

# Kahortagga Ku Faafidda Cudurka COVID-19 Reeraha Dhowrka-Qoys iyo Da'aha-Badan Ka Kooban ee Meel Ku Wada Nool

Macluumaadkan waxa loogu talagalay qoysaska ballaadhan ee wax-isku-wada ah iyo kuwa kale ee wada nool. Maadama dad badani meel isku dhowaansho leh ku wada nool yihiin oo ay wada macaamilaan maalin kasta, cudurka COVID-19 ayaa si fudud ku faafi kara. Dadka qaarkood ayaa halis dheeraad ugu leh inay ku bukoodaan cudurka COVID-19 (eeg [CDC: Dadka Halista Sarreysa u Leh \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html)). Macluumaadka soo socda ayaa kaa caawin kara inaad ka ilaaliso dadka aad la nooshahay, waliba gaar ahaan kuwa halista ugu badan leh.

## Tilmaamaha guud

- Ka fogow ugu yaraan 6 fuudh dadka kale ee guriga kugula nool ee halista sarreysa leh ee xanuunkoodu mid ka daran kuwa kale u noqdonayo haddii ay qaadaan COVID-19. Dadka sii waawayn iyo dadka leh xaaladaha caafimaad ee kale ayaa ugu jira halis ka sii sarreysa.
- Diyaarso agabka waxtarka u leh haddii ay dhacdo inuu qof bukoodo, sida heerkulbeegga, maaskarooyinka, masaxyada nadiifinta, tiishuuyada, saabuun, gacmo nadiifiye, dawooyin, iyo macluumaadka la xidhiidhka xaaladaha degdegga ah ee carruurta.

## La soco haddii u qof buko

Ka eeg calaamadaha digniinta xaaladaha degdegga ah ee loogu talagalay COVID-19. Haddii qof ay neefsashadu dhibayso, xanuun aan ka tagin ama cadaadis u ku leeyahay laabta, jahawareer cusub, dibnaha ama wajiga oo buluug noqda, oo u toosi kari waayo ama soojeedi kari waayo, isla markaaba u hel daryeel caafimaad degdeg ah.

## Qofka bukaa waxay tahay inuu sameeyo

- Ha xidho qofku waji daboolitaan markuu dadka kale la joogo sida ugu suurtagal badan, laga reebo marka la seexanayo.
- Kalidiis ha seexdo qofku qolkiisa ama qolkeeda jifka, oo ha isticmaalo musqul u gaar ah, haddii ay suurtagal tahay. Haddii la wadaagayo meel la seexdo, madax iyo mijo isweydaarsasho waa in loo seexdo.
- Waa inuu qofku wax ku cuno meel ka fog dadka kale ama waqti ka duwan dadka kale. Waa inayna samayn cuntada ama siin cuntada dadka kale, si looga hortago faafidda jermiska.

- Waa inayna isticmaalin gaadiidka dadwaynaha, raac-wadaagga (sida Uber ama Lyft), ama tagaasida oo ay u qaataan rug caafimaad ama isbitaal. Qof qoyska ka tirsani waa inuu qaato ama u waco 911 haddii ay tahay xaalad degdeg ah. Qofka reerka ka tirasan iyo qofka bukaa waa inay labaduba ku dhex gashanaadan maaskaro baabuurka.

## Dadka kale ee guriga ku nooli waxay tahay inay sameeyaan

- U xilsaar kaliya hal qof oo aan halis-sare u lahayn cudurka, oo ku nool guriga, inuu u daryeelo qofka buka, haddii ay suurtagal tahay.
- Qof kasta oo guriga ku nooli waa inay qofka buka ka fogaadaan ugu yaraan 6 fuudh, sida ugu suurtagal badan.
- Qof kasta oo guriga ku nooli, oo ay ka mid yihiin carruurta da'doodu tahay 2 jir ama ka wayn, waa inay xidhaan maaskaro markay meel isku mid ah la joogaan qofka buka.
- Qof kastaa waa inay iska maydhaan ama nadiifiyaan gacmahooda kaddib markay taabtaan meelaha dushooda iyo waxyaabha yaal qolalka u isticmaalo qofka bukaa ama kahor wax cunidda iyo wax cabbidda.
- Haddii la wadaagayo meel la seexo, daahyo sudh ama derbiyo kaadhboodhyo uga dhig si looga sooco qofka buka dadka kale ee la seexanaya isla qolkaas.
- Haddii musqul la wada isticmaalayo, nadiifi oo jermiska ka dil gacannada albaabbada, qasabadaha, iyo meelaha kale dushooda mar kasta oo qof bukaa u musqusha galo. Sug illaa intii suurtagal ah kaddib markuu qofka bukaa ka soo baxo musqusha kahor intaadan galin si aad u nadiifiso oo aad jermiska u disho.
- Markaad dharka maydhayso, dharka wasakhda ah ee qof bukaa waxa lala maydhi karaa sheyda dadka kale.
  - Nadiifi oo jermis ku nadiifi salladda dharka ama ku rid bac u dhexeysiin ah gudaha salladda oo aad dhaqi karto ama dib u isticmaali karto ama aad iska tuuri karto isticmaal kasta kaddib (sida bac caag ah).
  - Gacmaha iska maydh markaa kaddib.

---

## Raac taas markasta, xitaa haddii qofna aanu bukin.

### Gaadiidka iyo dibad hawlo ka soo qabsiga xasaasiga ah

- Dadka kale ka fogow 6 fuudh oo xidho maaskaro markaad ag joogto dadka aan adiga kula noolayn.
- Markaad la saaran yahay gaadiid, qof kastaa waa inuu u fadhiistaa sida ugu kala fog intii suurtagal ah oo uu xidhaa maaskaro, khaas ahaan dadka halista ka sarreysa dadka kale ugu leh inay si ka daran dadka kale ugu bukoodaan cudurka COVID-19.
- Fur daaqadahya ama hawo mareennada si aad uga keento hawo dibadda si ay hawo ka badani u dhex marto gaadiidka.
- Dibadda ugu bax kaliya markay laga maarmaanka tahay inaad soo qabsato waxyaabaha daruuriga ah nolosha, sida soo iibsiga raashinka, tagitaanka ballamaha caafimaadka, tagitaanka farmasiyaha, iyo inaad tagto shaqada ama dugsiga.

### Cunto samaynta cunitaanka

- U xil saar ha ama laba qof oo guriga ku nooli inay raashinka u soo adeegaan. U xil saar dadka halis u ahaantooda ka hooseyso inuu ku dhaco cudurka COVID-19.

- Gacmaha iska maydh intaadan wax cunin. Ha la wadaagin suxuunta, dhalooyinka wax lagu cabbo, koobabka, ama maacuunta wax lagu cuno. Ku dhaq saabuun iyo biyo kulul isticmaal kasta kadib.

## Seexashada iyo isticmaalka musqulaha

- Haddii aad dad la wadaagayso qol jiif, fur daaqadaha si ay hawo nadiif ahi uga soo gasho. Cimilooyink ka sii qabow, fur albaabbada qolka.
- U isticmaal boorsooyin ama weel si aad u kala soocdo qof kasta cadaygiisa, looshinkooda, waji maydhkooda, isqurxinta (makeup), iyo waxyaabaha kale ee isku daryeelka.
- Ha u dul dhigin cadayada meelaha lagu cadaydo dushooda si toos ah.

## Nadiifinta guriga

- Meelaha dushooda ku nadiifi saabuun iyo biyo adiga oo isticmaala, kaddibna u isticmaal waxyaabaha nadiifinta ee jermiska lagu dilo. Ku nadiifinta saabuunta iyo biyaha ayaa yareysa jermiska iyo wasakhda sagxadaha. Waxyaabaha nadiifinta ayaa ka dila jermiska sagxadaha.
- Nadiifi meelaha taabashadoodu aad ay u badan tahay, sida miisaska, gacannada albaabbada, iswiyyada nalka, gacan qabsiga, dheskiyada, musqulaha, qasabadaha, saxanka jikada iyo musqusha, iyo aaladaha korantada.

## Faahfaahin Dheeraad ah

- [CDC: Dadka Halista Sarraysa u Leh \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html\)](http://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-increased-risk.html)
- [CDC: Reeraha Ku Nool Meelaha Dad Isku Dhowaanshaha Leh \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html\)](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html)
- [CDC: Haddii Aad Bukto Ama Aad u Daryeeleyso Qof Buka \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html\)](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html)
- [CDC: Go'doon Gal Haddii Aad Bukto \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html\)](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html)
- [CDC: Is-ilaali Markaad Isticmaalayso Gaadiidka \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html\)](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html)
- [CDC: Waxqabayada Maalinlaha ah iyo Bixitaanka \(www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html\)](http://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html)
- [CDC: Goorta karantiilka la galinayo \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html\)](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)



Minnesota Department of Health | [health.mn.gov](http://health.mn.gov) | 651-201-5000  
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

La xiriir [health.communications@state.mn.us](mailto:health.communications@state.mn.us) si aad u weyddiisato qaab kale.

11/04/2020 (Somali)