

Meeshaan ka dhig meel ammaan u ah carruurteena.

Qaad tallaabooyin lagu yareynayo faafidda COVID-19 nolol maalmeedkaaga iyo gacan ka geysato badbaadinta carruurteena, shaqaalaha, iyo bulshooyinka.



Qaado talaalka haddii aad u qalanto.



Guriga joog haddii aad xanuun dareento ama aad dhowdahay qof qaba COVID-19.



Xidho maaskaro gudaha iyo markaad dibadda joogtograd badan.



Iska baar COVID-19 haddii aad dareento inaad xanuunsan tahay, u dhowaatay qof qaba COVID-19, ama ka qaybqaatay munaasabad halis caabuq leh.



Ka fogow waxqabadyada halista badan. Tan waxaa ku jira kuwo waaweyn kulannada iyo meelaha dadku ku badan yihiin, iyo gudahahalkaas oo aan dadku waji u duubnayn.



Ka fogow dadka kale ee aan kula nooleen.



Gacmahaaga dhaq had iyo jeer badan, gaar ahaan kadib taabashada walxaha la wadaago.

Hadba marka aan dhammaanteen qaadno tallaabooyinka, ayuu ammaanka carruurteena iyo bulshooyinkeena sii kordhaa.

STAY SAFE MN

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