

Goorma Ayaan Ku Noqon Karaa Shaqada Haddii Qof Aniga Ila Nool u Hayo Cudurka COVID-19? Qoraal ahaan

Qof ila nool ayuu cudurka COVID-19 hayaa. Goorma ayaan ku noqon karaa shaqada? Haddii qof aad la nooshahay uu hayo COVID-19, guriga joog oo raac tilmaamahan xitaa haddii aad caafimaad dareemayso adigu ama horeyba lagaaga baaray oo laga waayay COVID-19.

Ogeysii shaqadaada oo haddii aad karto guriga ku shaqee. Haddii aad ka shaqeyso kaabayaasha laga maarmaanka ah oo maqnaanshahaagu ay abuuri karto khalkhal, shaqada waad tagi kartaa laakiin waa in aad xirato maaskaro oo aad u jirsato 6 fiit (2 mitir) dadka kula shaqeeya iyo macaamiishaba.

Guriga markaad joogto, gooni uga soocnow qofka jirran ee qoyskaaga ka tirsan, hana la wadaagin waxba sida maacuunta ama telefoonka muddo 14 maalmood ah. 14 maalmood kaddib, shaqadaadii si caadiya ayaad ugu noqon kartaa.

Meel gaar ah ka joog qofka qoyskaaga ah ee buka illaa ay ka dhacayaan arimahani:

1. Calaamadihii xanuunka, , sida qufaca ama neeft-qabatinka, oo laga ladnaaday.
2. In laga joogo 10 maalmood tan iyo markii ay calaamadaha xanuunku billaabeen.
3. In 24 saacadood oo uu qofka xanuusanayaa ahaa bilaa xumad iyadoo aan la qaadan dawada xumada biisa.

Haddaad awoodin inaad gooni ka ahaato xubnaha jiran ee qoyskaaga. La hadal dhakhtarkaaga, rugtaada caafimaadka, ama shaqaalaha caafimaadka ee kula soo xiriira si aad ugala hadasho muddada aad guriga joogi doonto. Guud ahaan, waxaad joogi doontaa guriga illaa inta qofka buka ee qoyskaaga ahi ka ladnaanayo oo lagu daray 14 maalmood oo dheeraad ah.

Haddii aad bukooto oo aad yeelato calaamadaha COVID-19, kala hadal dhakhtarkaaga ama rugtaada caafimaadka sidii xanuunka lagaaga baari lahaa. Sida qofkii qoyskaaga ahaa ee xanuusanayay oo kale, guriga joog illaa ay calaamadaha xanuunka ka ladnaanayso, oo noqonaysa ugu yaraan 10 maalmood tan iyo markii calaamadahaagu bilaabeen, iyo in aad soo marto 24 saacadood oo bilaa xumad ah adigoo qaadan wax dfawo ah.

Si aad u hesho macluumaadka ugu dambeeyay oo ku saabsan COVID-19 booqo health.mn.gov

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When Can I Return to Work if Someone Living With Me is Sick With COVID-19? (Somali)

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