

STAY SAFE MN

Cudurka Koronafayras 2019 (COVID-19)

Cudurka Koronafayras 2019 (COVID-19) ayaa ah cudur neefmareen. Waxa sababa fayras cusub. Maalin kasta waxaan ka ogaanaynaa waxyaabo cusub oo ku saabsan fayraskan sababta oo ah wuu cusub yahay.

Waxaan kala shaqeynaa la-hawlgalayaal sidii loo yarayn lahaa fiditaanka COVID-19, laakiin qof kasta oo gobolka ka tirsan wuxuu leeyahay kaalin u qaato si taas looga dhigo inay rumowdo.

Qof kasta oo da' kasta ah ayuu ku dhici karaa cudurku. Dadka qaarkood bukaanshahoodu wuu ka sii badan karaa kuwa kale. Dadka la buka COVID-19 ayaa qaadsiin kara dadka kale, xataa markayna dareemaynin inay bukaan. Fayrasku uma kala eego dadka, sidaa darteed ka fogow fikradaha ku saabsan qofka aad u malaynayso inuu qabo cudurka.

Astaamaha

Dadka qaarkood ee qaba caabuqa COVID-19 ayaa kaliya dareema in yar inay bukaan. Kuwo kalena aad ayay u bukoodaan. Astamaha qaarkood waa:

- Qufac
- Neefsashada oo gaabata
- Qandho
- Qarqaryo
- Madax-xanuun
- Muruq xanuun
- Cune xanuun
- Dhadhanka ama wax urinta oo qofka ka taga

Marar aan badanayn, dadku waxay yeelan karaan calool xanuun, matag ama shuban.

Iska soo tijaabi cudurka haddii aad leedahay astaamo. Ugu wac arrinta ku saabsan iska-tijaabinta cudurka dhakhtarkaaga ama bixiyahaaga daryeel caafimaad. Wac iyaga haddii aad wax su'aalo ah qabto ama aad ka walwalsan tahay astaamahaaga.

Dadka cudurkoodu u sahlan yahay ayaa joogi kara guriga inta ay ladnaanayaan. Guriga uga bax kaliya in daryeel caafimaad aad soo hesho. Wac dhakhtarkaaga ama bixiye daryeel caafimaad kale intaadan halkaa tagin.

Ka-hortagga u samee naftaada iyo bulshadaadaba

Waxyaabaha samee si naftaada iyo dadka kale aad uga badbaadiso COVID-19:

- Ka fogow 6 fuud (2 mitir) dadka kale markaad ka tagto gurigaaga.
- Gasho maaskaraha wejiga ama maro wejiga daboosha markaad tagto dukaammada cuntada iyo meelaha kale ee ay adag tahay in laga fogaado 6 fiit dadka kale.
- Joog guriga markaad bukto.
- Badanaa iska dhaq gacmaha.
- Dabool afkaaga iyo sankaa markaad qufacayso.
- Nadiifi oo jermiska ka dil meelaha dushooda in bdan la taataabto.

Ka hel macluumaadka ku saabsan COVID-19 ilo laga kalsoon yahay sida Waaxda Caafimaadka Minnesota iyo baraha internetka CDC. Ka taxaddar ilaha kale, gaar ahaan kuwa ka hadla ka daawooyinka COVID-19.

Ogow wax intaa u dheer ka ogow

Ka hel macluumaadka ugu dambeeyay ee COVID-19 barhan internetka:

- [Waaxda Caafimaadka Minnesota Koronafayraska Cusub ee 2019 \(COVID-19\) \(www.health.state.mn.us/diseases/coronavirus/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/index.html)
- [Cudurka Koronafayras gudaha Minnesota \(mn.gov/covid19\)](http://mn.gov/covid19)
- [Xarumaha Xakameynta iyo Ka Hortagga Cudurka ee Koronafayraska Cusub ee 2019 \(www.cdc.gov/coronavirus/2019-ncov/index.html\)](http://www.cdc.gov/coronavirus/2019-ncov/index.html)



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Laxiriir health.communications@state.mn.us si aad u weyddiisato qaab ka duwan.

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