

Coronavirus (COVID-19)

UJUMBE MUHIMU JUU YA UPIMAJI KWA JAMII ZA CALD

Kwa nini nipimwe?

Yeyote ambaye ana dalili ZOZOTE za mafua au kama homa ya mafua, hata kama ni KIDOGO, anapaswa kupata kipimo cha COVID-19, haraka iwezekanavyo. Dalili za COVID-19 ni pamoja na:

- homa k.m. baridi, jasho ya usiku.
- dalili za kupumua kama vile kikohozi, koo yenye maumivu/kukuna, kamasi nyingi puani, upungufu wa pumzi, kupoteza hisia za harufu au ladha.
- dalili zingine ikiwa pamoja na maumivu ya misuli na viungo, kuhararisha, kichefuchefu/kutapika na kupoteza hamu ya kula.

Nini cha kutarajia unapopimwa?

- Upimaji ni bure, rahisi na upesi.
- Ikiwa umelekezwa kwa kliniki ya upimaji, tafadhali chukua barua ya kuelekeza nawe.
- Wafanyakazi katika kliniki za upimaji na magonjwa ya kupumua watakuwa wamevaa vinyago (masks), gauni, glavu na kinga za uso.
- Swabs huchukuliwa na kifaa cha nyembamba ya pamba kutoka ndani ya pua na koo yako.

Nini inatokea baada ya nimepimwa?

- Unapaswa kukaa nyumbani (kujitenga) hadi upate majibu yako ya kipimo na uko mzima.
- Huwezi kuondoka nyumbani kwako isipokuwa unatafuta huduma ya matibabu au dharura. Huwezi kuwa na wageni.
- Ikiwa dalili zako zinakuwa kubwa (k.m. ugumu wa kupumua), pigia simu Sufuri Tatu (000). Waambie wafanyakazi wa ambulensi kuwa umepimwa kwa COVID-19.
- Ikiwa unashiriki nyumba yako na wengine unapaswa kujitenga katika chumba kingine. Vaa mask ya upasuaji wakati uko katika chumba kimoja na wengine na uweke umbali wa mita 1.5.
- Fanya usafi mzuri. Osha mikono yako mara nyingi. Funika kikohozi chako na kupiga chafya kwa kutumia kiwiko chako au tishu.

Naishi na mtu anayehitaji kujitenga. Je! Naweza kupata wapi habari zaidi juu ya kujitenga?

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/resources.aspx>

- Ikiwa umekuwa ukiwasiliana sana na mtu ambaye ana COVID-19, unahitaji kukaa nyumbani kwa siku 14 baada ya kumuona mtu huyo mara ya mwisho. (Kuwasiliana kwa karibu ni pamoja na kuishi katika kaya moja au kushinda zaidi ya dakika 15 kwa uso kwa uso au masaa 2 kushiriki nafasi iliyofungwa, na mtu aliye na COVID-19, kuanzia muda wa masaa 48 kabla ya aliugua).
- Kutengwa nyumbani kunatumika kwa mawasiliano wote wa karibu, hata ikiwa kwa sasa unajisikia vizuri na au umepokea majibu ya kipimo kwamba huna.

Nitapata majibu jinsi gani?

- Kawaida utapokea majibu yako ya kipimo katika masaa 24 hadi 48 lakini tafadhali tarajia hata hadi masaa 72.
- Ikiwa kipimo chako kilifanywa katika Idara ya Dharura au kliniki ya COVID-19 ya hospitali ya umma unaweza kupokea majibu yako kuwa huna COVID-19 kwa njia ya SMS ikiwa umejiandikisha kwa Pathology COVID-19 SMS Service Service (Huduma ya Majibu ya Ujumbe SMS wa COVID-19 ya Patholojia). Ukikosa kujiandikisha utapokea simu kutoka kwa afisa wa Afya ya Umma kutoka Wilaya ya Afya ya Mitaa.
- Ikiwa kipimo chako umekusanywa na GP/daktari wako au kwenye eneo lingine, daktari wako atakupata majibu yako.



COVID-19 Testing

Naweza kupimwa wapi?

- Piga simu daktari yako AU
- Tembelea kliniki ya COVID-19: Orodha ile chini ni ya sasa kuanzia 28 Mei 2020 – angalia kwa sasaisho hapa <https://www.health.nsw.gov.au/Infectious/covid-19/Pages/clinics.aspx>

Suburb	Location	Opening hours	Phone	Referral needed?
Wollongong				
Wollongong	Wollongong Hospital Heart Health Clinic, Loftus St	8:30 am-5:00pm 7 days a week	4222 5078	
Wollongong	Southern IML (Pathology) 37 Denison St (Drive through available)	9:00am-5:00pm Mon-Fri	4224 7474	Yes
Wollongong	4Cyte (Pathology) 406 Crown St (Drive through only)	8:00am-5:00pm Mon-Fri 11:00am-2:00pm Sat-Sun	0466 806 074	Yes
Balgownie	Laverty (Pathology) Shop 5/145 Balgownie Rd	12:30pm-4:00pm Mon-Fri	4283 5427	Yes
Dapto	Laverty (Pathology) Dapto Leagues Club Cnr Osborne St & Bong Bong Rd (Drive through only)	8:30am-2:00pm Mon-Fri		Yes
Helensburgh	Helensburgh Respiratory Clinic 129 Parkes St	8:30am-11.50am Mon-Fri (Appointment only)	4294 1400	
Shellharbour				
Mt Warrigal	Shellharbour Hospital Ambulatory Care Centre, 15-17 Madigan Blvd	8:30am-5:00pm 7 days a week	4295 2862	
Warilla	Southern IML (Pathology) 109a Shellharbour Rd	9:00am-5:00pm Mon-Fri	4224 7474	Yes
Shoalhaven				
Nowra	Shoalhaven Hospital 2 Scenic Drive, Hospital in the Home (HITH) area, entry via Shoalhaven St driveway	8:30am-4:30 pm 7 days a week	1300 002 108	
Nowra	Southern IML (Pathology) 57 Junction St	9:00am-5:00pm Mon-Fri	4423 3111	Yes
Sanctuary Point	Sanctuary Point Respiratory Clinic 195 Kerry St	8:30am-5:30pm Mon-Fri (Appointment only)	4443 0955	
Ulladulla	Ulladulla Respiratory Clinic 114 Princes Hwy	12:00pm-4:00pm Mon-Fri (Appointment only)	4455 5422	