STAY SAFE MN

Hagitaanka Isu-imaatinnada; Bulshooyinka ku Saleysan Caqiidada, Meelaha Cibaadada, iyo Xafladaha

Wararkii ugu dambeyay: Waxaa lagu soo darray meelaha lagala xariiro (links) hogis dheeraad ah oo la xariira hawlaha muusikada iyo qaadidda sawirada munaasbadda.

Hagistan waxaa loogu talogalay qorshyenta ama martigelinta adeegyada qofka, xafladaha bulshooyinka ku salaysan caqiidada, goobaha cibaadada, guryaha duugta, iyo meelaha kale ee laga helo goobaha laysugu yimaaddo aroosyada, duugta, adeegyada cibaadada, hiddaha diinta, shirarka dukashada, barashada kutubka, ama hawlaha la midka ah. Meelaha soo dhaweynta iyo meelaha kale ee laysugu yimaaddo kahor iyo kaddib xafladda, fiiri Hagistata Ammaanka Xafladaha iyo Munaasabadaha (Guidance for Safe Celebrations and Events) (health.state.mn.us/diseases/coronavirus/safeevents.pdf).

Isu-imaadyada ballaaran waxay dhalliyaan halis ballaaran oo kordhiya faafidda COVID-19. Dhammaan bulshada diinta waxaa lagu dhiirigelinaa in ay keenaan adeegyada fog iyo in ay doortaan in **aysan** furin ama martigelinin isu-imaasho ballaaran. Haddii ay jirto caddeyn ku saabsan faafidda COVID-19, gudaha bulshadaada diiniga, waxaa dhici karto in laguu sheego in aad joojisid adeegyada qofka ilaa laga sugo ammaanka. La xariir waaxda caafimaadka gobolka ama deegaanka si aad u heshid hagis dheeraad ah oo ku saabsan xaaladahaan.

Hagistaan waxay ku saleysan tahay cabbirka goobta, sida loo saadaalin karo iyo dhaqaaqa socodka, waqtiga lagu sugan yahay goobaha la wadaago, iyo sida ay suurtogal tahay in COVID-19 ku faafo meelo badan ee laysugu yimaaddo, xattaa marka laga taxadiro.

Waxyaabaha Loo Baahan Yahay

- ✓ **Qorshaha Isu-diyaarinta:** Dhammaan ganacsatada, ururada, iyo munaasabadaha laysugu yimaaddo waxaa laga rabaa in ay soo saaraan kaddibna fulliyaan Qorshaha Isu-diyaarinta COVID-19 (COVID-19 Preparedness Plan) sida waafaqsan hagista hoose, iyo hagista kale ee lagu dabaqi karo ee Ilaali Ammaanka Minnesota (Safe Minnesota, bogga internetka (staysafe.mn.gov). Qorshahaan waa in si wanaagsan loo muujiyo, si dadka ku sugan goobta ay si fudud u arki karaan warqadaan. Iiibiyeyaasha u adeega hal munaasabo waxay si wadajir ah ugu heshiin karaan hal qorshe dhamaystiran, haddii ay sidaas doortaan.
- ✓ **Maaskarada iyo daboolada wijiga:** Laga bilaabo Luulyo 25, 2020, dadka Minnesota waxaa laga rabaa in ay qaataan daboolka wijiga marka ay ku sugan yahiin dhammaan ganacsiga gudaha iyo goobaha gudaha ay

dadweynaha isugu yimaadaan, sida waafaqsan Ammarka Fullinta 20-81 (Executive Order 20-81). Dheeraad, Ammarka Fullinta (Executive Order) wuxuu u baahan yahay in shaqaalaha qaataan daboolka wijiga marka laga shaqeeyo xaaladaha dibadda, marka kala fogaanta bulshada aysan suurtogal ahayn. Ammarka Fullinta (Executive Order) waxaa ka mid ah waxyaabo laga dhaafay dadka aan awoodin in ay qaataan ama aan u adkeysan karin daboolka wijiga taasoo ugu wacan xaaladaha caafimaadka madaxa ama daweynta ama asbaab kale. Waxaa kaloo jira xaalado oo si ku meelgaar ah leyska dhaafi karo daboolka wijiga, sida marka la cunaayo ama la cabbaayo, hase ahatee waxaa loo baahan yahay in ay kala fogadaan xubnaha dhinacyada kala duwan iyo in daboolka wijiga dib loo soo celiyo marka aan wax la cunin ama la cabbin. Ganacsiyada iyo meelaha laysugu yimaaddo waxay dooran karaan sharuudo dheeraad ah oo la xariira ammaanka bedelkii Ammarka Fullinta (Executive Order).

Si aad u heshid macluumaad badan oo ku saabsan Ammarka Fullinta (Executive Order) iyo sharuudaha daboolka wijiga, fiiri Maaskarada iyo Daboolka Wijiga (Masks and Face Coverings) (health.state.mn.us/diseases/coronavirus/prevention.html#masks).

Isugu imaashada meelaha cibaadada ama xafladaha sida duugta ama arooska

- Buuxinta waa in la yareeyo si loo suurtogeliyo ugu yaraan masaafadda 6 cag ee loo baahan yahay in ay isu jirsadaan bulshada, dadka aan hal reer la dagganeyn. Xaaladaha cibaadada gudaha, dadka yimaada waa in aysan ka badneen 50% iskudarka loogu talogalay meesha, inta ugu badan 250 dadka meesha soo geli kara. Dibaddaha, isu-imaashada waa in aysan ka badanin 250 qof.
- Kantarool socodsiinta ka-qeybgaleyaasha ilaa inta suurtogalka ah, laga bilaabo horaanta ilaa dhamaadka munaasabadda.
- Yaree dadka hadla ilaa tirada ugu yar ee suurtogalka ah iyo habbeey si ay aysan hoosta uga gelin (tusaale ahaan, 6 cag gudahooda) dadka kale. Mar kasta ay suurtogal tahay, waxaad mikrofoon gaar ah siisaa dhowrka qofood ee soo jeediya hadalka. Haddii loo baahdo in la wadaago mikrofoonka, ku fakar in aad nadiifisid inta u dhexeyso dadka hadla ama in aad ku dhaaftid meel taagan lana taabanin.

Fiiri qeybta xigta si aad u heshid tafaasiil dheeraad ah oo ku saabsan Hagista Ilaalinta Ammaanka (Stay Safe Guidance) (staysafe.mn.gov/industry-guidance/index.jsp) si aad u heshid hagis buuxda oo ku saabsan Hay'adaha Goobaha Cibaadada iyo hagista kale ee lagu dabaqi karo.

Isugu imaashada xafladaha ama bulshooyinka isugu yimaaddo guryaha ama isugu yimaaddo gaar

Ku soo koob 10 qof ama ka yar marka lagu sugan yahay gudaha, 25 qof ama ka yar dibaddaha.

Isugu imaashada meelaha soo dhaweynta iyo hawlaha kale kahor iyo kaddib xafladaha

Isu-imaadyada lagu qabto munaasabadaha gudaha iyo dibadda sida xarumaha lagu qabto munaasabadda, dhismooyinka ku saleysan diinta, xarumaha bulshada, goobaha la kireeyo, ama goobaha la midka ah dibadda ee bixiya raashin iyo cabbitaan lagu cuno iyo lagu cabbo goobta, waxaa la xaddiday tirada dadka soo geli kara gudaha iyo dibadda oo ah 25% ilaa 250 qof. Waa in qof mas'uul ah loo xil saaro in uu soo saaro kaddibna fulliyo Qorshaha

Isu-diyaarinta COVID-19 (COVID-19 Prepaaredness Plan). Fiiri Hoggaminta Ammaanka Xafladaha iyo Munaasabadaha (health.state.mn.us/diseases/coronavirus/safeevents.pdf) si aad u heshid macluumaad dheeraad ah.

Loogu talogalay hoggamiyeyaasha, shaqaalaha, iyo dadka ku shaqeeyo iskaa wax u qabso

Waxaad hal qof oo ka tirsan kooxdaada hagista ama shaqaalaha u xilsaartaa in uu diyaariyo Qorshaha iyo in uu hubiyo in la fahmay, meel fagaaro ah lagu soo dhajiyo, kaddibna laga dalbado qof kasta in uu raaco. Qorshaha waa in lagu daro hababka iyo tilmaamaha ku saabsan sida aad wax uga qaban doontid waxa soo socda:

1. Hubso in shaqaalaha xanuunsan ay joogaan guriga. Shaqaalaha ku sugan halista badan waxaa lagu dhiirigelinaa in ay ku shaqeyaan guriga.
2. Adkeey masaafadda 6 cag ee loo baahan yahay in shaqaalaha isu jirsadaan adiga dalbo daboolka wijiga sida uu faray Ammarka Fullinta (Executive Order).
3. Ku celceli nadaafadda habboon: dabool qufaca iyo hindhisada, dhaq gacmaha in badan, qaado daboolka wijiga ama maaskaro.
4. Hubso ammaanka dhismaha iyo hababka hawo gelinta
5. Hubso dhaqanka ammaanka iyo nidaamka dajinta, qaadidda, iyo geynta.
6. Samayso kaddibna raac nidaamka shaqada iyo nadiifinta iyo jeermiga laga dilo meelaha laysugu yimaaddo. Tixraac CDC: Nadiifinta iyo Dillidda Jeermiga Gurigaada (cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html).
7. U gudbi iyo sii tababar dhammaan shaqaalaha, dhaqankaan iyo nidaamkaan.
8. Hubso in dhammaan hawlaha lagu qabto dhismahaada (dhismooyinkaada) raacaan dhaqanka iyo nidaamka (taakuleynta ama kooxaha bulshada, qeybinta waxyaabaha lagama maarmaanka ah, iwm.).
9. Dhammaan xubnaha iyo ka-qeybgaleyaasha waxaad gaarsiisaa tallaabadaha la qaado iyo isbaddalada lagu sameeyo adeegyada si ay uga qeybgalaan si ammaan ah iyo yareey faafidda suurtogalka ah ee COVID-19.
10. Hubso in aad haysatid saad ku filan nadiifinta, nadiifiyaha gacanta, iyo warqadaha musqusha. Soo dhaji calaamado iyo tilmaamo la xariira: joog guriga haddii aad xanuunsan tahay ama aad ku sugan tahay halis badan, dhaq gacmaha, dabool qufacaada, qaado daboolka wijiga, iyo ilaali masaafadda bulshada 6 cag ee loo baahan yahay in leysu jirsado. Calaamadaha daabacaadda waxaa laga heli karaa bogga Qoraalada MDH iyo Ilaha loogu talogalay COVID-19 (MDH Materials and Resources for COVID-19 Response page) (health.state.mn.us/diseases/coronavirus/materials/index.html).

Si aad u heshid hagis tafatiran oo ku saabsan isticmaalka iyo macluumaadka hawo gelinta, sida loo diyaariyo dhismahaada lana isticmaalo kaddib marka uu xeran yahay muddo dheer, dajinta, soo qaadidda, iyo dhaqanka geynta iyo nidaamka, nadiifinta iyo nidaamka looga dilo jeermiga, iyo in kale oo badan, fiiri Hagista Hawlgalka Meelaha Cibaadada (Operational Guidance for Places of Worship) (staysafe.mn.gov/industry-guidance/places-of-worship.jsp).

Loogu talogalay xubnaha bulshada diinta iyo ka-qeybgaleyaasha

Kahor inta aan la bilaabin adeegga ama xafladda

- Joog guriga haddii adiga ama qof ka tirsan reerkaada uu xanuunsan yahay ama qabo calaamado: qandho, qufac, neef yari, qarqaryo, muruq xanuun, madax xanuun, dhuun xanuun, ama lumiyo dhadhanka ama urka.
- Dadka ku sugan halis sare oo qaba xanuun darran (waayeelka ama xaaladaha caafimaadka hoose) waxaa si xooggan loogu dhiirigelinaa in ay joogaan guriga.
- Ka-qeybgaleyaasha waa in ay fahmaan iyo waa in ay waafaqaan in ay raacaan Qorshooyinka Isu-diyaarinta COVID-19 (COVID-19 Preparedness Plana) lana xarira meelaha lagu qaban doono adeegga ama xafladda.

Inta uu socdo adeegga ama ay socoto xafladda

- Si joogto ah u dhaq gacmahaada ama ka dil jeermiga, dabool qufaca iyo hindhisada, iyo qaado daboolka wijiga.
- Adkee masaafadda bulshada 6 cag ee loo baahan yahay in ay isu jirsadaan dadka ka kala yimid reero kal duwan mar kasta (gelitaanka, bixidda, iyo inta ay sodaan hawlaha).
- Heesta/ku celcelinta heesta waa halis badan, sidaas darteed isugu imaashada meelaha diinta waxaa lagu dhiirigelinaa in ay adeegsadaan muusiik horay loo duubay/ku celcelinta heesta ama in ay dhageystaan heesaaga sida habboon uga fog dadka kale ee heesa iyo ka-qeybgaleyaasha inta uu socdo adeegga. Waxaad kaloo fiirisaa: Hawlaha Muusikada iyo Jilidda Waqtiga COVID-19 (www.health.state.mn.us/diseases/coronavirus/musicguide.pdf).
- Iska ilaali in aad taabatid waxyaabaha ay badanaa dadka kale taabtaan haddii ay suurtogal tahay. Jeermiga ka dil meelaha aad loo taabto kana dhexeeyo dadka isticmaala iyo inta u dhexeyso adeegyada.
- Qaado dhammaan dhaqanka inta ay socdaan adeegyada si aad isaga ilaalisid in aad xariir sokke la yeelatid iyo adeegso masaafadda loo baahan yahay in leysu jirsado (salaanta, aruurinta shay, qeybsiga waxyaabaha xafladda, isu-imaashada, iwm.)
- Dukashada u baahan in wijiga loo dhaweeyo dhulka ama katiifadda, horay u soo qaado katiifadaada, ama isticmaal warqadda halka mar la isticmaalo kaddibna iska tuur.
- Sawirka munaasabadda: In leysu soo dhawaado waa hawl halis badan, xattaa marka waqtiga gaaban yahay. Ku fakar in aad sawiro gaar ah ka qaadid iyo in aad isticmaashid brograamyada sixidda si aad isugu geysid sawirka kooxda. Waxaad talooyin dheeraad ah ka fiirsaa Hagista Ganacsiyada ee la xariira Ammaanka Dib u Furidda Bulshooyinka ku saleysan Cibaadada, Goobaha Cibaadada, Aroosyada, iyo Duugta (Industry Guidance for Safely Reopening Faith-based Communities, Places of Worship, Weddings, and Funerals) (www.health.state.mn.us/diseases/coronavirus/safefaith.pdf).

Haddii ay jirto caddeyn in COVID-19 ku faafay bulshada cibaadada, waxaa dhici karto in waaxda caafimaadka deegaanka ama gobolka kugula talliyaan in aad joojisid ama in aad gadaal u dhigtid adeegyada aad qof ahaan kula xariirtid ilaa laga hubiyo ammaanka kaddibna ku soo noqotid.

Si aad u heshid macluumaad tafatiran, fiiri Hagis Hawgalada Meelaha Cibaadada (Operational Guidance for Places of Worship) (staysafe.mn.gov/industry-guidance/places-of-worship.jsp).

Ilaha

Ka Socoto Gobolka Minnesota:

- Hagista Ganacsiga loogu talogalay Ammaanka Dib u Furidda Bulshada ku Saleysan Diinta, Meelaha Cibaadada, Aroosyada, iyo Duugta (Industry Guidance for Safely Reopening Faith-based Communities, Places of Worship, Weddings, and Funerals) (www.health.state.mn.us/diseases/coronavirus/safefaith.pdf)
- Xaaladaha Bushada: COVID-19 (health.state.mn.us/diseases/coronavirus/communities.html)
- Hagista Isu-imaadyada Baabuurta, Damaashaadka, iyo Meelaha Lagu Galo Baabuurta (health.state.mn.us/diseases/coronavirus/vehiclegather.pdf)
- Hagista Daryeelka Dadka ku Sugan Guryahooda (health.state.mn.us/diseases/coronavirus/visitingathome.pdf)
- Hagista Hawlgalka Meelaha Cibaadada (Operational Guidance for Places of Worship) (staysafe.mn.gov/industry-guidance/places-of-worship.jsp)
- Hagista Ammaanka ee loogu talogalay Ganacsiga iyo Ururada (Stay Safe Guidance for Businesses and Organizations) (staysafe.mn.gov/industry-guidance/index.jsp)

Ka Socoto Xarumaha Kantaroolka iyo Kahortagga Cudurka (Centers for Disease Control ana Prevention)

- Bulshada iyo Ururada ku Saleysan Diinta (cdc.gov/coronavirus/2019-ncov/community/organizations/index.html)
- Talooyinka la Siiyo Bulshooyinka Diinta (cdc.gov/coronavirus/2019-ncov/community/organizations/checklist.html)
- Isu-imaadyada iyo Munaasabadaha Bulshada (cdc.gov/coronavirus/2019-ncov/community/large-events/index.html)
- Hagista Duugta Qofka iyo Qoysaska (cdc.gov/coronavirus/2019-ncov/daily-life-coping/funeral-guidance.html)

MINNESOTA

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