

# Fariimaha COVID-19 ee Muhiimka ah

5/25/2021

Cudurka fayraska korona 2019 (COVID-19) waa cudur neef mareenka ku dhaca. Waxaan wali baraneynaa waxyaabo cusub oo ku saabsan COVID-19. Halkan waxaa ku yaal xoogaa macluumaad ah oo ay tahay inaad ka ogaato wax ku saabsan COVID-19 si looga caawiyo ilaalinta bulshadaada.

Qof kasta oo da' kasta jira wuu qaadi karaa cudurka. Dadka qaar ayaa laga yaabaa inay ka xanuun darnaadaan kuwa kale. Dadka qaba COVID-19 way qaabsiin karaan dadka kale, xitaa haddii aysan xanuun dareemayn.

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## Astaamaha

Dadka qaar ee qaba infekshanka COVID-19 way yara xanuunsadeen. Qaarkoodna aad ayey u xanuunsadeen. Astamaha qaarkood ayaa ah:

- Qandho
- Qufac
- Neefta oo yaraata
- Qarqaryo
- Madax xanuun
- Murqo xanuun
- Cune xanuun
- Daal
- San cabur ama sanko oo dareera
- Dhadhanka ama urta oo luma

Astaamaha kale ee aan badnayn waxaa ka mid ah astaamaha caloosha sida lallabbo, matag, ama shuban.

Is-baar hadii aad xanuun dareento. Si aad u hesho goob baaritaan oo kuugu dhow, booqo [melaha baritaanada ee COVID-19-ka \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html).

Wac daryeel caafimaad bixiyahaaga haddii aad wax su'aalo ah qabtid ama aad ka walwalsan tahay astaamahaaga.

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## Ilaali naftaada iyo bulshadaada

Iska yaree khatarta aad ugu jirran karto ama ku faafin karto COVID-19.

**Tallaalka qaado. Qof kasta oo reer Minnesota ah oo jira 12 ama ka weyn ayaa heli kara tallaalka bilaash ah.**

- [Raadi Goobaha Tallaalka \(mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp\)](https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp) oo qabso ballan. Waxaad awoodi kartaa inaad iska tallaasho ballan la'aan meelaha qaarkood.
- Laba qaadasho (qiyaas) ayaa loo baahan yahay oo loogu talagalay tallaalka COVID-19 ee Pfizer iyo Moderna, laakiin keliya hal qaadasho (qiyaas) ayaa loo baahan yahay Johnson & Johnson.
- Mar alla markii aad qaadatid qiyaastaada ugu dambeysa, waxay ku qaadataa laba toddobaad jirkaaga inuu dhiso difaac (si buuxda u tallaalan).

**Haddii aadan tallaalnayn (oo ay ku jiraan carruurta):**

- Xidho maskaraha gudaha melaha ganacsiga, goobaha dadweynaha, iyo goorta aad ka ag dhowaato dadka ka soo jeeda guryaha kale, iyo sidoo kale bannaanka marka aanad ka fogaan karin ugu yaraan 6 fuud dadka kale.
- Ka fogow ugu yaraan 6 fuud dadka ka soo jeeda guryaha kale.

**Tallaalnow ama ha tallaalnaan, Waaxda Caafimaadka ee Minnesota waxay si adag ugu talineysaa inaad:**

- Dhaqda gacmahaaga marwalba.
- Raacdo tilmaamaha ku saabsan joogitaanka guriga (karantiil) haddii aad la kulantay qof qaba COVID-19. Dadka si buuxda u tallaalan looma baahno inay is-karantiilaan xaaladaha badankood.
- Guriga joog haddii aad jiran tahay.
- Raac talooyinka baaritaanka marka aad safreyso, ama aad leedahay astaamaha COVID-19, ama aad u baylah noqoto COVID-19.
- Guriga ka soo qasho gal haddii ay suurtagal tahay.

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## Wax dheeri ah baro

Ka hel macluumaadka ugu dambeeya ee COVID-19 shabakadahaan:

- [Cudurka Fayraska Korona 2019 \(COVID-19\) \(www.health.state.mn.us/diseases/coronavirus/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/index.html)
- [Jawaabta Minnesota COVID-19 \(mn.gov/covid19/\)](https://mn.gov/covid19/)
- [CDC: Cudurka Fayraska 2019 \(COVID-19\) \(www.cdc.gov/coronavirus/2019-nCoV/index.html\)](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)



Minnesota Department of Health | [health.mn.gov](https://health.mn.gov) | 651-201-5000  
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

La xiriir [health.communications@state.mn.us](mailto:health.communications@state.mn.us) si aad u weydiisato qaab kale. (Somali)