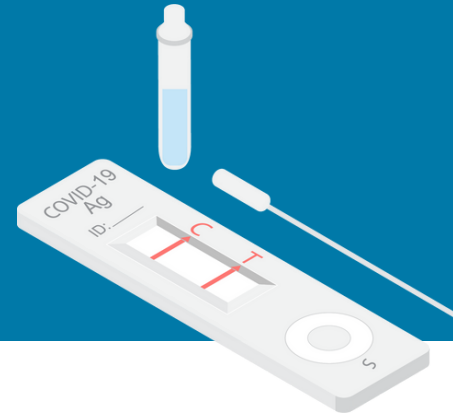


Gwaje-gwaje a gida don COVID-19

Koyi mahimman bayanai game da gwajin COVID-19 na gida



→ Menene gwajin COVID-19 na gida?

Gwaje-gwajen gida (wani lokaci ana kiran gwajin sauri ko gwajin kai) sune gwaje-gwajen da za ku iya yi waƙanda ke ba ku sakamako cikin mintuna 30.

Waƙannan gwaje-gwajen suna neman sassan kwayar cuta ta COVID-19 a cikin ruwan ku ko a ciki hancinka. Gwajin yana gaya muku idan kuna da COVID-19 a yanzu

→ Yaushe zan yi amfani da wani gwajin COVID-19 a gida?

Gwaji don COVID-19 a waƙannan lokutan:

- Idan kana da alamomi
- Kafin ziyartar aboki ko kaunataccen da ke da babban damar yin rashin lafiya daga COVID-19
- Kafin manyan taro ko abubuwan cikin gida
- Idan an fallasa ku zuwa COVID-19 (Ya kamata ku gwada kusan rana ta 5 bayan an fallasa ku. Idan kun gwada da wuri, za ku iya samun gwaji mara kyau ko da kuna da COVID-19.)

→ Ta yaya zan yi amfani da gwajin COVID-19 na gida?

Bi umarnin da suka zo tare da gwajin ku. Yawancin lokaci, za ku shafa swab a cikin hancin ku sannan ku gwada shi.

CDC tana da bidiyoyi da yawa kan yadda ake ɗaukar gwajin COVID-19.

Don karin koyo, ziyarci: www.cdc.gov/coronavirus/2019-ncov/testing/self-testing.html ko duba lambar QR da ke kasa.



Alamomin COVID-19 sun haɗa da:

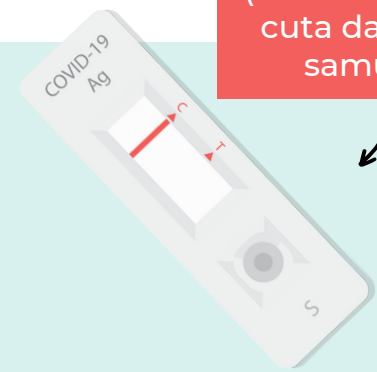
- Zazzabi ko sanyi
- Tari
- Rashin numfashi ko jin kamar ba za ku iya samun isasshen iska ba
- Gajiya (jin gajiya sosai)
- Ciwon tsoka ko jiki
- Ciwon kai
- Sabuwar asarar dandano ko kamshi
- Ciwon makogwaro
- Cunkoso ko hanci



→ Menene ma'anar sakamako na?

Idan kun gwada rashin kyau:

- Watakila kuna iya ko ba ku da COVID-19 - kuna bukatar wani gwaji a cikin sa'o'i 48 don tabbatarwa
- Gwajin mara kyau kawai yana nufin bai gano kwayar cuta ta COVID-19 ba. Wannan na iya faruwa idan kun gwada da wuri bayan an fallasa ku, lokacin da gwajin ba zai iya daukar isasshen kwayar cuta ba kuma yana iya nuna gwajin mara kyau koda kuna da COVID-19.

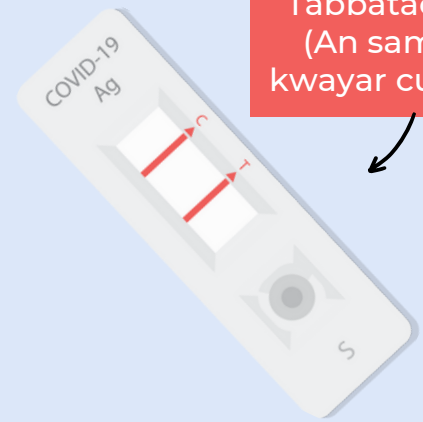


Korau
(babu kwayar
cuta da aka
samu)

Idan kun gwada tabbatacce:

- Kuna da COVID-19
- Kebe akalla kwanaki 5 - wannan yana nufin zama a gida da nesantar wasu. Bayan rana ta 5:
 - Idan baku da zazzabi na awanni 24, zaku iya barin gida (kara kebewar ku)
 - Idan har yanzu kuna da alamun cutar, ci gaba da ware har sai kun kasance marasa zazzabi na awanni 24 ba tare da amfani da magani ba
 - Sanya abin rufe fuska a kusa da wasu na tsawon kwanaki 10, koda kuwa kun kawo karshen kebewar ku kafin lokacin
- Kira likitan ku idan kuna da babbar damar yin rashin lafiya daga COVID-19. Idan ba ku da likita, kuna iya ziyartar gidan yanar gizon gwaji don neman magani: <https://aspr.hhs.gov/TestToTreat/Pages/default.aspx>

Gwaje-gwajen da
kuke amfani da su
na iya bambanta -
koyaushe karanta
umarnin gwaji



Tabbatacce
(An samu
kwayar cutar)

→ A ina zan iya samun gwajin COVID-19 a gida?

- Kuna iya siyan gwajin gida daga kantin magani ko mafi yawan shagunan kayan miya
 - Idan kuna da inshora, kila za su iya aiko muku da gwaje-gwajen gida ko biyan wasu adadin gwaje-gwaje na wata-wata
- Bincika sashen kiwon lafiya na gida don ganin ko suna ba da gwaje-gwaje kyauta
- Kuna iya yin odar gwajin COVID-19 guda 4 kyauta a gida kowane gida ta hanyar wasiku: [COVID.gov/tests](https://www.covid.gov/tests)

Hakanan kuna iya ziyartar wannan gidan yanar gizon don nemo wurin gwajin al'umma kusa da ku:

www.hhs.gov/coronavirus/community-based-testing-sites/index.html