



# Daawooyinka lagu Dabiibo | KOFID-19

**Daadka qaba cudurka KOFID-19 kuwaas oo halis ugu jira inay aad ula xanuunsadaan cudurkaan waxay ka faa'iidayaan karaan daawooyinka KOFID-19.** Daawooyinka waxay ka hortagi karaan xanuunada daran, isbitaal inaad gash iyo dhimasho uu sababo cudurka KOFID-19. La hadal daryeel bixiyahaaga caafimaad isla markiiba haddii lagaa helo cudurkaan ama aad halis ugu jirtid maadaama loo baahanyahay in si dhaqsa ah aad u bilaawdid daawooyinka si ay wax tar u noqdaan. Daryeel bixiyahaaga caafimaad ayaa go'aamin doona daawada KOFID-19 mida kugu haboon. Daawooyinka KOFID-19 qof kasta ayaa heli kara iyada oo aan loo eegayn sifada aad wadanka ku joogtid, mana saamayn doonto sharcigaaga iyo inaad noqotid qof deegaan ah.

Daawooyinka KOFID-19 ma ahan kuwa badeli karaa ka hortagga.

Qof kasta oo u qalma waa in uu helo tallaalka waana in uu qaadaa tallaabooyin kale si uu uga hortago faafitaanka cudurka KOFID-19.

## Helitaanka daawooyinka KOFID-19

Waxaa jirta laba qaab oo aad ku heli kartid daawooyinka KOFID-19 haddii aad halis ugu jirtid inaad aad la jirato cudurka KOFID-19.

- La hadal daryeel bixiyahaaga caafimaad si aad u ogaato haddii aad u qalanto daawada KOFID-19 iyo halka laga helo.
- Raadi xarumaha baarista iyo daawaynta ee Test to Treat kuwaas oo bixiya baarista iyo daawaynta cudurka KOFID-19 si bilaash ah oo hal goob ah.

Waa in aad bilaawdid isticmaalka Daawooyinka KOFID-19 shan ilaa todobo maalmood gudahood markaad isku aragtid astaamaha. Haddii aad leedahay astaamaha is baar. Ka eeg qeybta xigta xog la xiriirta is baarista iyo goobta laga helo daawooyinka.



## Sida la isku baaro

- ✓ Iska baar oo iska daaway cudurka KOFID-19 adigoo tagaya xafiiska daryeel bixiyahaaga caafimaad. Haddii aad leedahay daryeel bixiyahaaga caafimaad kaas oo aad markasta aragto, waydii haddii balan lagu qaban karo si lagu baari laguuna daweeyo.
- ✓ Is baar adigoo guriga jooga ama goob kale oo ah kuwa la isku baaro, tusaale ahaan, xarumaha baarista bulshada.
  - ◇ Baarista guriga oo bilaash ah ayaa la heli karaa taas oo katimid dawladda federaalka: Halkaan ka eeg [www.covid.gov/tests](http://www.covid.gov/tests) ama wac lambarkaan 1-800-232-0233. Haddii aad ku jirtid Medicare qeybta loo yaqaan Part B, waxaad dalban kartaa 8 xabo oo dheeraad ah oo ah aalada la isku baaro adigoo guriga jooga..
  - ◇ [Raadi goobaha la isku baaro ee KOFID-19 adigoo eegaya halkaan \(mn.gov/covid19/get-tested/testing-locations/index.jsp\).](https://mn.gov/covid19/get-tested/testing-locations/index.jsp)
  - ◇ Baarista markii ay sheegto inaad cudurka qabtid kadib, la hadal daryeel bixiyahaaga caafimaad ama raadi rug caafimaad sida xarumaha baarista iyo daawaynta ee Test to Treat si aad u hesho warqada daawada taas oo uu qoray daryeel bixiyahaaga caafimaad oo aqoon u leh. Qaar ka mid ah nidaamyada caafimaadka iyo goobaha Test to Treat waxay leeyihiin habka daawaynta iyadoo la adeegsano tiknoolajiyada.
- ✓ Iska baar KOFID-19 adigoo tagaya xarumaha Test to Treat. Xarumaha baarista iyo daawaynta ee Test to Treat waxaad ka heli kartaa baarista KOFID-19, haddii lagaa helo cudurkaan, dhakhtarka goobta joogaa ayaa qiimeenaya haddii aad u qalanto in lagu qoro warqada daawada iyo kaniiniga afka laga qaato ee ka hortaga fayraska KOFID-19. Waxay kuu qorayaan kuna siinayaan daawada isku hal booqasho. Balantaada xiligeeda marka la gaaro horay usoo qaad daawada aad qaadato sida (magacyada iyo liiska daawada aad hadda qaadato). Halkaan eeg [COVID-19 Test to Treat Locator \(https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/\)](https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/).

# Halka laga helo daawooyinka



## Qaab Online ah

- Website-ka Waaxda Caafimaadka ee Minnesota. Raadi rugaha caafimaadka iyo farmashiyaasha ku yaal gobolka Minnesota ee laga helo website-ka Waaxda Caafimaadka Minnesota [Where to Access Oral Antiviral Therapy \(www.health.state.mn.us/diseases/coronavirus/hcp/medsaccess.html\)](http://www.health.state.mn.us/diseases/coronavirus/hcp/medsaccess.html).
- Adeegso goob-sheegaha Xarumaha baarista iyo daaweynta ee Test to Treat. Sidoo kale qaab online ah ayaad ku heli kartaa goob-sheegaha Test to Treat ee dawladda federaalka:
  - ◇ **Af-Ingiriis** [COVID-19 Test to Treat Locator - English \(covid-19-test-to-treat-locator-dhhs.hub.arcgis.com\)](https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/)
  - ◇ **Af-Isbaanish** [COVID-19 Test to Treat Locator - Es \(covid-19-test-to-treat-locator-es-dhhs.hub.arcgis.com\)](https://covid-19-test-to-treat-locator-es-dhhs.hub.arcgis.com/)
  - ◇ **Af-Mandarin** [COVID-19 Test to Treat Locator - Mandarin \(covid-19-test-to-treat-locator-zh-dhhs.hub.arcgis.com\)](https://covid-19-test-to-treat-locator-zh-dhhs.hub.arcgis.com/)



## Taleefanka

- Khadka taleefanka ayaa diyaar ah si lagaaga jawaabo su'aalaha aad qabto iyadoo Af-giriis ah iyo luuqadaha kalaba iyo inay kugu xiraan meelaha aad ka heli karto caawimaad la xiriirta baarista iyo daaweynta:
  - ◇ Waaxda Caafimaadka Minnesota ee KOFID-19 khadka taleefanka dawyanaha. Wac lambarkaan 833-431-2053, Isniin – Jimce: 9-ka Subaxnimo ilaa 7-da habiinimo, Sabti: 10-ka subaxnimo – 6-da galabnimo. Dad kugula hadla Af-ingiriis, Homong, Somali, Spanish, Karen iyo luuqada kale oo badan ayaa kuu diyaar ah.
  - ◇ Khadka teleefanka laga helo Test to Treat ee Federaalka. Wac lambarkaan 1-800-232-0233 (TTY 1-888-720-7489). Khadka teleefanka waa diyaar todobbo maalmood isbuucii, kana bilaabata 7-da subaxnimo ilaa 11-ka habeenimo. Dad ku caawiyo ayaa diyaar kuu ah kuwaas oo ku hadla wax ka badan 150 luuqadood.
  - ◇ Teleefanka laga helo xogta dadka Naafada ah (WAC) 1-888-677-1199, Isniin- Jimce, laga bilaabo 8-da subaxnimo ilaa 7-da habeenimo, ama kala xiriir emaylka [DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org), dadka naafada ah ay ka helaan caawimaad iyo adeeg.

## Raadi daryeel caafimaad oo qiima jaban

Dadka aan haysan caymiska caafimaad waxaa laga yaabaa inay helaan daaweyn bilaash ah ama qiima jaban oo laga helo bulshada dhexdeeda iyo xarumaha caafimaadka ay taageerto dawladda federaalka. Liiska xarumahaan, halkaan ka eeg [HRSA: Find a Health Center \(findahealthcenter.hrsa.gov/tool\)](https://www.hrsa.gov/find-a-health-center). Wixii Macluumaad dheeraad ah oo ku qoran luuqada badan, [Boogo halkaan si aad u hesho Daryeel Caafimaad oo Jaban ama Caymis Caafimaad \(www.health.state.mn.us/diseases/coronavirus/materials/lowcost.html\)](http://www.health.state.mn.us/diseases/coronavirus/materials/lowcost.html).

Waaxda Caafimaadka Minnesota qeybta KOFID-19 khadka teleefanka dadwaynaha waxay kaa caawin karaan inay ku fahansiiyaan kala doorashada is daawaynta iyo daawooyinka, in ay kugu xiraan meel aad ka hesho caawimaad, kaana caawiyaan baahida luuqada. Wac lambarkaan Call 1-833-431-2053, Isniin – Jimce: 9-ka subaxnimo ilaa 7-da habeenimo, Sabti: 10-ka subaxnimo ilaa 6-da galabnimo.

## Kharashka Daawada KOFID-19

Hadda majiraan wax kharash ah oo lagaa rabo si aad u hesho daawooyinka KOFID-19, bukaanada wax lacag ah ma bixinayaan si ay u helaan daawada. Farmashiyaasha wax kharash ah kuma dalici karaan qofka bukaanka ah si uu helo warqada daawada, laakiin waxaa jiri kara kharashaad kale oo la xiriira daawada oo qofka bukaanka ah ama caymiska ay tahay inuu bixiyo. Tusaale ahaan, rug caafimaad ayaa kugusoo dalici karta kharash la xiriira adeegyada maamulka daaweynta. Bukaanada waxaa laga yaabaa inay bixyaan qeyb ka mid ah kharashka adeegyadaas waxayna ku xirantahay nooca caymiska aad haysatid. La hadal daryeel bixiyahaaga caafimaad ama farmashiyaha haddii aad qabto wax su'aal ah oo ku saabsan kharashaadka daawada.

## Kharashka daaweynta iyo khidmada in lagaa daboolo

- Medicare qeybta D waxay kaa daboolaysaa warqada daawada iyo daawooyinka loo isticmaalo in lagu daweyno KOFID-19.
- Medicaid waxay si buuxda u daboolaysaa kharashka daawada kobcisa difaacyada jirka ee Monoclonal xilliga lagu guda jiro xaalad caafimaad oo degdeg ah.
- Hubi qorshaha caymiska maadaama caymis badan oo gaar ah ay daboolaan kharashaadka.
- Haddii aadan haysan caymis, raadi daryeel bilaash ah ama qiima jaban sida rugaha daryeelka caafimaadka ay maal galiso dawladda federaalka ama rugaha daryeelka caafimaadka ee bulshada ee ku yaal Minnesota. Wax ka ogoow oo halkaan ka eeg [Find a Health Center – Minnesota Association of Community Health Centers \(mnachc.org/community-health-centers/find-a-health-center/\)](https://mnachc.org/community-health-centers/find-a-health-center/).

