



Waxaad u Baahan Tahay Inaad Ogaato ee Ku Saabsan Shuruudaha Waji Daboolitaanka Minnesota

Dadka ku nool Minnesota waxa looga baahan yahay inay gashadaan waji daboolitaan marka la joogo dhammaan meheradaha iyo goobaha dadwaynaha ee meel gudaha ah, markuu hal qof kalidiis joogo mooyee. Shaqaalaha waxa sidoo kale laga rabaa inay gashadaan waji daboolitaan dibedda markay joogaan ee kala fogaanshaynta bulsheedku aysan suurta gal ahayn. Halkan waxa ku yaal waxyaabo muhiim ah oo ah in laga ogaado arrimah ku saabsan shuruudaha.

Wali waa muhiim in lagu dhaqmo in la kala foogeeyo 6 fiit oo inta u dhexeysa dadka aadan la nooleyn, xitaa haddii aad gashan tahay waji daboolitaan. Qof waliba waa inuu ku sii wadaa inuu iska maydho gacmahooda had iyo jeer oo ay joogaan guriga haddii u qofku buko.

Marka dadka looga baahan yahay inay gashadaan waji daboolitaan

- Dhammaan meheradaha gudaha ah iyo goobaha gudaha ee dadwaynaha, oo ay ku jirto marka lagu sugayo dibedda si loo soo galo goobta gudaha ah ee dadwayne ama meheradda ah.
- Shaqaalaha waxa kale oo laga rabaa inay gashadaan waji daboolitaan markayna u kala fogaan karin inta u dhaxeysa dadka ugu yaraan 6 fiit.
- Markaad la socoto gaadiidka dadwaynaha sida basaska ama tareenka, ama tagsi, baabuur-raaca la wadaago, ama baabuur loo isticmaalo ujeedo meherad.
- Meheradaha qaarkood, ha ahaadaan kuwa gudaha ama dibedda, waxay lahaan karaan sharciyo dheeri ah oo ku saabsan goorta aad u baahan tahay inaad xirato wejiga. Waa inaad raacdaa xeerarkaas.

Noocyada daboolitaanka wajiga

- Noocyada waji daboolitaanka waxa ka mid noqon kara kuwo warqad ka samaysan ama maaskaraha la iska tuuro, maaskaro maro ah, mid qoorta laga xirto, masar ah, masar madax ah, ama waji daboolitaanno diineed ah.
- Waji daboolitaanku waa inuu daboolaa sanko iyo afka gabi ahaanba. Daboolitaanku waa inuusan ahaanin mid aad ugu dhaggan ama u ciriirsanayn oo waa inuu in la dareemaa faalal ahaan iyo si fiican.
- Ha gashan waji daboolitaan leh meel ay neefu ka baxdo. Tani waxay u oggolaanaysaa dhibco-biyoodka wata faayrasku inay meesha ka soo baxaan.
- Waa inaad gashan maaskaraha wajiga ee qalliinka ama neefsiiyayaasha N95 haddii aad ugu baahan tahay mooye shaqadaada.
- Si aad u hesho macluumaad dheeri ah oo ku saabsan sababta ay waji daboolitaanku muhiimka u tahay iyo sida loogu gashado sida saxda ah, u gudub [Masks and face coverings \(maaskarayaasha iyo waji daboolitaannada\)](http://www.health.state.mn.us/diseases/coronavirus/prevention.html#masks) (www.health.state.mn.us/diseases/coronavirus/prevention.html#masks).

Dadka aan looga baahnayn inay gashadaan waji daboolitaan

- Carruurta ka yar da'da 2da sanno ma aha in loo galiyo waji daboolitaan.
- Carruurta da'doodu u dhexayso 2 illaa 5 sanno loogama baahna inay gashadaan waji daboolitaannada, laakiin waxaa lagu dhiirigeliyaa inay gashadaan waji daboolitaanka markay dadwyanaha ku dhexjiraan.
- Dadka leh xaalado caafimaad ama baahiyaha xaaladaha kale ee caafimaad, naafonimo ama caafimaad dhimireed, kobcitaan, ama habdhaqan ee ku adkaynaysa gashiga waji daboolitaan.
- Qof kasta oo dhibaato ka haysato neefsashada, miyir-beelay, hurdda, tabar-darraan ah, ama haddii kale aan awood u lahayn inuu iska saaro waji daboolitaanka la'aanteed gargaar.
- Waxyaabaha kale ee lagu beddelan karo maaskaraha sida waji difaaca la iska dhex arko ayaa loo tixgalin karaa kuwa qaba xaaladaha caafimaad ama xaaladaha gashiga maaskaruhu uusan suurtagalka ahayn.

Marka waji daboolitaanka si ku meelgaar ah la iskaga saari karo

Waxa jirta mararka qaarkood ee waji daboolitaanka la iska saari karo wakhti kooban. Waa kuwan wakhtiyada qaarkood ee waji daboolitaanka la iska saari karo, laakiin waxaad ka heli kartaa liis buuxa oo [ku saabsan Shuruudaha Daboolitaanka Wajiga iyo Talooiyinka hoos yimaad Amarka Fulinta 20-81](#) (www.health.state.mn.us/diseases/coronavirus/facecover.html).

- Markaad wax cunayso ama wax aad cabbayso, haddii aad u jirsan karo weydo 6 fiit dadka kale ee aan joogin guriga reerkaaga.
- Markuu qof weyddiisto inuu xaqiijiyo aqoonsigaaga, sida marka la dalbbanayo cabbitaannada khamriga ama la dhexgalayo dhacdooyinka qaarkood.
- Marka la dabbaalanayo ama waxqabad kale la samaynayo waji daboolitaanku u qoyi doono.
- Markaad la xiriirayso qofka dhagoolaha ah ama dhaga-culus, ama qaba xaalad caafimaad, naafonimo, ama xaalad caafimaad dhimireed oo ka dhigaysa la xiriirka qofkaas markaad gashan tahay maaskaro mid adag. Waa inaad hase yeeshe wali ka fogaataa qofka 6 fiit.
- Marka laga qaybqaadanayo isboorti ama jimicsi jireed abaabulan oo aad si xoog leh u neefsanayso ee waji daboolitaanku aad ay u adag tahay.

MACLUUMAAD DHEERI AH OO KU SAABSAN SHARUUDAHA WAJIGA DABOOLITAANKA

Si aad u hesho macluumaad dheeri ah oo ku saabsan Amarka Fulinta, oo ay ku jiraan qaanuunnada u gaarka ah meheradaha (tusaale ahaan, daryeelka shaqsiyeed, dugsiyada, iyo daryeelka carruurta), ganaaxyada iyo meelmarinta, iyo shuruudaha meheradaha, eeg:

- Eeg Amarka Fulinta 20-81 oo [laga heli karo Amarrada Fulinta ee ka ka socda Guddoomiyaha Gobolka Walz](#) (<https://mn.gov/governor/news/executiveorders.jsp>).
- [Su'aalaha badanaa la weyddiyo ee ku saabsan shuruudaha loogu baahan yahay waji daboolitaanka](#) (<https://www.health.state.mn.us/diseases/coronavirus/facecoverfaq.html>).



Minnesota Department of Health | health.mn.gov | 651-201-5000625
Robert Street North PO Box 64975, St. Paul, MN 55164-0975

La xiriir health.communications@state.mn.us si aad u weyddiisato qaab kale.

08/06/2020 (Somali)