



Liiska Hubinta Safarka Cumrada

Socdaalku weli wuxuu kordhinayaa fursadaha aad ku qaadi karto kuna faafin karto cudurada sida COVID-19, jadeecada, duray ama ifilo. **Ha safrin haddii aad jiran tahay.** U isticmaal liiska hubinta hage ahaan si aad si badbaado leh ugu safarto Makko, Sucuudi Carabiya.

Kahor safarka

- Hubi in ay kuu dhamaystiran yihiin tallaaladaada safarka lagaagabaahanyahay oo ay ku jiraan COVID-19, jadeecada, duray ama ifilo. Weydii bixiyaha daryeelka caafimaadkaaga tallaalada kale ee aad u baahan karto kahor intaadan safrin. Waxad sidoo kale isticmaali kartaa bartan [Hel Tallaalka COVID-19 \(vaccines.gov/search\)](https://www.hhs.gov/vaccines/search/).
- Ogsoonow shuruudaha caafimaadka ee lagaa rabo markaad Sacuudi Carabiya aad tagaysid. Ka qaado xogta [Safaarada Boqortooyada Sacuudiga: Shuruudaha lagaa doonayo ee quseeya Caafimaadka Xajka iyo Cumrada \(www.saudiembassy.net/hajj-and-umrah-health-requirements\)](https://www.saudiembassy.net/hajj-and-umrah-health-requirements).
- Ka fakar inaad COVID-19 iska baarto ka hor intaadan safrin. [AICS \(https://aicsmn.org/\)](https://aicsmn.org/) waxay bixisaa baarista COVID ee PCR maalmaha Isniinta ilaa Khamiista laga bilaabo 9 a.m. subaxnimo ilaa 3 p.m. galabnimo oo xafiiskooda Minneapolis ku yaala ayaad ka helaysaa adeegaas (1433 E Franklin Ave Suite 13B).

Hubso inaad qaadato:

- ✓ Maaskaro tayo sare leh, si fiican kuu le'eg oo loogu talagalay qof kasta oo la safraya kooxdaada.
- ✓ Cidda lala xiriirayo haddii ay dhacdo xaalad deg deg ah.
- ✓ Nadiifiyaha gacanta lagu qaato.
- ✓ Daawooyinka lagu qoray iyo daawooyinka kale ee aad banaanka ka gadan karto kuwaas oo aad u baahnaan karto.
- ✓ Baaritaanada degdega ah ee COVID-19. Reer Minnesota waxay dalban karaan baaritaanka guriga oo bilaash ah [Haa dheh! Baarista COVID-19 \(https://sayyeshometest.org/\)](https://sayyeshometest.org/). Waxaad sidoo kale ka heli kartaa baaritaanada guriga lagu sameeyo xafiiska IANA's ee Minneapolis (3355 Hiawatha Ave #202) laga bilaabo 9 a.m. subaxnimo ilaa 3 p.m. galabnimo. Booqo [IANA \(www.ianaonline.org\)](http://www.ianaonline.org) ama wac 612-874-0655.

Inta safarka lagu jiro

- Caabuqa ku dhaca qeybta sare ee hawa mareenada waa kuwa caadi ka ah xajka. CDC waxay ku talinaysaa inaad gacmaha u dhaqdo si joogta ah, inaad xirato maaskaro iyo inaad ku dadaasho kala fogaanshaha sida ugu macquulsan intaad ku jirto safarkaaga.
- Ku xiro maaskaro masaajidda iyo meelaha kale ee bulshada dhexdeeda ah, waliba meelaha dadka ku badan yahay, gaar ahaan marka lagu taliyo ama loo baahdo.
- Haddii aad dareento jirro ama aad leedahay calaamadaha, isticmaal baaritaanka degdeg ah ee COVID-19.
 - ◊ Haddii lagaa helo COVID-19, xiro maaskaro, ha safrin, raacna talobixinta caafimaadka ee goobaha maxaliga ee ku saabsan muddada ay tahay in aad ka fogaato dadka kale.

Kadib safarka

- Haddii aad jirantahay, aad isbitaalka una sheeg dhakhtarka inaad dhawaan u safartay Sacuudi Carabiya. Iyaga ayaa go'aan ka gaaraya in lagaa baaro cudurada safarka laga qaado iyo in kale.

