaalada Wuhan ee Gobolka Hubei, Shiinaha. 12kii Janaayo 2020, waxa la shaaciyey natiijadii ka soo baxday baadhitaannadii lagu sameeyey muunadihii laga soo qaaday kiisaskii xanuunsanayey oo la sheegay in laga helay fayrasko cusub oo ugub ah kana mid ah fayrasyada korona. Gabagabadiina waxa lagu ogaadey in fayraskan ugubka ahi yahay waxa sababay cudurka ka dillaacay Wuhan. Sidaan hore u soo sheegnay, fayraskaas cusub waxa lagu magacaabay SARS-CoV-2, cudurka la xidhiidha ee uu sababona waxa loo bixiyey COVID-19.

Cudurka uu sababo fayraska SARS-CoV-2 waxa asalkiisu yahay “*Acute respiratory syndrome associated with a novel coronavirus*” ama viral pneumonia. Cudurkani waxa uu ku dhacaa marinka neefsashada waxyeelladiisuna waxa ay marka hore ka bilaabantaa unugyada loo yaqaan epithelial cellska ee xagga hoose ama gudaha kaga dahaadhan marinka ama habdhiska neefsashada [*respiratory tract system*], gaar ahaan sambabada [*lungs*] halkaas buu uga sii gudbaa meelaha kale ee ka midka ah jidhka. Waana sababta ay ku timaaddo cudurka oof-wareenka ahi [*pneumonia*], kaas oo ah cudur ku dhaca sambabada oo marinnada hawadu ay buuxiso malax ama ay adkaadaan oo bararaan. Taasina waxay keentaa in qofka bukaanka [*patient*] ah uu naqasku ku dhego ama ay dhib ku noqoto inuu neefsado.

Guud ahaan, waxa la odhan karaa cudurkani dadka badankooda si sahlan ama fudud buu u helaa oo waxa ay aad isugu dhow yihiin cudurka caadiga ah ee hargabka [*common cold*] iyo durayga [*influenza/flu*]. Laakiin waxay ku xidhan tahay awoodda difaaca jidhka ee qofka, qofka cimrigiisa, caafimaadka wanaagsan, duruufaha bulshada ama dakhliga ee qofka iyo qaab nololeedka dadka. Astamaha iyo calaamadaha cudurrada ay keenaan fayrasyada korona [*coronaviruses*] badankoodu waxay la mid yihiin kuwa cudurrada kale ee ku dhaca neef-mareenka sare [*upper respiratory tract infections*], sida san dareerka/duufka [*runny nose*], qufaca [*coughing*], cuna xanuunka [*sore throat*] iyo mararka qaarkood qandho ama xummad [*fever*]. Sidaas awgeed, xaaladaha badankooda ma ogaan kartid ama ma ogid inaad qabtid cudurka COVID-19 ama fayrasyada kale oo keena hargabka sida rhinovirus. Sidaas darteed, waa lagama maarmaan in qofka kasta laga baadho cudurka fayraska SARS-CoV-2

Si kastaba ha ahaatee, SARS-CoV-2, wuxu u muuqdaa inuu awood u leeyahay inuu sababi karo cudur daran ama aad u ba’an [*severe infection*] iyo dhimasho. Macluumaadka la hayaa ilaa hadda waxay muujinayaan inuu ku dhaco cudurkani inta badan oo ay nugal yihiin: dadka da’ada ah [*elderly people*], dadka qaba xaalado kale oo caafimaad-darro ah ama bukaanka ah iyo dadka wax ka qaba nidaamka difaaca jidhka [*compromised immune system*]. Muddada cudurkani huursan yahay [*incubation period*] oo laga soo bilaabo marka cudurka la qaado ilaa marka calaamadaha iyo astamaha lagu garto cudurkani soo baxaan waxa loo badinayaa inay tahay 2 ilaa 14 maalmood ka dib qaadista cudurka.

## Sidii Cudurka fayraska SARS-CoV-2 loo qaaday

Fayraska SARS-CoV-2, wuxu asal ahaan ka yimid gudaha suuqa kalluunka ee Wuhan Huanan Haixian Pifa Shichang ee magaalada Wuhan. Sidaas awgeed, waxa la aaminsan yahay isla markaana xaqiiqooyinka ilaa hadda lahayaa muujinayaan in fayraska laga qaaday mid ka mid ah xayawannada lagu iibinayey suuqaas. Waxa loo malaynayaa in laga qaaday qarandida ama xamaarata sida masaska [*Pangolins or snakes*], in kastoo ay u badan tahay in laga qaaday fiitmeerta/kaballida (Bats). Saynisyahannada ayaa weli wax ka baranaya oo baadhitaan ku wada ishii cudurka laga qaaday, waxaana loo badinayaa inuu fayrasku ka bilaabmay xayawaanka. Waqti waqtiyada ka mid ah, qof ama in ka badan oo bini’aadanka ah ayaa laga yaabaa inay cudurkan xayawaanka ka qaadeen, dadkaas cudurka qaba waxa ay sababeen inay cudurka u gudbiyaan dadka kale. Cudurka SARS-CoV-2 wuxuu ku faafaa qof ilaa qof isaga oo ku gudbaya ama uu fayrasku soo raacayo dhibcaha hawada la socda xilliga hindhisada ama qofku uu qufacayo. Waxaa kale oo la isugu gudbin karaa is gacan qaadka, marka ay dadku ku taabtaan gacmaha sagxadaha ama meelaha laga yaabo in fayrasku ku jiro ka dibna ay ku taabtaan indhahooda, sankooda, ama afka gacmahooda wasakhaysan. Siyaabahaas iyo qaar la mid ah ayaa la aaminsan yahay in cudurka fayraska SARS-CoV-2 loo qaadi karo haddaan la taxadiriin.



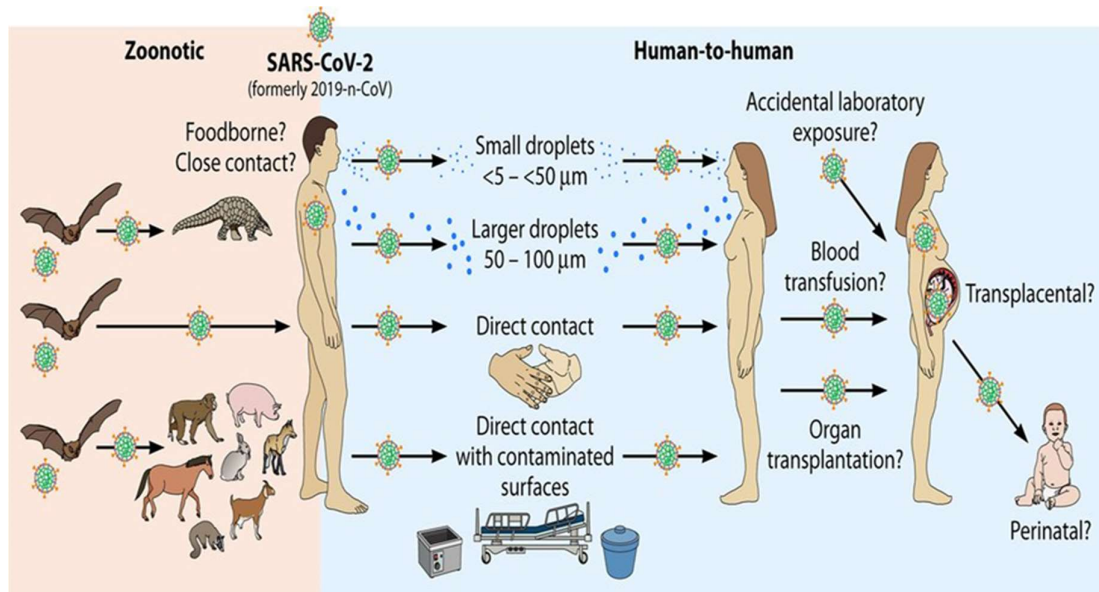
## Habka la isugu gudbiyo cudurka fayraska SARS-CoV-2

Fayraska SARS-CoV-2, wuxu ka mid yahay fayrasyada qoyska korona (SARS-CoV & MERS-CoV) ee cudurrada ay sababaan ku faafi karaan dhibcaha neefsashada ee hawada la socda [*respiratory droplets*] kaas oo ah habka koowaad ee gudbinta cudurka. Habka labaad ee cudurka SARS-CoV-2 uu u gudbi karo ama loo kala qaadi karo ee ilaa hadda la xaqiijiyey waa ka dadku isu gudbiyaan [*Human to human transmission*]. Habka saddexaad ee loo malaynayaayo inuu SARS-CoV-2 uu ku gudbi karo waa qaqabadka ama gacan ku haynta xayawaannada laga qaadi karo [*handling/handler animals*] ama cunista cuntada lagu tuhunsan yahay inay ka timi xayawaannada hogya ama sooraha u ah fayraska [*animal host*] sida fiitmeerta ama kaballida (bats), qarandida ama xamaarata sida masaska iwm. Jaantuska xagga hoose ka muuqdaa wuxu muujinayaa dariiqyada isu gudbinta iyo siyaabaha kala duwan ee loo qaadi karo cudurka fayraska SARS-CoV-2.

Marka loo eego caddaymaha hadda jira, waxa la xaqiijiyey isu gudbinta SARS-CoV-2 inay ku faafto dheecaannada ama gobo'aha/dhibcaha [*respiratory secretions*] ee la socda neefsashada qofka cudurka qaba, sida qufaca, hindhisada, duufka,iwm. Waxa kale oo suurtagal ah gudbinta hawada oo fayraska SARS-CoV-2 uu hawada soo raaci karo [*airborne*] gaar ahaan meelaha khaaska ah ee dadka lagu daaweeyo, lagu qalo, isbitaalada, waxyaabaha ama qalabka dhalliya dhibcaha hawada la socda iyo dabcan meelaha dadku ku badan yahay. Waxa la xaqiijiyey inay tani la mid tahay fayraska MERS-CoV oo dadka cudurka la bukaa u gudbin karaan kuwa kale ee ku jira isbitaalada ama ka hawl gala goobaha daryeelka caafimaadka sida isbitaalada iyo xarumaha caafimaadka.

Marka la soo koobo, waqtigan xaadirka ah, waxa la isku raacsan yahay inuu fayraska SARS-CoV-2 si fudud ugu faafi karo isu gudbinta qof ilaa qof. Sidaas daraaddeed, waxa loo baahan in si taxadar ah oo habboon looga hortago isu gudbinta qof ilaa qof [*human-to-human transmission*], khaas ahaan kiisaska la tuhunsan yahay ama la xaqiijiyey inay qabaan cudurka Covid-19. Marka lagu daro dheecaannada habdhiska neefsashada, waxa fayraska SARS-CoV-2 laga helay dhiigga, saxarada iyo kaadida, kuwaas oo haddaan si fiican looga feejignaan ay dhici karto in laga qaadi karo cudurka.

*Jaantus muujinaya: Dariiqyada gudbinta iyo siyaabaha loo qaado SARS-CoV-2*



Dhanka kalena, dadka halista ugu jira inay qaadan cudurka fayraska SARS-CoV-2 waxa ka mid ah dadka xidhiidhka dhow la leh xayawaanka, tusaale ahaan, shaqaalaha suuqa xayawaannada nool iyo hilibka lagu kala iibsado sida dalka Shiinaha. Sidoo kale waxa iyana qaadi kara xubnaha qoyska ama shaqaalaha daryeelka caafimaadka ee daryeela qof qaba cudurka iyo dadka soo booqda bukaanka.

## Tilmaamaha lagu garto cudurka fayraska SARS-CoV-2

Calaamadaha iyo astaamaha lagu garto cudurka fayraska SARS-CoV-2 ama COVID-19 waxa ay aad isugu dhow yihiin lana mid yihiin kuwa ay sababaan fayrasyada kale ee ay isku bahda yihiin sida cudurka SARS, MERS, hargabka caadiga ah [*common cold*] iyo fayrasyada kale ee sababa cudurrada ku dhaca habdhiska neefsashada. Cudurka Covid-19 waxa uu muujiyaa astaamo iyo calaamado kala duwan taas oo ku xidhan xaaladda bukaanka, hadday tahay mid fudud/sahlan (mild) ama aad u daran (severe). Waxa kale oo jira dad iyaga oo cudurka qaba aan muujin wax sifooyinka cudurka ah [*asymptomatic patient's*], in kasta oo aan weli sababta si cad loo qeexin. Intaas waxa dheer, maalin walba waxa la ogaadaa oo soo baxa sifooyin cusub oo aan hore loogu arag dadkii uu cudurku ku dhacay.

Warbixintii cudurka Covid-19 iyo calaamadihiisa ee ka soo baxday 13kii May 2020 CDC (Centers for Disease Control and Prevention, USA) waxa lagu sheegay in cudurkani leeyahay ilaa 12 sifooyinka cudurka ah oo kala heer heer ah isuguna jira qaar sahlan ama khafiif ah iyo qaar daran. Astaamaha iyo calaamadaha (Signs/Symptoms) hadda ugu badan ee lagu arko qofka ama bukaanka uu ku dhacay cudurka SARS-CoV-2 waxa ay ka kooban yihiin kuwan hoos ku qoran (waa liiskii CDC soo saaray May 2020):

Qandho ama Xummad (*Fever*)

Qadhqadhyo/qarqaryo/qabaw (*Chills*)

Qufac (*Coughing*)

Neefsasho yaraan (*Shortness of breath*) ama neefsashada oo adkaata (*Breathing difficulties*)

Daal ama dareen caafimaad darro (*Fatigue*)

Murqaha ama jidh xanuun (*Muscle or body aches*)

Madax xanuun (*Headache*)

Dhadhanka ama wax urinta oo lunta (*Lost of taste or smell*)

Cuna xanuun (*Sore throats*)

Cabudh ama duuf badnaan (*Congestion or running nose*)

Yalaalugo/lallabo ama matag (*Nausea or vomiting*)

Shuban (*Diarrhoea*)

## Xaaladaha ugu daran, waxa laga yaabaa inuu cudurku sababi karo:

Oof-wareen (*Pneumonia*)

Xaalad daran oo saamaysa neefsashada (*Severe acute respiratory syndrome*)

Kelyaha oo istaaga (*Kidney failure*)

Dhimasho ama geeri (*Death*)

Waxa dhacda in mararka qaarkood bukaanku uu si dhakhso ah u galo xaalad adag oo deg-deg ah oo oof-wareen ba'an ku dhaco (*severe pneumonia*) taas oo keenta in habka neefsashadu istaago ama shaqada joojiyo (*respiratory failure*), badanaaba xaaladdani waxay dhacdaa usbuuca ugu horreeya. Astaamaha iyo calaamadaha tilmaamaya cudurka SARS-CoV-2 ee aan kor ku soo sheegnay, waxa laga soo ururiyey oo ay ku salaysan yihiin waxyaabihii lagu arkay dadkii la xaqiijiyey inuu ku dhacay SARS-CoV-2 ilaa iyo markii la ogaadey. Dadka uu ku dhacay cudurka SARS-CoV-2, waxay isugu jireen dad cudurka qaba oo aan lahayn wax calaamado ah, kuwo leh calaamado fudud ama yar, kuwo aad u sakaraad ah iyo qaar dhimanaya. Waxa dhacda inaan bukaannada lagu wada arag calaamadaha iyo astaamaha u leeyahay cudurka COVID-19. Calaamadaha caanka ah waa qandho, qufac cusub oo isdaba joog ah, neefta oo ku yaraata, daal, cunitaanka oo xumaada, urta oo lunta iyo dhadhan la'aan, cuno xanuun, iwm.

## Hababka Ogaanshaha cudurka fayraska SARS-CoV-2

Ujeeddada laga leeyahay ogaanshaha (*diagnosis*) iyo baadhitaanka cudurka waa sidii loo ogaan lahaa in bukaanka uu hayo cudurka COVID-19 iyo in kale si faafitaanka cudurka loo horqabateeyo ama loo xakameeyo isla markaana qofka bukaanka ah si dhakhso ah loo siiyo daryeel caafimaad oo ku habboon xaaladdiisa. Taas oo macneheedu yahay, in lagu kala saaro qofka lagu tuhunsan yahay cudurka, ka macquul ay tahay inuu qabo, ka la xaqiijiyey inuu qabo iyo ka aan waxba qabin. Muunadaha laga soo qaado bukaanka iyo kiisask ee laga baadho cudurka SARS-CoV-2 waxaa ka mid ah: muunadaha laga soo qaado dhuunta kore ee neefmareenka sida dheecannada laga qaado sanko ama dhuunta iyo dheecamada laga soo qaado qayta

hoose ee neef-mareenka sida candhuufta ama xaakada. Waxa kale oo laga baadhi karaa: dhiigga, saxarada, kaadida, iwm. Hababka loo maro baadhitaanka qofka lagu tuhunsan yahay inuu qabo cudurka SARS-CoV-2 waxa ay ka kooban yihiin saddex hab oo midba midka kale ku xidhan yahay. Sababtoo ah waxa loo baahan yahay in la xaqiyo jiritaanka cudurka si loo kala saaro bukaanka iyo dadka aan waxba qabin.

## 1. Habka ka baxsan shaybaadhka caafimaadka (Non disease-specific tests)

Badanaa habkan waxa lagu sameeya meelaha ama goobaha ka baxsan shaybaadhka caafimaadka, sida rugaha ama xarumaha caafimaadka, barta daryeelka caafimaadka, garoomada diyaaradaha iwm. Waxayna ku xidhan tahay qalabka iyo agabka caafimaadka ee laga heli karo goobta caafimaadka. Habkan waxa lagu ogaadaa calaamadaha iyo astaamaha cudurka fayraska SARS-CoV-2 ee aan soo sheegnay oo lagu arko qofka qaba taas oo u baahan in lagu saleeyo: meesha uu degan yahay ama ku nool yahay (sida qof degan Shiinaha), taariikhda safarkiisa (*travel history*), meelaha uu qofku safarka ku tegay ama soo maray oo ah meelaha la og yahay in SARS-CoV-2 ka dillaacay ama weli ka jiro.

Farsamooyinka la isticmaalo waxaa ka mid ah in qofka xummaddiisa ama kulaylka jidhkiisa la cabbiro si loo garto dadka qaba cudurka ee xummadoonaya iyo baadhista feedhaha/laabta (CT/X-ray la saaro) si looga sooco COVID-19 cudurrada kale ee ku dhaca habdhiska neefsashada. Habkan waxa loogu talagalay in lagu sameeyo baadhid/kala-soocid si loo aqoonsado bukaanka/kiiska u baahan baadhitaanno dheeraad ah sida baadhista shaybaadhka. Natijada togan (*a positive result*) ee ka soo baxda habka ka baxsan nidaamka shaybaadhka waxay soo jeedinaysaa inay suurto gal tahay in bukaanka cudur hayo waxayna tilmaamaysaa in loo baahan yahay baadhitaanno dheeri ah si loo xaqiijiyo cudurka COVID-19.

## 2. Baadhitaanka shaybaadhka caafimaadka PCRka (Molecular test)

Habkan waxa loo adeegsadaa sanaaciga casriga ah ee qalabka molecular biojiga (*molecular biology test*) noocyadiisa ay ka mid yihiin PCR testka, gaar ahaan inta badan waxa la isticmaalaa RT-PCR. Baadhitaannadaas lagu sameeyey muunadaha (*samples*) laga soo qaaday qofka buka ama lagu tuhunsan yahay inuu qabo cudurka waxa lagu ogaan karaa RNAda SARS-CoV-2 (positive result) ama inaan bukaanku qabin cudurka SARS-CoV-2 (*negative result*).

Baadhitaannada noocan ah badanaa waxa lagu sameeyaa shaybaadhada caafimaadka sababtoo ah waxa loo baahan yahay adeegsiga qalabka iyo farsamada dadka aqoonta u leh habkan. Habkan waxa loogu talagalay in lagu baadho dadka looga shakisan yahay inay leeyihiin astaamaha iyo calaamadaha COVID-19 ama qabaan cudurka SARS-CoV-2. Natijada togan (*a positive result*) ee ka soo baxda baadhitaanka PCR testka waxa ay xaqiijisaa in bukaanku/kiiska uu hadda qabo cudurka SARS-CoV-2 oo ku cusub yahay cudurku.

## 3. Baadhitaanka dhiiga (Serology testing or Immunoassay)

Habkan baadhitaannada dhiiga (*serology*) lagu sameeyo waxa la isticmaalaa farsamada loo yaqaan ELISA test (*enzyme linked immunosorbent assay*) si loo ogaado marxaladda cudurka inuu cusub yahay iyo inuu hore ugu dhacay qofka. Waxaana lagu ogaada in muunadaha dhiigga ah ee bukaanka laga soo qaaday ay ku jiraan iyo in kale anti-viral antibodies (*antibody*) ama borotiinada fayraska (*antigens*). Baadhitaanka habkani wuxu ku salaysan yahay Antibody testing ama Antigen testing. Antibody waa borotiinada difaaca jidhka, waxaana ka mid ah: IgG, IgA, IgE, IgM. Antigen waa borotiinada iyo waxyaabaha jidhka soo weerara ama bannaanka ka soo gala ee cariya in jidhku is difaaco oo soo saaro antibodyyada jidhka cudurrada ka difaaca. Waxaana ka mid ah: ili-ma'aragtayda sida fayraska, bakteeriyada, iwm iyo waxyaabaha ka soo baxa sida mariiyada ama sunta (*toxins*) ay sii daayaan marka ay jidhka aadanaha soo galaan.

Baadhista noocyadan ah waxaa laga yaabaa inay noqdaan qaar lagu sameeyo shaybaadhada caafimaadka ama goobta daryeelka (*point of care*). Waxa ay ku xidhan tahay qaabaynta qalabka baadhitaanka loogu talo galay in loo isticmaali karo. Baadhitaannada ku salaysan antibody testka waxa loo adeegsadaa ama loo isticmaalaa qiimaynta guud ahaaneed ee cudurka iyo heerarka inta qof ee uu cudurka ku dhacay ee bulshada dhexdeeda ah. Halka baadhitaannada ku salaysan antigen testka loo adeegsado baadhista dadka lagu tuhunsan yahay inay leeyihiin astaamaha iyo calaamadaha COVID-19 ama inay qabaan cudurka SARS-CoV-2. Waxa kale, oo loo isticmaalaa baadhitaanka ama kala sooca bukaannada/kiisask si loo aqoonsado ama loo ogaado inta

u baahan baadhitaanno dheeraad ah sida PCR testka ama antibody testka. Waxa ay ku xidhan tahay qaabaynta qalabka antigen teska loogu talo galay in loo isticmaali karo.

Natiijada togan (*a positive result*) ee ka soo baxda baadhitaanka antibody testka waxa ay muujisaa ama xaqiijisaa in bukaanka/kiiska uu dhowaan ama waqti hore ku dhacay cudurka SARS-CoV-2 oo aanu hadda ku cusbayn cudurka COVID-19 (ka baxay ama ka bogsaday). Dhanka kalena, jawaabta ama natiijada togan (*a positive result*) ee ka soo baxda baadhitaanka antigen testka waxa ay xaqiijisaa in bukaanku/kiiska uu hadda qabo cudurka SARS-CoV-2 ama inay suuroobi karto in cudurka Covid-19 jidhkiisa ku jiro oo jirran yahay.

Marka laga yimaaddo saddexdaas hab ee loo baadho cudurka COVID-19, waxa jira siyaabo kale oo shaybaadhka caafimaadku ku ogaan karo jiritaanka SARS-CoV-2, waxa ka mid ah adeegsiga weynaysada electroniga ah (*electronic microscope*) si loo arko qurubiyada fayraska iyo qaabkiisa. Ogaanshaha cudurka SARS-CoV-2 waxa muhiimka ah in laga hubiyo bukaanka inaanu qabin cudurro badan oo ay COVID-19 iskaga mid yihiin xagga calaamadaha iyo astaamaha. Cudurrada ay is-shabbahaan SARS-CoV-2 waxaa ka mid ah kuwa ay sababaan baakteeriyada iyo fayrasyada kale sida: SARS, MERS, Flu, common cold, community acquired pneumonia, iwm. Waxa keliya ee lagu kala saari karo ama lagu xaqiijin karo SARS-CoV-2 iyo cudurrada kale waa baadhitaanka shaybaadhka caafimaadka (*Clinical microbiological laboratory investigation*).

Waana sababta uu Agaasimaha Guud ee WHO, Dr Tedros Adhanom Ghebreyesus uu ilaa bilowgii cudurka SARS-CoV-2 uu mar walba ugu celceliyo baadhitaan, baadhitaan, baadhitaan (*testing, testing, testing*). Isaga oo arrintaas ka hadlaya wuxu yidhi, “Ma awoodi kartid inaad dab damiso adiga oo indho la’a ama ay indhuhu ku xidhan yihiin. Ma joojin karno cudurkan Saf-caamka ah haddii aynaan garanaynin qofka cudurka qaba”. Sidaas awgeed, waa lagama maarmaan in baadhitaan lagu sameeyo dadka looga shakiyo inay qabaan cudurka COVID-19.

Guud ahaan baadhitaannada shaybaadhka caafimaadka iyo natiijoyinka ka soo baxaa waxay suurtogeliyaan la dagaalka iyo go’aan ka qaadashada la tacaalidda cudurka COVID-19. Sidii loo joojin lahaa faafista ama gudbinta cudurka, sidii loo hakin lahaa gudbinta cudurka, sidii loo yarayn lahaa kiisaska cudurka, sidii loo dabargoyin lahaa ama loo joojin lahaa inaanu cudurku ka dillaacin isla markaana ku faafin bulshada dhexdeeda, sidii loo yarayn lahaa saameynta xagga caafimaadka, bulshada iyo dhaqaalaha, sidii loo yarayn lahaa qarqaladaynta caafimaadka jirrooyinka aan ahayn COVID-19. Intaas waxa raaca sidii loo ogaan lahaa ciddii u baahan in la daaweeyo (isbitaal la dhigo), la karantiimi lahaa ama dabagal iyo ka war hayn lagu samayn lahaa xaalkooda iyo sidii loo raadin lahaa ciddii ay is arkeen.

#### Daaweynta cudurka SARS-CoV-2

Cudurka fayraska SARS-CoV-2 weli looma hayo wax daawo ah (*anti-viral drugs*) ama tallaaf (*vaccination*) ah oo lagaga hortagi karo. Cudurka SARS-CoV-2 waa cudur guud ahaan yara sahlan oo laga yaabo in dadka uu ku dhaco ama helo 80% aanay u baahnayn daaweyn gaara. Haddii loo baahdo waxa ku filan qofka buka inuu isticmaalo waxyaabaha kaarka ama xumadda iyo madax xanuunka ka jebiya iyo dabcan nasasho iyo inuu qofku qaato cabitaan badan. Haddiise qofku aad u xanuunsado ama uu isku tuhunsan yahay inuu hayo SARS-CoV-2 waxa wanaagsan markiiba inuu la xidhiidho xarumaha caafimaadka iyo takhaatiirta si loo hubiyo xaaladdiisa caafimaad dadka kalena looga ilaaliyo inuu cudurka qaadsiiyo.

Bukaannada u soo dhaca cudurkan ama xaaladdooda caafimaad ba’an tahay ee u baahda in la dhigo isbitaallada, waxa keliya ee lagu daaweeyaa waa gargaarid (*supportive therapy*) iyo ku daaweynta oksijiinta si looga ilaaliyo bukaanka inaan naqasku ku dhegin ama xubnaha kale ee muhiimka ah dhaawac gaadhin (*vital organs*). Waxa bukaanka lagu gargaaraa waxyaabaha ka caawiya neefsashada iyo in caafimaadkiisa guud la daryeelo oo wax kasta oo suuragelinayaa bogsashadiisa ama ka soo rayntiisa lagula tacaalo. Bukaannada aadka u culusna waxa loo wareejiyaa qaybta ITU/ICU ee isbitaalka. Sidaas awgeed, waxa ugu muhiimsan ee loo qaban karo dadka cudurkani ku dhaco waa daryeel taakulayn/taageerid ah si bukaanka looga caawiyo yareynta calaamadaha cudurka iyo sidii loo ilaalin lahaa hawlaha xubnaha jidhka ee muhiimka ah (*vital organs*).

Marka la soo koobo, inta badan ma jiraan daawooyin u gaar ah oo loogu talagalay cudurka COVID-19 ee neef-mareenka aadanaha ku dhaca. Saddex arrimood baa muhiim u ah daaweynta gargaaridda ah si

looga hortago in xaaladda bukaanku sii xumaato isla markaana kor loogu qaado ama loo kordhiyo fursadaha badbaaditaanka nololsha qofka.

1. Daawooyinka antibiyootigga ah (*antibiotics*) si looga ilaayo inaan bukaanka cudurro kale qaadin ama ku dhicin inta uu bukaan jifka yahay. Waxaa ka mid ah cudurradaas ooof-wareenka gaar ahaan ka bulshadu kala qaado ama ka laga qaado isbitaalka (*community acquired pneumonia or hospital acquired pneumonia*) iyo cudurrada halista ah ee ku dhaca xubnaha muhiimka ah ee jidhka sida hannaanka wareegga dhiigga ama cudurka oo wareegga dhiigga raaca (*bacteriameia and sepsis*).
2. Daaweynta oksijiinta si loo badbaadiyo dadka qaba COVID-19ka daran (severe COVID-19) ee leh calaamadaha muujinaaya dhibaatooyinka neef-mareenka, heerarka oksijiinta dhiigga oo yaraada ama yaraanshaha oksijisiinta dhiigga (*hypoxaemia*), ama shooga waxaa si deg-deg ah loo siinayaa oksijiin dheeraad ah.
3. Daaweynta gaarka ah ee loogu talagalay dadka leh ama ay ku dhacaan xaaladaha kale ee caafimaad darrada ah sida sokorowga (*diabetes*), kelyo istaagga (*kidney failure*), xanuunnada wadnaha (*heart diseases*), iwm.

### **Siyaabaha looga hortago cudurka SARS-CoV-2**

Ka hortagga cudurka fayraska SARS-CoV-2 waa mawduuc aad iyo aad u ballaadhan oo heerar kala duwan leh. Wuxu ka bilaabma siyaabaha shakhsigu ama qofku isku ilaalin karo, ta bulshada guud, ka hortagidda isu gudbinta gudaha goobaha daryeelka caafimaadka (*healthcare settings*) iyo tallaabooyinka gaarka ah sida nadiifinta degaanka, maareynta qashinka, maareynta dharka lagu isticmaalo goobaha daryeelka caafimaadka iyo qalabka daryeelka bukaanka. Qoraalkan badankiisa waxan ku soo koobaynaa siyaabaha shakhsigu isu ilaalin karo iyo ta bulshada guud.

Sida ugu wanaagsan ee looga hortagi karo cudurka waa in laga fogaado ama la iska ilaaliyo in fayrasku ku soo gaadho. Cudurka SARS-CoV-2 iyo fayrasyada kale ee ay isku bahda yihiin waxay u fiditaan ama u faafaan inay hawada soo raacaan (*airborne infections*). Dadka qaba cudurku waxay ku gudbiyaan fayraska cuduraysan qufaca, hindhisada, taabashada, iwm. Siyaabaha kale ee cudurka looga qaadi karo dadka qaba waxa ka mid ah: taabashada qof cudurka qaba (gacmaha ama wejiga), taabashada waxyaabaha ay ka midka yihiin albaabada iyo wax kasta oo dadka cudurka qabaa ay taabteen ama isticmaaleen.

Ka hortagga iyo xakamaynta cudurka ahmiyadda ama mudnaanta ugu sarreysa waxa koow ka ah tallaabooyinka shakhsigu ama qofku isku ilaalin karo iyo in la raaco talooyinka ay bixiyaan hawlweennada caafimaadku. Waxa kale oo iyana muhiim ah in ay caado joogto ah noqoto ku dhaqanka caadooyinka wanaagsan oo maalin kasta la dhaqan gelin karo si looga hortago faafitaanka fayrasyo badan oo cudurro halis ah sababa, gaar ahaan fayrasyada neef-mareenka waxycellada u geysta (*respiratory viruses*) sida fayrasyada korona (*coronaviruses*).

- a) Tallaabooyinka shakhsigu ama qofku isku ilaalin karo
- b) Tallaabooyinka shakhsigu ama qofku isku ilaalin karo, si qof kastaa uga badbaado halista cudurka waa inuu qaataa tallaabooyinkan soo socda ee hoos ku qoran:
- c) Gacmahaaga ku dhaq ama ku maydh saabuun iyo biyo ugu yaraan muddo ah 20 ilbidhiqsi (20 seconds) gudahood.
- d) Haddii saabuun iyo biyo aan la heli karin, isticmaal waxyaabaha kale ee nadiifiyaha ah sida nadiifiyeyasha alkaloda leh ee aad heli kartid (*alcohol-based hand sanitiser*).
- e) Iska ilaali inaad ku taabato indhahaaga, sankaaga, iyo afkaaga gacmo aan nadiif ahayn oo aan dhaqnayn ama aan maydhnayn.
- f) Ka fogow xidhiidh dhow inaad la yeelato dadka jiran ama xanuunsanaya.
- g) Ku dedaal inaad guriga joogto marka aad jiran tahay ama xanuunsanaysid.
- h) Ku qabo qufacaaga ama hindhisada shay nadiif ah sida tissue/masar, iwm ka dibna ku tuur masarka meelaha qashinka loogu talo galay.
- i) Had iyo jeer nadiifi oo ku nadiifi jeermis dile (*disinfectant*) meelaha wax taabteen ama gaadheen iyo saxadaha dusha sare sida miisaska iwm.
- j) Ku dedaal xoojinta iyo ilaalinta nadaafada guud.
- k) Istimaal qalabka la isku hortaago fidista cudurka ee loo yaqaan PPE (*personal protection equipment*) sida galoofiga. maaskarada afka, iwm, gaar ahaan haddaad dadka buka daryeesho.

Waxyaabahaas badankooda waxad ka dhigan kartaa caado joogto ah oo ka mid ah ku dhaqanka caadooyinka wanaagsan ee maalin walba la samayn karo. Siyaabaha kale ee looga hortagi karo si loo xakameeyo cudurka SARS-CoV-2 faafitaankiisa waxa ka mid ah in la qaado tallaabooyinkan soo socda:

- Waa in la bilaabo olole wacyigelin ah si bulshadu u ogaadaan caafimaad darrada ka iman karta SARS-CoV-2
- Waa in mudnaanta koowaad la siiyo sidii loo feejignaan lahaa loona ilbaadin lahaa inaan cudurku dalka ku faafin lana xaddido dhaqdhaqaaqa socotada.
- Waa in lagu dedaalo sidii loo ogaan lahaa sida cudurka SARS-CoV-2 ku bilaabmay, meeshee ka bilaabmay iyo sidee ku faafay si loo qorsheeyo hababka saxda ah ee lagu xakamayn karo SARS-CoV-2 (Lacalla haddii uu mar kale soo laba kacleeyo).
- Waa in dadka bukaanka daryeela ama daaweeya is ilaaliyaan si fiicana isu nadiifiyaan oo saabuun iwm ku faraxashaan, waana inay markasta isticmaalaan qalabka PPE ee ku habboon hawsha hadba ay hayaan.
- Waa in muunadaha bukaanka iyo waxyaabaha kale ee sadhaysan si hagaagsan loo maamulo oo meel ku habboon lagu shubo isla markaana lagu qubo si aan fidista cudurku u sii socon (*proper waste management system*).
- Waa in sare loo qaadaa ilaalinta shakhsiga si looga hortago gudbinta cudurka SARS-CoV-2 bulshada dhexdeeda.
- Waa in lagu dedaalo sidii loo yarayn laha safarka loo socdaalayo meelaha la sheegay in cudurku ka dillaacay dalka gudihisa iyo debeddiisaba siiba dadka u nugul cudurkan.
- Waa in dadka socotada ah ee ka yimaadda degaannada lagu tuhunsan yahay cudurka SARS-CoV-2 in isha lagu hayo xaaladdooda caafimaad inay wax iska beddeleen iyo in kale. Mararka qaarkood haddii aad looga baqo inay bukaan, waa in la karantiimeeyaa (Quarantine).
- Waa in laga war hayaa dadka u nugul cudurkan ee la sheegay inuu duray/hargab ku dhacay si loo ogaado hadday jirto in wax dhibaato ahi ka soo gaadhay cudurka SARS-CoV-2.
- Waa in bulshada lagu waaniyo inay tallaabooyinka shakhsigu ama qofku isku ilaalin karo ugu dhaqmaan si joogto ah iyo inay raacaan talooyinka ay bixiyaan hawladeennada caafimaadku.
- Waa in la diiwaangeliyo dadka la ogaaday inuu ku dhacay SARS-CoV-2 si loo ogaado tiro koobka iyo dhibaataada ka iman karta cudurka SARS-CoV-2.

Ilaa hadda cudurka COVID-19 weli adduunka waddan walba waa ka jiraa, in kastoo uu meelaha qaarkood hoos u soo dhacaayo. Sidaas awgeed, waxa lagama maarmaan ah in la sii wado tallaabooyinka iyo barnaamajyada ah heerka magaalo ama degmo ama gobol ama heerka qaran ah ee isugu jira ka hortagid (prevention) iyo xakamayn (controlling). Waxa xaaladahan oo kale lagaga guulaysan karaa oo lagu dhammayn karaa iyadoo la qaadayo tallaabooyin xannibaad ah oo ku salaysan kala hagid ama hakin loo maraayo hannaanka caafimaadka guud ee hagidda iyo hakinta (public health intervention).

Tallaabooyinka ugu waaweyn ee maanta caalamka badankiisa lagaga dhaqmo ee la qaadi karo si loo hakiyo/yareeyo ama loo xannibo faafitaanka cudurka SARS-CoV-2 waxay ka kooban yihiin:

- a) Barnaamijyo ballaadhan oo baadhitaan caafimaad ah (*Massive health screening programmes*). Kuwaas oo ah baadhis caafimaad oo ku salaysan sidii loo kala xuli ama saari lahaa cidda cudurka qabta hadda, kuwa uu dhowaan ku dhacay ama goor hore qaaday, kuwa lagu tuhunsan yahay, kuwa ay macquul tahay inay qabaan cudurka, kuwa la xaqiijiyey inay qabaan iyo dadka aan haba yaraatee aan qabin cudurka SARS-CoV-2 (*testing, testing, testing*). Waxa kale oo weheliya raadraacid ama raacdayn (*tracking*).
- b) Iskarantiimayn iskaa ah (*Voluntary quarantine*). Taas oo ah inaanad gurigaaga ka soo bixin ama goobta aad joogtid inaanad dhaafin ilaa lagu ogolaanayo (*self isolation*).
- c) Xayiraad ama xaddidyo la xaddido safarka/socdaalka (*Travel restrictions*). Si loo jaro silsiladda cudurka oo loo horqabateeyo isu gudbinta fayraska isla markaana loo xaddido ku faafitanka bulshada dhexdeeda.
- d) Kala fogaanta bulshada (*Physical and social distancing*). Waa in la kala durkaa oo la kala fogaado shaqsiyaad ahaan iyo bulsho ahaanba si aanad cudurka u qaadin ama aanad u qaadsiiin dadka kale isla markaana aanu cudurku u sii fidin.

Ugu dambayntii siyaabaha looga hortago iyo sida aad cudurka SARS-CoV-2 aad naftaada uga ilaalin kartid waxa ugu muhiimsan nadaafadda iyo dhawristeeda sida inaad gacmahaaga ku dhaqdo ama ku maydho saabuun iyo biyo ama inaad ku masaxdid gacmahaaga nadiifiyaha alkoohoosha ka samaysan iyo waxyaabaha la mid ka ah. Ku dedaal inaad xidhatid weji ama waji xidh/qaris (*face mask*) si aad ugu dabooshid afkaaga iyo sankaaqa maaskaro (waji xidh), kilinikis, ama shaatiigaga/shaadhkaaga gacantiisa ama laabatada xusulka markaad qufacaysa ama aad hindhisayso. Ka fogow xidhiidh dhow oo aan dhawrsanayn inaad la samayso qof kasta oo leh calaamadaha dureyga ama hargabka, gacan qaadka ka taxadir iyo isdhexgalka faraha badan. Ka fogow meelaha dadku isugu soo ururo sida shirarka, kulannada, siiba xafladaha iyo goobaha bulshadu ku kulanto. Raadso daryeel caafimaad haddii aad leedahay qandho, qufac iyo neefsashada oo ku dhibaysa.

## Saamaynta iyo halista caafimaad ee cudurka COVID-19

Saamaynta guud ee cudurka COVID-19 waa mid ballaadhan oo nolosha aadanaha dhan walba ka taabatay. Tusaale ahaan, wuxu saamayn weyn ku yeeshay: caafimaadka adduunka, dhaqaalaha, dhaqdhaqaaqa ganacsiga, shaqada, safarka/socdaalka, bulshada, waxbarashada, degaanka, amniga iyo xasilloonida. Tani waa markii ugu horraysay taariikhda dhow ee bini-aadamka ee ay dhibaato ama qalalaase caafimaad ay saamayn weyn ku yeelato dhaqaalaha adduunka, waayo waxay xayirtay ama xidhay dhaqaalihii adduunka oo dhan. Waxa kale oo ay si xanuun leh u muujisay isku xidhnaanta daryeelka caafimaadka iyo dhaqaalaha oo noqday wax aan kala go'lahayn oo isku xidhan. Saamaynta caafimaad ee COVID-19 kuma koobna dadweynaha ama dadka oo keliya ee waxa uu dhaawac weyn iyo jug gaadhsiiyey hannaanka caafimaadka dalalka adduunka (*global health system*). Sababtoo ah, dunida oo dhan hannaanka daryeelka caafimaadka looma qaabayn ama samaynin isla markaana looguma talogelin wax ka qabashada qalalaase ama halis caafimaad oo sidan oo kale u weyn oo mar qudhaata adduunka soo foodsarta. Waxay noqotay xaalad aan la saadaalin karin, waxay abuurtay caqabado caafimaad oo baaxad weyn leh oo u baahan abaabul deg deg ah oo khayraadka (dhigaal, dhaqaale, cudud iyo siyaasad) la haysto lagu hawl gelinaayo, waxay saamaysay bulshada oo dhan taas oo keentay culays caafimaad oo waddan waliba u adkaysan kari waayey.

Siyaabo badan, cudurkan saf caamka ah ee COVID-19 wuxuu si weyn uga qaadaay dheelitirnaanta hannaanka daryeelka caafimaadka oo wuxu horseeday jiho ka soo horjeedda jihadii iyo sidii ay u qaabeeyeen daryeelka caafimaadka sannadihii la soo dhaafay gaar ahaan waddamada horumaray. Tusaale ahaan, waxa la xoog saaray oo khayraadkii loo leexiyey wax ka qabashada xanuunnada aan la is qaadiin karin ama aan faafin (*Non-communicable Diseases*), xanuunnada fara ka bax ah ee muddada dheer ama xanuunnada raaga (*Chronic diseases*) sida sokorowga iyo xaaladaha wadnaha, waxa daryeelkii caafimaadka laga raray isbitaallada loona wareejiyey goobaha bukaan socodka, waxa la kordhiyey dakhliga la xidhiidha daryeelka khaaska ah ama gaarka ah sida daaweynta kansarka iwm, waxa la xaddiday maalgelinta guud ee ka hortagga cudurrada faafa iyo qalabaynta casriga ah ee shaybaadhada caafimaadka guud ee u gaarka ah baadhista cudurrada faafa. Tani waa sababta keentay inay dunida reer galbeedku ay ku fashilanto wax ka qabashada, ka hortagga iyo xakamaynta fayraska SARS-CoV-2 ee sababa cudurka COVID-19 ama karkardhiye.

Cudurka COVID-19 saamayntiisa caafimaad ee geeska Afrika waxay la mid tahay ta adduunweynaha kale laakiin qaaradda Afrika guud ahaan waxa u sii dheer dhibaataada caafimaad xumada oo ay kaga liidato dunida inteeda kale. Caqabadaha caafimaadka Afrika hortaaqan waxa ka mid ah:

- Qaaradda Afrika waxa ku nool dadka dunida ugu dakhliga yar waxaana fara xun ku haya saboolnimo aan xad lahayn (*Qaarad abaah waa boon !!*).
- Qaaradda Afrika waa qaaradda ugu caafimaad darrada badan waxana haysta culays weyn oo ah xanuunno iyo cudurro halis ah oo si joogto ah uga dillaaca Afirka waxana u dambeeyey cudurka Ebola ee 2014 ka dillaacay galbeedka Afirka, 2019 ka dillaacay qaybo ka mid ah Democratic Republic of Congo iyo daacuunka oo inta badan ka dillaaca qaaradda.
- Qaaradda Afrika waxa ka jira hannaan ama nidaam caafimaad oo daciif ah oo aan awoodin isla markaana aan awood u lahayn daryeelka caafimaad ee muwaaddiniinta reer Afrika. Tusaale ahaan cudurka Ebola waa calaamad muujinaysa daciifnimada nidaamka caafimaadka Afrika, maamul xumada iyo koobnaanta shaqale leh xirfad caafimaad oo xakameeya xanuunnada iyo cudurrada faafa ee culayska ku haya qaaradda Afrika.

- Qaaradda Afrika waxay ku tiirsan tahay deeq bixiyayaasha inay ka caawiyaan xaalad kasta oo saamaaysa xagga caafimaadka iyo dhibaatooyinka kale ee saboolnimada iyo maamul xumadu keenaan.

Haddaan si guudmar u eegno xaaladda COVID-19 iyo saamayntiisa caafimaadka, waxa muuqata in weli adduunyadu ay la daalaadhacayo sidii loo xakameyn lahaa cudurka. Sidoo kale, kaabayaasha daryeelka caafimaadka iyo awoodda baadhista shaybaadhada caafimaadka ayaa noqday arrimo waaweyn oo soo ifbaxay oo aan la filayn. Waxa soo baxday in aanay jirin awood shaybaadh oo ku filan baadhista fayraska SARS-CoV-2 oo ay ka maqan tahay adduunka oo dhan, waxay taasi dadka ka hor istaagaysaa inay helaan daryeel caafimaad oo ku habboon iyo inay xayiraad saarto sidii loo heli lahaa raad raac sax ah oo lagu ogaado COVID-19. Baxaadda tirada kiisaska iyo dhimashada dadka ee ka jirta Yurub iyo Mareykanka ayaa hafisay ama harqisay oo ka tan weynaatay hannaanka daryeelka caafimaadka ee waddamada dakhligoodu sarreeyo kuwaas u taagwaayey siday u maarayn lahaayeen dhibaataada COVID-19. Wadamada ay xaddidan yihiin khayraadkoodu ee Afrika iyo Koonfur-Bari Aasiya gaar ahaan aad ayay ugu nugul yihiin saamaynta COVID-19, sababtoo ah hannaankooda caafimaad oo horeba u ahaa qaar daciif ah awgeed sidaan kor ku soo sheegnay.

Dhanka kalena, waxa jirtay in bilowgii cudurka SARS-CoV-2 uu adduunku saadaalin taban ka bixiyey qaaradda Africa iyo sida xaalkeedu noqon doono. Iyada oo dalal kala duwan oo daafaha dunida ahi ay ku hawlan yihiin sidii ay ula tacaali lahaayeen masiibada SARS-CoV-2, aragtida laga qabay Afrika waxay ahayd, sida ay sheegeen khubaradu, way liitaan oo waa xaalad cabsi leh. Sida laga soo xigtay sarkaal heer gobol ah oo ka tirsan World Trade Organisation (WTO), kiisaska cudurka SARS-CoV-2 ee ka dhici kara Afrika ayaa laga yaabaa in ay ka bataan kumanaan oo gaadhi karaan ilaa 10 milyan muddo saddex ilaa lix bilood gudahood ah. Sida ku xusan tusaalayn (*modelling*) ay soo saartay Kuleejka Imperial (*London University*). Afrika waxa ay dhimashadu COVID-19 ku dhowaanaysaa 300,000 xitaa marka loo eego xaaladda ugu fiican. Sida ay sheegeen Guddiga Dhaqaalaha ee Qaramada Midoobay uu qaabbilsan qaaradda, xaaladda ugu xun ee aan lahayn wax ka qabasho fayraska ah, waxa laga yaabaa in qaaradda Afrika ay dhici karto in dhimashadu gaadho 3.3 milyan iyo 1.2 bilyan ah kiisaska cudurku ku dhacay. Ilaa hadda inta laga og yahay dhibaataada COVID-19 ee Africa waa ka hoosaysaa qaaradaha kale oo arrintu sidii la moodayey ama laga baqayey ma noqonnin umana dhowa. Sababta hadda iyo qoraalkan waqti uma hayno waxan u dhaafaynaa bulshada iyo akhristayaasha.

### **Halista Caafimaadka ee COVID-19.**

Cudurka COVID-19, wuxu si taban u saameeyaa caafimaadka gaarka ah ee qofka (caafimaad shakhsiyeedka) iyo caafimaadka guud ee bulshada oo dhan ama caafimaadka dadweynaha. Tan iyo markii la ogaaday jiritaankiisa dabayaaqadii 2019 ilaa hadda saameyntiisa caafimaad ee muddada dhow iyo ta dheerba lama yaqaan oo weli si buuxda looma aqoonsan, halka ay cilmi baadhayaashu isku de'yayaan inay fiiriyaan oo isbarbardhig ku sameeyaan COVID-19 iyo labada fayras ee kale, SARS iyo MERS-CoV. Taasina waxay qaadan doontaa waqti in la helo sawir buuxa oo ah cawaaqibta muddada dheer ee cudurka COVID-19. Hase yeeshee, ilaa inta hadda laga ogaaday cudurkani saamayn badan buu ku leeyahay caafimaadka gaar ahaan dadkii uu helay ama ku dhacay.

COVID-19 waxay sababi kartaa astaamo kala duwan oo darnaantooda ay dadku ku kala duwan yihiin. Dadka qaarkood waxay noqon karaan astaamo la'aan ama waxa ay leeyihiin astaamo fudud oo khafiif ah halka qaar kalena ay xaaladdoodu aad u culus tahay. Dadka yeesha astaamaha cudurka, xogta ilaa hadda jirtaa waxay muujinaysaa in 40% ay leeyihiin astaamo khafiif ah oo aanay lahayn dhibaatooyinka ka yimaadda marka heerka oksijiinta dhiiggu hoos u dhacdo (hypoxia) ama oof-wareen/qaar-jeex (*pneumonia*), 40% waxay leeyihiin astaamo dhexdhexaad ah iyo Oof-wareen aan darnayn (*non-severe pneumonia*), 15% waxay yeeshaan oof-wareen daran (*severe pneumonia*) oo u baahan in cusbitaalka la dhigo, halka 5% ay aad u il daran yihiin oo ay galaan xaalad halis iyo naf-gooyo ah oo u baahan in si dhakhso ah loo dhigo qaybta daryeelka degdegga ah ee cusbitaalka (ICU/ITU), oksijiin dheeri ah iyo adeegsiga qalabka siiya hawada ama neefta sambabada ee loo yaqaan ventilator (*ventilator*).

Saamayntiisa caafimaad ee halista ah waxaa ka mid ah xanuunka ba'an ee neef-mareenka cidhiidhiga geliya ee loo yaqaan *acute respiratory distress syndrome* (ARDS), waxyeello gaadha unugyada ama xubnaha jidhka oo



ay si aad ah u hallaabaan, burburaan ama waxyeello culusi ka soo gaadho jeermis ku dhacay dartii iyo sunta ay siidaayaan daraadeed (*sepsis*), dhibaato wada gaadho xubnaha jidhka oo ay gayeysiiso bukaanka in uu si daran hoos ugu dhaco diirimaadka dhiigga (*septic shock*), yeesho xanuunnada wadnaha (*cardiac disease*), waxyeellooyin badani soo gaadhaan xididda dhiigga oo xinjiraha dhiiggu wareegga dhiigga raacaan oo kala xidhaan qulqulka dhiigga ee jidhka gaar ahaan sambabada (*thromboembolism*) taas oo horseedda marxaladda qofka ugu dambaysa ee uu qarka u saaran yahay geeri, taas oo ah marka ay xubnihiisa oo idil hawlgabaan oo shaqada joojiyaan (*multi-organ failure*).

Waxa jira caddaymo isa soo taraya oo sheegaya inay sii kordhayso cawaaqibta muddada dheer ee ka dhasha cillado aad u ba'an oo la xidhiidha jawaabta jidhku ka bixiyo cudurka (*inflammatory response*) kuwaas oo laga yaabo inay ku dhacaan dadka xaaladdoodu halista gaadhay ama naftoodu sigatay (*experienced critical and life-threatening illness*). Waxa kale oo la xusay dhibaatooyin dhif iyo naadir ah oo ku dhaca habdhiska neerfaha iyo maskaxda oo sababi kara isbedelka dareenka iyo dabeecadda qofka ama waalli (*mental health illness*), waxyaabaha kale ee sidoo kale ku dhici kara bukaannada aan lahayn astaamaha neef-mareenka, waxa ka mid ah istarooroga, cillado maskaxda ku dhaca, qiiro dhalanteed ah sida jah-wareer iyo muuqaal dhalanteed ah oo qofka wax kale u muuqdo ama la tuso (*delirium*), walwal, baqdin, niyad-jab iyo jah-wareer xagga hurdada ah.

Sida ay muujinayaan xogaha iyo caddaymaha lagu soo bandhigay saamaynta cudurka ee dalalka reer galbeedka, khatarta cudurka daran iyo dhimashadu waxa ay aad ugu badan tahay dadka da'da weyn, ragga, iyo qowmiyadaha aan caddaanka ahayn ama ku nool xaafadaha saboolka ah. Xaaladaha caafimaad ee qaarkood sii kodhiyaan halista cudurka waxa ka mid ah dadka qaba wadno xanuunka, sonkorowga, dadka cayilan ama miisaanka culus, sigaarya cabka ah iyo weliba dadka waaweyn ee da'da ah. Waxa kale oo la xaqiijiyey inay jiraan dad cudurka COVID-19 aanu ku dhicin oo uu saamayn caafimaad oo xagga maanka ah ku yeeshay sida qaar isku buuqay, waashay, isdilay, cabsi qaaday, is nacay iyo qaar cuntoba ka degi weyday. Arrimahan waxa badankooda sababay saamaynta cudurku ku yeeshay xagga nololshada, qoyska, dakhliga, dhaqaalaha, shaqada, xidhnaanta magaalooyinka iyo joojinta socdaalka, iwm.

Guud ahaan, sida fayrasyada habdhiska neefsashada ku dhaca, COVID-19 wuxuu keenaa neefsashada oo adkaata, daal iyo murqo xanuun. Maaddaama uu saf caamku weli faafayo oo la diiwaangeliyay taariikhda kiisaska badan oo bukaan ah, waxa la ogaaday calaamad cusub oo hor leh sida qayb ahaan ama gebi ahaanba luminta dareenka dhadhanka iyo urta. Tani lafteedu maaha wax aan caadi ku ahayn cudurrada fayraska neef-mareenka, laakiin waxa u gaarka ah baa ah in dadku ay leeyihiin astaamahaas iyada oo aanay lahayn astaamaha kale ee caadiga ah ee cudurka Covid-19.

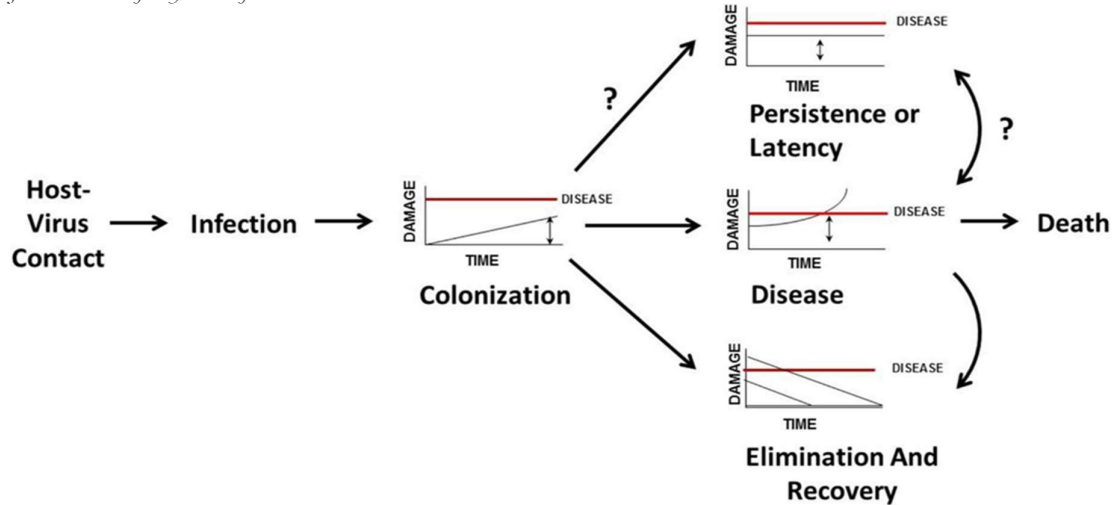
Hadda way caddahay in cudurka SARS-CoV-2 uusan keliya weerarin nidaamka neef-mareenka, oo dadka qaarkii waxay sheegeen cillado xagga mindhicirada ah (*gut*) iyo dhibaatooyin kelyaha ah. Dadka xanuunsaday ee uu ku dhacay COVID-19ka darani mushkiladaha adag ee la soo dersay waxa ka mid ah waxa loogu yeedho 'duufaanka cytokine' kaasoo habka difaaca jidhka uu u galo inuu sababo siyaabo halis ah oo u horseedi kara in xubno badan oo muhiim ah inay ku dhacdo inay istaagaan ama shaqo gabaan. Tani waxaa sidoo kale lagu arkay hargabka, SARS iyo MERS-CoV. Cudurka neef-mareenka ku dhaca ee aadka u daran (SARS) ee uu sababo fayraska SARS, wuxuu leeyahay astaamo la mid ah COVID-19. Sida COVID-19, dadka da'doodu ka weyn tahay 60 sano waxay ku jiraan halista ugu sarraysa ee astaamaha daran.

Daraasad lagu sameeyay saamaynta muddada dheer ee SARS oo laga sameeyay Hong Kong ayaa muujisay in laba sano kadib markii uu cudurku ku dhacay, qaar ka mid ah badbaadayaashaas SARS ay leeyihiin awood yari ama tamartoodu ay aad u liidato iyo xaaladda caafimaadkooda oo hoosaysa marka loo eego dadka aan waligood cudurku ku dhicin. Kaliya 78% oo ah bukaannada SARS waxay awoodeen inay ku noqdaan shaqooyinka si buuxda oo waqti buuxa ah hal sano ka dib cudurka. Daraasad kale, oo sidoo kale lagu sameeyay Hong Kong, ayaa shaaca ka qaaday in 40% dadka ka soo kabanaya SARS ay wali qabaan astaamaha daal daba dheeraaday oo 3.5 sano kadib markii la ogaadey in cudurku ku dhacay. Cudurrada fayraska sida SARS iyo fayraska Epstein-Barr waxaa lagu yaqaan inay kiciyaan calaamadaha daalka ee raaga ee sii socon kara bilo ama sannado. Cudurka COVID-19, inuu saamayntan oo kale yeelan doonno lama garan karo waqtigan xadirka ah.

Saamaynta cudurka COVID-19, marka la eego qaabka waxyeellada iyo dhaawaca uu qofka uu ku dhaco u geysto ama gaadhsiyo jidhkiisa iyo waqtiga uu xanuunku hayo qofka haddii la qiyaaso waxa dhici karta in saddex ammuurood ay midkood natijadu noqoto sida uu muujinaayo jaantuska hoose.

- In cudurku suulo ama laga bogsado oo qofku ka soo kabto waxyeellooyinkii xanuunka oo ladnaado.
- In cudurka waxyeelladiisu sii badato oo ka itaal roonaado difaaca jidhka oo qofku aakhirka cudurka u dhinto oo geeriyoodo.
- In cudurku daba-dheeraado oo joogtooba siina jiro ama noqdo cudur qarsoon oo aan weli soo shaac-bixin oo dahsoon oo waxyeelladiisu daahitaan noqoto.

Jaantus: Muujinaya natijada cudurka COVID-19



Ugu dambayntii marka la soo koobo, cudurka fayraska SARS-CoV-2 xaaladdiisu waa mid weli socota siina koraysa oo si dhakhso ah isu bed-bedellaysa, waxyaabaha isdabajoogga ah ee muujinaaya saamayntiisa caafimaad ee uu ku leeyahay bukaanka iyo waxyaabaha lagu arkay ilaa hadda waxa ka mid ah kuwan soo socda:

1. Cudurka badnaantiisa ama ku dhicistiisa iyo darnaantiisu waxay ku sii korodhaa da'da.
2. Qaar badan oo ka mid ah haddaanay inta badan ahaynba oo cudurka qabaa waxay yihiin astaamo la'aan ama waxa ay leeyihiin oo keliya cudur fudud oo khafiif ah.
3. Shakhsiyaadka qaba cudurka ee aan astaamaha lahayni waxay gudbin karaan SARS-CoV-2, taas oo tilmaamaysa inay daadinayaan ama faafinayaan fayraska.
4. Shakhsiyaadka qaba xanuunnada wadnaha iyo xididada dhiigga, sonkorowga (kaadi macaanka), iyo xanuunnada sambabka (neef-mareenka) waxa badan ama sarraysa heerka dhimashadooda.
5. Cudurka COVID-19 waa ka sahlan yahay waxaana laga yaabaa in aanu lahayn astaamo lagu garan karo carruurta, laakiin tiro yar oo ka mid ah ayuu u geystaa waxyeello fara badan oo oo la mid ah kuwa xanuunka Kawasaki (waa xanuun inta badan ku dhaca carruurta ka yar 5 sano).
6. Si kadis ah oo daran ayaa xaaladdu u sii xumaan kartaa oo cilladda ama waxyeellooyinka soo gaadhay sambabadu ay sii xumaataa ama shaqada joojiyaan waxayna ku dhici karta waxyeelladaasi shaqsiyaadka da'da yar mararka qaarkood.
7. Cudurka iyo darnaantiisu waxay ku badan yihiin ragga marka loo eego dumarka.
8. Dhimashadu badanaa waa natijada oksijiin la'aanta (*anoxia*) sababtoo ah cillad sambabada ah ama hawlgab noqda, in kasta oo ay jiraan cadaymo sii kordhaya oo ku saabsan shaqo joojin xubnaha kale, oo ay ku jiraan wadnaha, kelyaha, iyo nudaha taas oo khalkhal gelisa ama xayirta hannaanka xinjirowga dhiigga iyo dhiig-baxa.

## Aayaha Cudurka COVID-19

Cudurka SARS-CoV-2, waqtigan xaadirka ah ma laha tallaalka lagaga hortegi karo iyo wax daawooyin ah oo lagu daaweyn karo. Sidaas awgeed, ilaa la helo daawo mucjiso ah ama tallaalka la soo saaro oo si dhakhso ah loo soosaaro tiro ku filan dunida oo dhan, dadka adduunku waa inay u diyaar garoobaan inay ikhtiraacaan dariiqooyin dhexe si ay wax uga qabtaan halista iyo saamaynta cudurka COVID-19. Istaraatiijiyadaha yaraynta cudurka ee diiradda saaraya inay dadka waayeelka ahi ka gabadaan oo guryaha ku jiraan si ay uga gaashaantaan khatarta cudurka (60% waxay yaraysaa xidhiidhka bulshada), gaabinta iyo kala goynta gudbinta cudurka (40% waxay yaraysaa isu gudbinta cudurka) tallaabooyinkaasi waxay dhab ahaantii yarayn karaan cudurka iyo culayska dhimashada kala badh. Laakiin weli waxa laga yaabaa inay sababi doonto milyan's dhimasho ah sannadkan 2020 (ilaahay baa og laakiin waa sida ay saadaasha iyo khubaradu tibaaxayaan).

Muddo dheer waxaa laga yaabaa inaan dhamaanteen xidhan doonno waji xidhyada (*face masks*) markii aan ka baxayno gurigeenna waxa aynu ku tiirsanaan doonna raadinta ama raadraaca ciddii xidhiidh la samaysay kiisaska cudurka, karantiimaynta iyo baadhista joogtada ah markii la qaado kala xidhnaanta ama qufulka (*lockdownka*) iyo haddii kaleba. Cabsida laga qabo mowjadda labaad ee cudurka waxay jiri kartaa sannado ama muddo.

Maanta ama waqtigan xaadirka ah, weli ma ogin habka looga baxaayo cudurka COVID-19 waxaan ku soconaynaa god-dadlaq ah ama dhoobo jilicsan oo laga yaabo inay laqdo dad iyo duunyoba. Toddobaadyada iyo bilaha soo socda, bani'aadamku wuxuu u baahan doonaa inuu noqdo mid tab iyo xeel leh oo hindisaad leh, isagoo ka raadinaya xalalka daldaloolada iyo albaabada dambe ee qofna aanu weligii malayn karin. Haddii aan gaadhno ama u boodno saddex sano mustaqbalka oo aan akhrino sheekada COVID-19, ma rumaysan doonno sidii wax u dhaceen.

Haddii aan intaas ku dhaafno aragtida guud ee cudurka COVID-19 iyo wacyiga hadda taagan. Waxa jirta oo mudan in la ogaado, in muddo ah adduunyadu waa dareensanayd waana ka cabsi qabtay halista iyo khatarta ka soo fool leh cudurrada faafa gaar ahaan kuwa ay sababaan fayrasyada ugubka ah iyo soo laabashada kuwo hore u jiray. Sidaas daraaddeed, waxa la bilaabay tallaabooyin cilmi baadhis iyo diyaar garow ah oo ku saabsan dagaalka ka dhanka ah ili-ma'aragtayda ugubka ah ama cusub ee aan hore loo aqoon (*war against novel microbes*). WHO, iyada oo la kaashanaysa ha'yadaha kale ee qaabilsan ka hortagga iyo xakamaynta cudurrada faafa (sida CDC (USA), PHE (UK), ECDC (EU), academiya cilmiga sayniska/caafimaadka, jaamacadaha iyo hay'adaha dhaqaalaha sida World Bank, IMF iwm) waxa ay bilowday in darsid iyo oddoros lagu sameeyo fayrasyo badan oo laga baqsan yahay inay sababaan waxa loo bixiyey adduuno gaddoon ama burburka dunida (*Apocalypse*). Liiska fayrasyada loo yaqaan The nine viruses of the apocalypse waxa ka mid ah:

- Lassa fever virus
- Nipah virus
- Rift Valley fever
- SARS, MERS and emerging coronaviruses
- Crimean-Congo haemorrhagic fever
- Chikungunya
- Zika
- Severe fever with thrombocytopenia syndrome
- Novel agent

Talloobooyinkii iyo is abaabulkii la sameeyey, waxa ay suurto geliyeen in horumar laxaad leh lagu sameeyo tabaha iyo xeeladaha lagu baadho ili-ma'aragtayda cudurrada keena (*microbial pathogens*) iyadoo la adeegsanayo farsamada molecular biolojiga ee ku saabsan xogta hiddosidayaasha (*genomics data*). Waxa si gaar ah loogu adeegsadaa farsamooyinkaas sidii xogo badan looga heli lahaa ili-ma'aragtayda la yaqaan iyo kuwa aan weli la aqoonsan siiba fayrasyada (particularly, *genetically sequencing and mapping of all unknown viruses*). Taas oo uga jeeddadu tahay sidii loo heli lahaa ama loo aqoonsan lahaa oo markiiba si dhakhso ah lagu ogaan lahaa cudur dhalayaha ugubka ah (*novel microbial pathogens*). Farsamadanina waa ta suurto gelisay in markiiba si deg deg ah loo ogaado cudurka fayraska SARS-CoV-2 ama cudurka COVID-19 markii uu ka dillaacay dalka Shiina.

Sidaas darteed, waxa la odhan karaa halista cudurka SARS-CoV-2 waa mid la filaayey. Laakiin ma la filaynin in cudur sidaas u daran oo aan la maarayn karin inuu noqon doonno.

Tallaabadani waa guul iyo horumar laga gaadhay xagga u diyaargarowga cudurrada ugubka ah isla markaana tani waxay muujinaysa in la filayey SARS-CoV-2 iyo ili-ma'aragtayda kale ee laga yaabo inay sababi karaan cudur aan hore u jirin ama loo aqoon. Haddii aan sidaas la samayn lahayn waxa dhici kari lahayd inay muddo qaadan lahayd ilaa iyo inta laga ogaanayo waxa sababay cudurka cusub ee uu sababay SARS-CoV-2. Taasina waxay keeni lahayd in cudurku baaho isla markaana ay waxyeelladiisu sii fara badato. In kastoo lagu guulaystay in si dhakhso ah loo ogaaday jiritaankiisa haddanna waxa lagu guuldarraystay in dadka lagu tuhunsan yahay cudurka si deg-deg ah loo baadho taas oo ay ugu wacan tahay arrimihii aan ku soo sheegnay qaybihii la soo dhaafay ee qoraalkan. Haddaba, iyada oo laga duulaayo sida wax u dhaceen iyo xaaladda cudurka COVID-19 ee hadda lagu jiro iyo hubaal la'aanteed sida xaalku noqon doono, waxa la go'aansaday in si buuxda loola dagaalamo ama loo hakiyo fiditaankiisa cudurka fayraska SARS-CoV-2 meel kasta oo uu ka dillaaco. Si taas looga midhodhaliyo waxa daruuri ah oo loo baahan yahay in la helo saddex ammuurood oo isku sidkan:

1. Qalabka baadhitaanka cudur sheegista (*Diagnostic tool*)- Si markiiba loogu ogaado fayraska SARS-CoV-2 ee sababay cudurka COVID-19.
2. Daawooyin (*Drugs*)- Si loogu daaweeyo dadka uu cudurku ku dhacay.
3. Tallaal (*Vaccination*)- Si ka hortag loogu sameeyo dadka kale ee aan weli cudurku ku dhicin isla markaana bulshada looga tallaalo cudurka laguna joojiyo fidistiisa.

Haddii aynu yara dhuganno aayaha muddada dheer ee cudurka COVID-19, aayaha iyo cawaaqibka dambe ee saamaynta caafimaad ee cudurka COVID-19 si buuxda looma garanayo. Sababtoo ah weli waa goor hore iyo muddo gaaban inta uu jiray cudurku. Waqti badan bay u baahan tahay in la daraasadeeyo oo laga baaraandego waxyeelladiisa. Muuqaalka cajiibka ah ee COVID-19 waa ilaa goorma inta ay calaamaduhu socon karaan. Bilowgii cudurka, talobixin caafimaad oo bilow ah oo ku saabsan waqtiyada soo kabashada ee COVID-19ka khafiif ah ayaa soo jeedisay 1-2 toddobaad. Si kastaba ha noqotee, dad badani waxay arkeen astaamaha soconaya 8 ilaa 10 toddobaad ama ka badan, calaamadaha waxay u muuqdaan inay baxayaan oo ay haddana ka soo noqonayaan. Koox cilmibaadhayaal ah oo ka socota King's College London, UK, ayaa soo saartay barnaamij ah 'COVID-19 tracker' oo loogu talagalay dadka si ay u diwaan geliyaan astaamahooda maalin kasta, waxaana lagu qiyaasey 200,000 in ay soo sheegeen astaamahooda muddo lix toddobaad dhan tan iyo markii la bilaabay tracker.

Su'aal muhiim ah ayaa ah waxa sababa calaamadaha COVID-19 ee soo noqnoqonaya - yacni haddii ay dib u soo kicineyso cudur joogto ah, dib u soo noqoshada cudurka (oo umuqda mid aan macquul ahayn kuna salaysan xogta ilaa hadda jirta), ama in qofka uu ku dhacay fayras kale ama xitaa bakteeriyada sababtoo ah waa nugul yihiin oo habka difaaca jirkoeda ayaa weli u soo kabanaaya. Maaddaama aan wali ku jirno masiibada COVID-19, iyo marxaladdii ugu horreeyey ee cudurka cusub, waa goor hore in la sheego waxa ka badbaadayaasha COVID-19 ay u badan tahay inay la kulmi doonaan sannad gudihiis. Si kastaba ha noqotee, baadhayaasha qaar ayaa ka walaacsan, sida SARS, in dad badan oo qaba cudurka cusub ee COVID-19 ay sii wadi doonaan inay yeeshaan daal dabadheeraada oo ka dhashay COVID-19. Ugu dambayntii, hubaal la'aanta mustaqbal ee dadka ka badbaaday cudurka COVID-19 waa sababta dhowr daraasadood oo muddo dheer soconaya ay daraasad ugu samaynayaan arrimaha hiddaha iyo degaanka kuwaas oo dad badan muddo ah iyo waqti ah loo dabageli doono. Waxay darsayaan cawaaqibka jidheed, maskaxeed iyo dhaqan-dhaqaale ee cudurka COVID-19.

## Gabagabo

Cudurka fayraska SARS-CoV-2, xaaladdiisu weli waa mid socota oo isbed-bedelaysa, wuxuu ku fidayaa si baaxad leh caalamka oo dhan. Waxa sii kordhaysa tirada dadka u dhintay iyo inta uu ku dhacay ee qaaday. Cabsi iyo argagax badan baa ka jirta guud ahaan dunida, gaar ahaan dalalka uu weli ku sii fidayo cudurka Covid-19. Waddamada uu hoos u yara dhacay faafistiisu waxay hadda ka baqa qabaan inuu ku soo laba kacleeyo oo mar labaad dib uga dillaaco. Waxyaabaha suuragelin kara inuu soo noqdo cudurku waxaa ka mid ah xayiraadihii magaaloyinka oo la qaaday, isu socodkii oo la khafiifiyey, ganacsigii iyo waxbarashadii oo dib loo furay iyo xilligii qaboobaha ee jilaalka oo dhowaan bilaabmaya. Fayraska SARS-CoV-2, waa mid ugub ah oo aan hore loo aqoon waxa la aaminsan yahay inuu yahay fayraska xayawaanka (*animal virus*) oo

laga qaaday gaar ahaan fiidmeerta (*bat-borne infection*). Xagga abla-ablaynta fayraska (*virological classification*) waxa la aqoonsaday inuu yahay RNA fayras kana mid ah bahda coronaviruses, gaar ahaanna ka ah *beta-coronavirus* hidde ahaanna la mid ah coronaviruska sababa SARS (SARS-CoV) ee laga helo fiidmeerta Aasiya. Waxa loogu walqalay in lagu magacaabo cudurka COVID-19 isla markaana magaca rasmiga ah ee ku habboon fayraskan ugubka ah (*novel virus*) inuu yahay SARS-CoV-2 kaas oo Af-Soomaali ahaanna noqonaya Karkardhiye (Kardhiye) sida aan hore u soo sheegnay.

Cudurka SARS-CoV-2, ilaa iyo imminka xogta laga hayaa waa mid hordhac ah oo maalin walba isbed-bedelaya. Sidaas awood, wax sidaas u badan lagama oga waqtigan xaadirka ah saamayntiisa caafimaad ee muddada dheer iyo inta ay qaadanayso in laga guulaysto oo tallaala ama daawo loo helo. Marka la eego macluumaadka laga hayo ilaa hadda, aqoonta iyo waayo-aragnimada laga dhaxlay cudurrada ay sababaan fayrasyada coronaviruses (Common cold, SARS, MERS, etc) waxa ay muujinaysaa inuu yahay cudur halis badan oo saamayntiisa nololaha aadanuhu aad u ballaadhan tahay marka laga eego xagga tabnaantiisa. Wuxu sababaa cudurrada ku dhacaa habdhiska neefsashada ee sida durayga oo kale ah. Bukaannada qaarkood gaar ahaan kuwa ay hayaan xanuunnada kale ee ku dhaca habka neefmareenka, difaaca jidhkoodu daciifka yahay iyo kuwa waayeelka ah iyo cid kastoo u nugul waxa laga yaabaa inuu ku xumaado oo sababo cudurka oof-wareenka (*viral pneumonia*).

Fayraska keena cudurka SARS-CoV-2 waxa laga qaadi karaa neefsashada dadka qaba oo uu neefsashadooda soo raaci karo iyo qufacooda, duufkooda, hindhisadooda iyo wax kasta oo gobo ama dhibic dareere ah oo ka soo baxda bukaanka (*respiratory droplets*). Astamaha iyo calaamadaha ugu badan ee lagu garto cudurkan waxaa ka mid ah xummad/qandho, qufac cusub oo joogto ah, neefsashada oo ku dhibta ama neefta oo yaraata, daal, cuntada oo nafsad loo waayo, urinta iyo dhadhanka oo luma, cuno xanuun, san dareer, iwm. Siyaabaha looga hortagi karo ama lagu xakamayn karo fayraska SARS-CoV-2 waxa ugu muhiimsan iyada oo la raaco tallaabooyinka shakhsigu ama qofku isku ilaalin karo ee aan ku soo sheegnay qoraalka qaybihiisii hore. Waxa kale oo iyana mudan in la qaato oo la hirgeliyo xusuusinta WHO iyo hay'adaha kale ee caafimaadka talooyinkooda ku saabsan ka hortagga oo maalin kasta innaga caawin kara ka hortagga faafitaanka fayrasyada neef-mareenka (*respiratory viruses*).

Cudurka SARS-CoV-2, ilaa hadda ma laha tallaala lagaga hortegi karo iyo wax daawooyin ah oo lagu daaweyn karo. Arrimaha su'aalaha waaweyn ka taagan yihiin ee aan weli sida buuxda wax looga aqoon waxa ka mid ah: Waa maxay sida ugu fudud ee fayrasku si toos ah ugu kala gudbi karo qof ilaa qof? Fayraskan khatartiisu ilaa intee bay le'egtahay? Ma ka dhammaan karaa adduunka oo dhan? Wax tallaala ah ma loo heli karaa?

Xogta qoraalkani, waxa ay ku salaysan tahay waxyaabaha ilaa imminka laga ogaaday xaaladda cudurka SARS-CoV-2 iyo caddaymaha hadda jira. Ugu dambayn waxa waajib ah inaan feejignaanno, raacno tallaabooyinka hawl wadeennada caafimaadka isla markaana isha ku hayno halka ay marayso xaaladda guud ee cudurka fayraska SARS-CoV-2 iyo waxyaabihii ugu dambeeyay ee ka soo kordha.

*Ma ogtahay akbriste Xadiiska Rasuulka (SCW) ee ku saabsan xaaladdan oo kale iyo xakamaynta cudurrada faafa: Cabdiraxman Ibn-Cawf (RC) waxa uu yidhi waxan maqlay Rasuulka (SCW) oo leh haddaad ku maqashaan (Daacnunka) dhul ha gelina. Haddii uu ku dhaco dbulkaad joogtaanna ha ka bixina, idinkoo ka cararaya. Waxa wariyey: Bukhari & Muslim.*

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