



# Tilmaamaha Baaritaanka Degdegga ah ee Antigenka COVID-19 ee Isticmaalka

## Tallaabada 1 : Diyaarso Agabka

### Step 1: Prepare Material

Waxaa laga yaabaa inaad ku haysato xirmada Isku hagaajinta Baaritaanka 1 ama Isku hagaajinta Baaritaanka 2. Fadlan raac tillaabooyinka saxda ah ee ku saleysan xirmada gaarka ah ee aad heshay.

### ISKU HAGAAJINTA BAARITAANKA 1:

Fur xirmada, ka soo bixi boorsada kaarka baaritaanka ee COVID-19, Tuyuubka waxaa horay ugu jira milanka soo saarista iyo suuf. Marka aad diyaar u tahay inaad sii waddo baaritaanka, fur boorsada xaashida ah ee Kaarka Baaritaanka Covid-19.



1 COVID-19 Test Card in Pouch



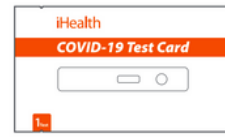
1 Empty Tube and 1 Sealed Solution



1 Swab

### ISKU HAGAAJINTA BAARITAANKA 2:

Fur xirmada, ka soo bixi boorsada kaarka baaritaanka COVID-19, Tuyuub maran, Milanka xiran, iyo suuf. Marka aad diyaar u tahay inaad sii waddo baaritaanka, fur boorsada xaashida ah ee Kaarka Baaritaanka COVID-19.



1 COVID-19 Test Card in Pouch



1 Pre Filled Tube



1 Swab

## Tallaabada 2: Uruurinta Muunada

### Step 2: Collect Sample

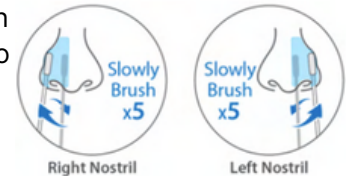
A. Ka saar suufka xirmada, ka taxaddar inaad taaban caarada suufka. Fadlan u hayso baakadda suufka si hadhow u isticmaasho.



B. Si tartiib ah u geli dhammaan caarada nuugista ee suufka (badanaa 1/2 ilaa 3/4 inch) oo geli sankaa.



C. Si adag oo tartiib tartiib ah ugu wareeji geesaha sankaa si wareeg ah oo ka dhan ah gidaarka sankaa ugu yaraan 5 jeer. Qaado ugu yaraan 15 ilbiriqsi si aad u ururiso muunada oo hubi inaad ku ururiso suufka wax kasta oo dheecaan oo ka yimaada sankaa. Adigoo isticmaalaya isla suufka, ku soo celi habka muunad ururinta sankaa kale. . Hubi inaad ku tirtirto LABADA duleel ee sankaa SUUF ISKU MIDA.



## Tallaabada 3: Habka Muunada

### Step 3: Process Sample

A. Tuubada si toosan ugu taabo miiska oo marooji furka liimiga ah ee weyn si aad u furto tuubada.

B. Geli suufka tuubada, ku taabo salka hoose ee tuubada caarada suufka, oo walaq ugu yaraan 15 jeer.



C. Tuuji dhinacyada tuubada si aad u soosaarto dareeraha ugu badan ee suurtoogalka ah suufka ka dibna ka saar suufka.

D. Dib ugu celi furka liimiga ah ee weyn, ku celi suufka xirmada. Si badqab leh u tuur suufka iyo xirmada.



## Tallaabada 4: Ku dar muunad

### Step 4: Add Sample

Marooji si aad u furto furka cad ee yar ee tuubada. Ku dar 3 dhibcood oo muunad ah Afka muunad qaadaha ee Kaarka Baarintaanka COVID-19. Dib ugu xir furka yar ee cad.



## Tallaabada 5: Sug 15 daqiiqo

### Step 5: Wait 15 minutes

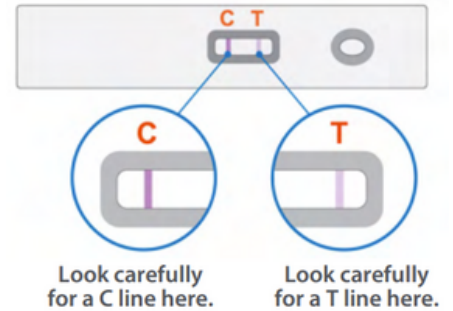
Ku bilow wakhtiga adigoo gujinaya badhanka "Start Timer" ee App-ka, isla markaaba ka dib markaad muunada ku darto Afka muunad qaadaha. Natijadu waxay ku diyaar noqon doontaa 15 daqiiqo gudahood.



## Tallaabada 6: Akhri natijada

### Step 6: Read Results

Natijoooyinka waa in aysan diyaar noqon 30 daqiiqo ka dib (Natijoooyinka waxaa lagu muujiyey weyneynta 2X).



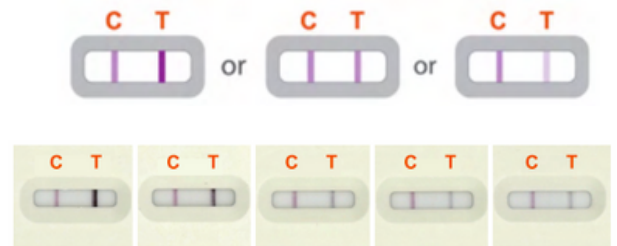
## Tallaabada 7: Sharaxaada natijoooyinka Baaritaanka

### Step 7: Test Result Explanation

#### Natijada tagan:

Natijada tagan waa in ay muujisaa LABADA Xariiqda C (BAABAL KHAFIIF AH) iyo xariiqda T ah (BAABAL MADOW AH). Natijada tagan waxay ka dhigan tahay in antigen-ka fayraska COVID-19ka la ogaaday shaqsiguna uu qabo COVID-19ka. Dadka laga helay waa in ay is karantiilaan oo ay raadsadaan daryeel ayna la socodaan dhakhtarkooda ama bixiyaha xanaanada caafimaadka maadaama baaritaan dheeri ah iyo warbixinta caafimaadka dadweynaha ay lagama maarmaan noqon karto.

#### Positive Result



#### Natijada Taban:

Natijada taban waxay tusi doontaa KALIYA C (BAABAL KHAFIIF AH) .

Natijada taban waxay ka dhigan tahay in antigens-ka fayraska ee COVID-19 aan la helin iyo in qofka loo maleeyo inuusan qabin COVID-19.

#### Negative Result



- Fadlan ogow in natijadaa taban aysan meesha ka saarayn COVID-19
- Haddii ay dhacdo natijada baaritaanka taban: Sii wad raacitaanka dhammaan kala fogaansha bulshada, talooyinka oo qaado tillaabooyin ilaalin ah. Haddii tuhunka caabuqa uu sii jiro iyo/ama baaritaankaagii ugu horreeyay uu kawaayid yahay, ku celi baaritaanka 1-2 maalmood ka dib oo la tasho bixiyaha xanaanada caafimaadkaaga ama xarunta COVID-19 ee deegaanka.

## Tallaabada 8: Tuur Qalabka Baaritaanka

### Step 8: Dispose of Test Kit

Kadib marka baaritaanka la dhammeeyo, ku tuur qaybaha qalabka qashinka

See more at  
[AnchoragePLNs.org](https://AnchoragePLNs.org)

