

Waxaad Samaynayso Haddii Aad Xidhiidh Dhaw La Yeelatay Qof Qaba COVID-19

Si aad u ilaaliso naftaada, qoyskaaga, iyo bulshadaadaba, waa inaad ka fogaysaa naftaada kuwa kale, iska soo tijaabi oo la soco inaad leedahay calaamado sida qandhada, qufaca, neefta oo yaraata, qarqaryo, madax xanuun, muruq xanuun, dhuun xanuun, tabcaannimo, cabudhnaan ama waayid dareenka dhandhaminta ama urinta. Haddii lagaaga helay mooye cudurka COVID-19 ka tijaabinta sheybaarka 3dii bilood ee la soo dhaafay, raac tilmaamahan ugu yaraan 14 maalmood kaddib maalintii ugu dambaysay ee aad xidhiidhka dhaw la samaysay qofka lahaa COVID-19.

Ka fogee naftaada kuwa kale



Guriga joog. Haddii aad u baahan tahay daryeel caafimaad, waa muhiim inaad raacdo tilmaamaha hoose. Ha tegin shaqada, dugsiga, ama meel kale oo ka baxsan guriga.



Ka fogow dadka khatarta aadka ah lagana yaabo ugu jira inay aad ugu bukoodaan COVID-19, oo ay ku jiraan dadka waayeelka ah, kuwa ku nool qalabka daryeelka muddada dheer, iyo dadka leh xaaladaha caafimaad sida cudurka naqaska, sonkorta, xannuunada wadnaha, xannuunada beerka, miisaanka aadka u daran, iyo kuwa leh hab-dhiska difaaca hooseeya.



Haddii aad bukooto, ka fogee naftaada kuwa kale ee gurigaaga. In alla inta suurtoagal ah, joog qol gaar ah oo ka fog dadka kale ee gurigaaga. Adeegso musqul qubays oo gaar ah, haddii la heli karo.



Ha adeegsan gaadiidka dad-weynaha, wadaagista-fulidda (sida Uber ama Lyft), or takaasida.



Xidho maaskaro haddii aad u baahantahay inaad joogto agagaarka dadka kale, **ku dabool afkaaga iyo sanka maro** markaad qufacayso ama aad hindhisayso. U-dhaq gacmaha si joogto ah.



Iska ilaali wadaagista walxaha qofeed ee qoyska. Ha la wadaagin cuntada, suxuunta, koobabka cabitaanka, koobabka, maacuunka cunista, tuwaallada, ama gogosha dadka kale ee gurigaaga. Kaddib isticmaalka walxahan, ku dhaq si joogto ah biyo iyo saabuun.



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

Ha lagaa tijaabiyo



La xiriir bixiyahaaga daryeelka caafimaadka ama booqo [Barta internetka Ka-falcelinta COVID-19 ee Minnesota. \(https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp\)](https://mn.gov/covid19/for-minnesotans/if-sick/testing-locations/index.jsp) si aad u hesho waqtiyada iyo goobaha kuugu dhow ee ka-tijaabinta cudurka. Ha lagaa tijaabiyo, xitaa haddii aadan lahayn wax ah astaamo ah. Hadday natiijooyinka ka-tijaabintaadu noqoto togane, raac talooyinka ku saabsan kiisaska COVID-19. Waxaa dhici karta inaad u baahato guriga inaad joogto in ka badan 14 maalmood. Xitaa haddii ay natiijooyinkaagu yihiin tabane, waxaad u baahan tahay inaad guriga joogto 14 maalmood. Haddii aad yeelato astaamo kaddib ka-tijaabinta tabanaha ah, mar labaad ha lagaa tijaabiyo.

La soco calaamadahaaga



Haddii aad yeelato calaamado, ka noqo gaar dadka kale oo raac talooyinka caafimaadka dadwaynaha ee loogu talagalay joogidda guriga markaad calaamadaha leedahay.



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