



Hel daawaynta COVID-19 adigoo adeegsanaya **BARNAAMIJKA TELEHEALTH**

Dadka ku nool Minnesota kuwaas oo ay baaristu sheegtay in cudurka laga helay ama leh calaamadaha iyagoo xidhiidh dhow la yeeshay qof qaba COVID-19 waxay heli karaan dawooyinka COVID-19 iyada oo loo marayo barnaamijka caafimaadka ee ay bixiso Waaxda Caafimaadka Minnesota ee Minnesota Department of Health iyo Cue Health.

Haddii aad halis sare ugu jirto inaad aad ugu bukooto COVID-19, dawooyinka waxay kaa ilaalin karaan inaad si aad ah u jirrato waxayna ku dareensiinayan caafimaad degdeg ah. Ha sugin: Dawooyinka waxay u baahan yihiin in la bilaabo shanta maalmood ee ugu horreeya kolkaad astaamaha isku aragto, xitaa Haddii astaamaha yar yihiin.

Adeegani waa bilaash waxaana la heli karaa 7 subaxnimo ilaa 9 galabnimo (CST), todo maalmoodba.

Waxaa laga yaabaa inaad lacagta dawooyinka COVID-19 qeyb bixiso; si kastaba ha ahaatee, barnaamijyada gargaarka bukaanka ayaa diyaar ah in ay daboolaan kharashaadka, bukaanada intooda badana waxay ku heli karaan daawaada si bilaash ah ama qiimo jaban. Waydii dhakhtarkaaga ama farmashiistaha haddii aad buuxiso sharuudaha lagaa rabo.

Caymiska caafimaadka Looma baahna si aad u hesho la talin oo daryeelka waxaa lagu helaa si fudud oo degdeg ah.

Kaarka aqoonsiga ee gobolka looma baahna.

Barnaamijkan waa heli karta iyada oo aan loo eegayn meesha isku baartay, oo ay ku jirto baarista aad guriga isku baartay.

Isku daawee 3 tallaabo oo fudud

Tallaabada Koowaad



Dooro boga, abka mobaylka, ama wac telefoonka si aad u dejiso profile kaaga.

Tallaabada Labaad



Ka jawaab dhawr su'aalood oo ku saabsan caafimaadkaaga oo ku biir wicitaan fiidiyow ah si aad ugala hadasho daryeel bixiyaha caafimaadka xulashooyinka daawaynta.

Tallaabada Saddexaad



Waxaad heli karta daryeel gaar ah oo daawada guriga laguugu keenayo ama farmashiya kaso qadan karayso haddii dhakhtarkaaga kugula Taliyo daawada.

Waxaad ku heli kartaa daryeelka mid ka mid ah hababka soo socda:

- Abka moobilka: Soo deji Cue Health Abka telefoonkaaga
- Booqo boga: care.cuehealth.com/mn
- Telefoon: Wac 1-844-609-2415
 - Kaalmada luqadaha aan Ingiriisiga ahayn, oo ay ku jiraan ASL, Hmong, Soomaali, iyo Isbaanish, isticmaal lambarka taleefanka (1-844-609-2415) si aad u wacdo gargaar.



Sawir QR koodhka si aad u soo dejiso Cue Health App, ama booqo care.cuehealth.com/mn

Dhammaan saddexda doorasho waxay bixiyaan adeeg isku mid ah, markaa dooro ikhtiyaarka kuugu fudud.

Haddii aad hayso su'aalo ku saabsan daawaynta ama uu baahan baaritaanka degdega ah ee Guriga wac waaxda caafimaadka Minnesota ee COVID-19 Khadka Dadweynaha ee 1-833-431-2053, inta u dhaxaysa 9:00 subaxnimo iyo 5:00 galabnimo Isniinta, Arbacada, iyo Jimcaha; 9:00 subaxnimo - 7:00 galabnimo Talaadada iyo Khamiista.

Haddii aad leedahay xaalad degdeg ah oo caafimaad ama aad isku aragto calaamado daran sida xabad xanuun, wac 911.