

Waxaad Samaynayso Haddii Aad Qabto COVID-19

Haddii lagaa helay COVID-19, waa inaad ka fagoysaa naftaada dadka kale oo aad la socotaa calaamadaha aad leedahay, sida qandhada, qufaca, neefta oo yaraata, qarqaryo, madax xanuun, muruq xanuun, dhuun xanuun, tabcaannimo, cabdudhnaan, ama waayid dareen wax dhandhamin ama urin. Tani waxa laguugu sheegayaa inaad ilaaliso naftaada, qoyskaaga, iyo bulshadaada ba.

Haddii aad u baahan tahay daryeel caafimaad, raac tilmaamaha ku yaal bogga xaggiisa dambe.

Ka fogee naftaada kuwa kale



Guriga joog. Ha tagin shaqo, dugsi, ama meel kale oo ka baxsan guriga. Haddii aad u baahan tahay daryeel caafimaad, raac talooyinka hoosta ku qoran. Guriga joog illaa iyo intay saddexdan arrimood run noqonayaan:

- Adoo ladnaasho dareema. Qufacaaga, neef qabashada, ama astaamahaaga kale oo fiicnaada.
iyo
- Waxa laga joogaa 10 maalmood illaa iyo markii ugu horraysay ee aad dareento buukaansho.
iyo
- Adiga oo aan yeelan qandho 24kii saacadood ee la soo dhaafay, adigoo isticmaalin dawo qandhada hoos u dhigta.



Ka fagow dadka kale ee gurigaaga. In alla inta suurtoagal ah, joog qol gaar ah oo ka fagow dadka kale ee gurigaaga, oo adeegso musqul qubays oo gaar ah, haddii la heli karo.



Xidho maaskaro haddii aad u baahantahay inaad joogto agagaarka dadka kale, ku dabool afkaaga iyo sanko warqad nadaafad markaad qufacayso ama aad hindhisayso. U-dhaq gacmaha si dhammaystiran kaddib markaa.



Ka taxaddar inaydaan wadaagin waxayaabah guriga yaal. Ha la wadaagin cuntada, suxuunta, koobabka cabbitaanka, koobabka, maacuunka cunista, tuwaallada, ama gogosha dadka kale ee gurigaaga. Kaddib isticmaalka walxahan, ku dhaq si joogto ah biyo iyo saabuun. Nadiifi dhammaan dushooda meela la taabtay inta badan ee gurigaaga maalintii, oo ay ka mid yihiin degaha albaabka, daare-damiyayaasha, ama furaha qasabadda.



Ku dhaq gacmahaaga badanaa saabuun iyo biyo ugu yaraan 20 ilbidhiqsi, adeegso gacmo nadiifiye ka kooban ugu yaraan 60% aalkolo ah. Iska ilaali ku taabashada wejigaaga gacmo aan dhaqnayn.

Fadlan si taxaddar leh dib u-eeg macluumaadka dheeraadka ah ee ay ku siisay adiga waaxda caafimaadka iyo bogga websaydka CDC ee [Nadiifinta Iyo Tirtiridda Jeermiska ee qoyskaaga \(www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html\)](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html).



La socio calaamadahaaga

HADDII CALAAMADHAAGU KASOO DARAAN, NEEFSASHADU KUGU ADKAATO, AMA AAD U BAAHATO DARYEEL CAAFIMAAD:

La xidhiidh bixiyaha daryeelka caafimaadkaaga. Horay ka wac. Ha adeegsan gaadiidka dad-weynaha, wadaagista fuulidda, (sida Uber ama Lyft), ama takaasida haddii aad u baahato inaad tagto rug caafimaad ama isbitaal.

Haddii aad u baahato daryeel caafimaad oo degdeg ah wakhti kasta inta lagu jiro muddadan is-karantimaynta, wac 911 oo u sheeg in lagugu oggaaday COVID-19.



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