

# Goormaan ku noqon karaa shaqada kaddib markuu cudurka COVID-19 iga baxo? Qoraal ahaan

Waxa aad leedahay calaamadaha COVID-19 laakiin LAGAAMA baarin xanuunka COVID-19. AMA aad xanuunsan tahay dhakhtarkaaguna kuu sheegay in aad qabto COVID-19 markuu ku shaybaadhay ka dib.

Haddii aad leedahay calaamadaha covid-19 – sida qandho, qufac, neefta oo ku qabata, qarqaryo, madax xanuun, muruq xanuun, cuna xanuun, ama wax dhadhansi ama urin la'aan, laakiin aan lagaabaarin xanuunka COVID-19 ama waad buktaa oo dhakhtarkaaga ayaa kuu sheegay inaad qabto cudurka COVID-19 iyada ku saleysan shaybaar ama calaamadaha xanuunka.

Joog guriga oo gaar ka ahow dadka kale ee qoyskaaga ka tirsan. Ha la wadaagin waxbana sida maacuunta, ama talefoonnada.

Guriga joog illaa iyo intay saddexdan arrimood dhacayaan:

1. Calaamadahaaga, sida qufaca ama neefta oo ku qabata, oo aad ka roonaatay.
2. Waxa laga joogaa 10 maalmood tan iyo markii ay calaamadahaagu billaabeen.
3. Adiga oo soo maray 24 saacadood oo aan lahayn xumad ama qandho adiga oon qaadin wax dawo ah oo xumad-jabin ah.

Tusaale ahaan, calaamadaha COVID-19 ayaa kugu bilaabmay Talaado. Heerkulka xumaddaada ayaa hoos u dhacdayadiga oon qaadan daawo xumad-jabin ah Axadda xigta. 24 saac kaddib markaad tahay qandho la'aan, waxaad ku noqon kartaa shaqada Talaadada. Guriga waa in aad joogtay muddo 13 maalmood ah oo buuxa.

Hal tusaale oo dheeraad ah. Calaamadaha xanuunka ayaad isku aragtay Axad. Heerkulka xumaddaada ayaa hoos u dhacdayadiga oon qaadan daawo xumad-jabin ah Khamiista xigta. 24 saac kaddib markaad tahay qandho la'aan, gurigana aad joogtay 5 maalmood. Maadaama tirada ugu yare ee loo baahan yahay in aad joogto guriga ay tahay 10 maalmood oo buuxa, waxaad ku noqon kartaa shaqada Khamiista.

Markaad shaqada ku noqoto, ka fogow 6 fiit dadka aad wada shaqeysaan iyo dadka soo booqdaba, , haddii ay suurtagal tahay maaskarana xiro.. Raac iyo shuruucda u taala shaqadaada eek u saabsan xirashada maaskaraha, markaad ku soo laabato shaqada. Haddii aad tahay shaqaale caafimaad ama wali aanad ladnaan wac maamulahaaga inta aanad shaqada ku noqon.

Si aad u hesho macluumaadka ugu dambeeyay oo ku saabsan COVID-19 booqo [health.mn.gov](https://health.mn.gov)

Minnesota Department of Health  
Communications Office  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4989  
[health.communications@state.mn.us](mailto:health.communications@state.mn.us)  
[www.health.state.mn.us](https://www.health.state.mn.us)

08/10/20 When can I return to work after being sick with COVID-19? (Somali)

To obtain this information in a different format, call: 651-201-4989