

# Goorma ayay tahay in la i baaro? Kullano Ballaaran

## QORAALKA

[muusik qafiif ah]

[Warin]

Goorma ayay tahay inaad iska baarto COVID-19?

Marka aad ka qaybgasho aroos maalinta Axada ah. Marka xubnaha qoyska iyo saaxiibada joogay munaasabada aysan xirnayn maaskaro ama aysan kala fogaanin 6 talaabo.

Talooyinka hadda ee baaritaanka ayaa sheegaaya in qof kasta la baaro shan maalmood kadib munaasabadaha ballaaran. Gaar ahaanna haddii ay suuragal tahay inaad la joogtay qof qaba caabuqa COVID-19.

Haddii aad biloowdo inaad xanuun dareento, isbaar isla markaaba.

Tusaale ahaan, munaasabada ayaa dhacday Axad, marka shan maalmood kadib waxaa laga rabaa inaad isbaarto Jimcada.

Xaqiiji inaad raacdo tilmaamaha ku aadan xirashada maaskarada iyo joogista guriga iyo ka fogaanshaha dadka kale. Xog dheeraad ah ayaad ka helayso webseedka MDH ee Difaac Naftaada iyo Dadka kale, [www.health.state.mn.us/diseases/coronavirus/prevention.html](http://www.health.state.mn.us/diseases/coronavirus/prevention.html).

Si aad xog dheeraad ah uga hesho waqtiyada kale ee ay tahay inaad isbaarto, iyo meesha aad baarista ka helayso, booqo webseedka Baaritaanka COVID-19 ee MDH. <https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>.

[muusik qafiif ah]

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2/2/22 (Somali)

*Si aad xogtaan ugu hesho qaabab kale, wac: 651-201-4989*