Loo-shaqeeye ahaan, waa inaad dadka ka badbaadisaa waxyeelada. Tan waxaa ku jira qaadista talaabooyin macquul ah si aad uga ilaaliso shaqaalahaaga iyo kuwa kale Coronavirus. Tan waxaa loo yaqaannaa Qiimeynta Halista. Dukumintigaani wuxuu kaa caawin doonaa inaad u hubiso jawi shaqo oo aamin ah shaqaalaha iyo xubnaha bulshada.

Dukumintigaan waxaa guud ahaan loogu talagalay ganacsatada yar yar iyo kuwa dhexdhexaadka ah inay kugu hagaan inta aad ku gudajireyso sameynta Qiimeynta Halista, maaddaama aysan la jaanqaadi karin inaad hesho qof daakhili ah oo ku habboon Caafimaadka iyo Wakiilka Amniga ama La Taliyaha Dibadda ee Caafimaadka iyo Amniga.

Si loo hubiyo in meheraddaadu tahay mid u hugaansan amaanka COVID ka, waa inaad sameysaa waxyaabaha soo socda: -

* Aqoonso waxa nashaada (hawleed) shaqo ama xaalado ka dhalan kara gudbinta fayraska;
* Ka fikir cidda halista ugu jirta iyo sida;
* Go’aaminta iyo hirgelinta tillaabooyinka xakameynta si loo naaquso halista faafinta iyo / ama gudbinta fayraska; ama raadi inaad ka saarto hawshan / hawlahan / duruufta halka ay suurtagal tahay in sidaas la sameeyo.
* Go'aan ka qaado cidda ka dhex shaqeysa hay'ad / ganacsi ee fulin doonta ficilkan, iyo goorta.

Xusuusin Loo shaqeeyayaasha leh shan ama in ka badan oo shaqaale waa inay ku diiwaan geliyaan si elektaroonig ah ama dukumiinti gacanta ah, natiijooyinka muhiimka ah ee Qiimayntoda Halista. Haddii aad ka yar tahay shan shaqaale, uma baahnid inaad qoraalkan ku qorto qoraal ama si elektiroonig ah, si kastaba ha noqotee waxaan kugula talineynaa inaad sidaa u fududeyso fududeynta tixraaca maamulka iyo shaqaalaha.

Tilmaantaada, waxaan ku bilaabeynay Qiimeynta Khatarta adiga hoosta cinwaanka 'Maxaad hore u sameyneysaa si aad u maamusho khataraha Coronavirus' adoo ku daraya muuqaal aasaasi ah oo ah kantaroolada COVID-19 oo hada ku jira shabakadaha kala duwan ee Dowlada. Waa inaad sidoo kale ka fekertaa qof kasta oo dheeri ah oo waxyeello ay u geysan karto kuwaas oo aan ku jirin kooxaha fasallada hoos laguugu sheegay dukumintigan; ka dibna qiimee sida ay u yeelimi karaan. Intaa waxaa sii dheer, waxaad sidoo kale u baahan doontaa inaad dukumiinti ka dhigto ficil kasta oo dheeri ah oo aad damacsan tahay inaad ku meel dhigto oo aad cayimto cidda sameyn doonta tan iyo jadwalka dhameystirka, oo calaamadee markii ay dhammaystirto.

Fadlan ogow: Dhammaan tallaabooyinka xakameynta ee lagu duubay shaxdan ayaa laga yaabaa inaysan ku quseyn ama u dhaqan geli karin hawlgalka meheraddaada ama dhismaha. Sidaa darteed waa inaad saxdaa ama uga saartaa sida ku habboon.

Waxaa lagugula talinayaa inaad dukumiinti ahaan ugu buuxiso qaab elektaroonig ah iyadoo macluumaadka aad soo gudbineyso ay noqon doonto mid la arki karo oo qaab dhameystiran ah. Waxaan kugula talineynaa inaad tixraac u sameyso websaydhka Fulinta Caafimaadka iyo Amniga: U shaqeynta si nabqab leh inta lagu gudajiro Coronavirus [www.hse.gov.uk/coronavirus/working-safely/resources.htm](http://www.hse.gov.uk/coronavirus/working-safely/resources.htm) iyo Tilmaanta [HSE Working Safely During the Coronavirus Outbreak - A Short Guide](https://www.hse.gov.uk/news/assets/docs/working-safely-guide.pdf?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus&utm_term=working-safely-4&utm_content=digest-13-may-20).

Waad keydin kartaa shaxdan marba markay dhamaato sidaa darteed si fudud ayaad u eegi kartaa oo u cusbooneysiin kartaa macluumaadka sidii iyo markii loo baahdo marka la fiiriyo tilmaamaha Dowlada cusub ee la soo saaray; iyo / ama aqoonsiga khataraha cusub ee la xiriira shaqada Coronavirus ee goobta shaqada / jawiga shaqada, oo ay weheliso tillaabooyin kontorool oo dheeri ah oo la fulin karo.

**Waa muhiim inaad kala hadasho qiimeyntaada iyo talaabooyinka aad soo jeedisay shaqaalahaaga ama Wakiilka Caafimaadka iyo Amniga.**

Ogeysiiska La-talinta: Uma baahnid inaad u isticmaasho shaxaankan Qiimaynta Halista. Wixii macluumaad dheeri ah oo aad u aragto tusaalooyin ka mid ah qaybaha ganacsiga ee Qiimeynta Halista, fadlan booqo websaydhka Fulinta Caafimaadka iyo Badbaadada ee maamulka sare: <http://www.hse.gov.uk/risk/casestudies/>

**QIIMAYNTA KHATARTA COVID-19**

Magaca Shirkadda / Meheradda:   Qiimaynta Waxa Sameeyay:

**Cinwaanka:**

**Taariikhda Qiimaynta:**

**Taariikhda dib u Eegista:**

| Waa maxay halista? | Ya wax layeeli karaa iyo sidee? | Maxaad hore u qabaneysay si aad u maamusho khataraha Coronavirus? | Maxay tahay tillaabo dheeri ah oo aad u baahan tahay inaad qaaddo si aad u xakameyso halista Coronavirus? | Ya Fuliyay? | Xiligee aya la Fulinaya ? | La Dhameeyay |
| --- | --- | --- | --- | --- | --- | --- |
| Gudbinta /  Faaafitaanka fayruuska Corona  (COVID-19) | KUMA:   * Shaqaalaha * Booqdayaasha * Macaamiisha * Bixiyeyaasha * Nadiifiyeyaasha * Qandaraaslayaasha * Daraywalyasha * Kooxaha nugul   sida shaqaalaha uurka leh iyo kuwa hadda jira ee leh xaaladaha caafimaad ee salka ku haya xiligan.  SIDEE   * Qof kasta oo jir ahaan u la jooga qof cudurka qaba oo aanay ka muqan wax astaamo ahi (asymptomatic / astotomatic), inta laxiriirta ganacsigaaga. * Taabashada Mawduucyada / walxaha wasakheeyay / qalabka / qalabka shaqada / mashiinnada. | * Nadaafadda Shaqsiyeed – Goobaha lagu dhaqo gacmaha oo saabuun bakteeriyada dila, biyo socda oo kuleel iyo qabow ah, iyo tuwaal gacmaha oo la tuuro. * Shaqaalaha waxaa lagula talinayaa inay gacmahooda si fiican u mayraan ugu yaraan 20 il biriqsi. * Daryeelka Shaqaalaha, i.e. Shaybaarada Caafimaadka / Su'aalaha la Weydiinayo * Nidaamka loogu talagalay Shaqaalaha Nugul/ Khatarta Sare leh / Difaaca shaqaalaha -   Ku dhiiri geli kuwa difaaca ku jira ama kooxaha halista ugu jira inay sii wadaan shaqada guriga.   * Shaqaalaha muujinaya astaamaha COVID inta ay shaqada ku jiraan * Kala fugnaashiyaha Bulshada ee Shaqada - Shaqaalaha * Kala fugnaashiyaha Bulshada ee Shaqada - Macaamiisha / Qandaraasleyda / Booqdeyaasha * Calamadaha COVID ee goobta shaqada * Maareynta safafka gudaha iyo banaanka dhismaha * Xakamaynta marin u helka iyo dhismaha guriga * Nadiifinta iyo jeermis-diidka dhismayaasha, qalabka * Qalabka shaqada ee la wadaago * Faddaraynta iskutallaabta ah, i.e. gacangelinta badeecada / qalabka shaqada / alaabada * Macaamil Ganacsi / Habka Bixinta Macaamiisha, i.e. nidaamka loogu talagalay ordharada macaamiisha | * PPE i.e. wejigi daboolida / galoofyada. * Shaqaalaha waa in la xasuusiyaa in xirashada galoofyada aysan badal u ahayn dhaqidda gacmaha ee wanaagsan. |  |  |  |
|  |
| * Waqtiga Imaatinka Shaqaalaha iyo Goobaha * Goobaha shaqaalaha * Hawlaha Goobta Shaqada iyo Nidaamyada * Qaabeynta goobta shaqada / dib u qaabaynta, i.e. loo qoondeeyay gelitaanka goobta shaqada iyo albaabka ka bixida. * Maareynta Aagagga Wadooyinka Gaadiidka Sare, i.e. wiishka / jaranjarada / socodka * U dirista iyo ka imaashada Goobta * Habka loogu talagalay martida / booqdayaasha imaanaya goobta * Gaadiidka goobta shaqada |  |  |  |  |

**Markaad dhammaystirto Qiimayntaada Halista ah, kaydso oo u-dhig qoraalkan websaydhka ama ku daabac nuqul adag.**

Haddaba, soo dejiso oo daabac koobi ka mid ah Boostada Dowladda, 'Joogitaanka COVID-19 Secure ee 2020' kaas oo laga heli karo: <https://assets.publishing.service.gov.uk/media/5eb96e36d3bf7f5d4043931f/staying-covid-19-secure-accessible.pdf>. Ku muuji warqadaha sawirada waweyn meel caan ah goobtaada shaqada / jawiga shaqada si aad u tusto shaqaalahaaga, macaamiishaada iyo booqdayaasha kale, inaad raacday tilmaamaha Dowlada.

Ugu dambeyntiina, Dowladdu waxay soo saartay sideed tilmaamo oo loogu talagalay warshadaha ganacsiga ee kala duwan, oo la xiriira ka shaqeynta badbaadada inta lagu jiro Coronavirus. Waxaad u tixraaci kartaa / guji xiriiriyeyaasha hoose si aad u aragto tilmaamaha (yaasha) ku habboon goobta shaqadaada.

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/construction-and-other-outdoor-work>

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/factories-plants-and-warehouses>

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/labs-and-research-facilities>

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/offices-and-contact-centres>

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/homes>

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/restaurants-offering-takeaway-or-delivery>

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/shops-and-branches>

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/vehicles>