

STAY SAFE MN



COVID-19 Goorta Shaqada Lagu Noqonayo

12/16/2020

Haddii aad u dhowaatay qof qaba COVID-19, raac tilmaamahan ee loogu talagalay goorta ay tahay inaad guriga joogto iyo goorta aad ku noqon karto goobta shaqada. Tilmaamahan waxa loogu talagalay shaqaalaha badankood.



Dadka ka shaqeeya goobaha daryeelka caafimaadka, dugsi/xannaano carruur, iyo meelaha kale ee shaqada ayaa laga yaabaa inay yeeshaan tilmaamo ka duwan oo loogu talagalay goorta ay shaqada ku noqonayaan. Xaaladahan oo kale, Waaxda Caafimaadka Minnesota ayaa la xiriiri doonta loo-shaqeeyahaaga, oo loo-shaqeeyahaaguna wuxuu kuu sheegi doonaa goortaad shaqada ku soo noqonayso.

Calaamadaha COVID-19 waxa ka mid noqon kara qandho, qufac, neef qabasho, qadhdadhyo, madax xanuun, murqo xanuun, cune xanuun, tabcannimo, sanko ama xabdka oo xirma, ama dhadhanka ama wax urinta oo taga. Astaamaha kale ee aan caadiga ahayn waxa ka mid ah calaamadaha dheef-mareenka sida lallabada, matagga, ama shubanka.



Haddii aad xiriir dhow la yeelatay qof qaba COVID-19

Guud ahaan, xiriirka dhowi wuxuu ka dhigan yahay inaad u jirtay dhexdeeda 6 fiit qof qaba COVID-19 illaa 15 daqiiqo ama in ka badan intii ahayd hal maalin (24 saacadood). Hase yeeshe, xitaa waqtiyo ka sii gaaban ama ka dheer ayaa ku damabyin faafid fayras. Taas waxa ku jiri kara qof aad la nooshahay.

- U sheeg maamulahaaga shaqada oo ku shaqee guriga haddii aad karto.
- Isbaar. Waxa ugu wanaagsan inaad sugto ugu yaraan 5 maalmood kaddib markaad u dhowaatay qofka qaba COVID-19. Haddii si ka dhakhso badan aad isku baarto, baaritaanka ayaa laga yaabaa in aanu heli fayraska. Haddii xili hore lagu baaro, baaritaanka ayaa laga yaabaa inuusan awoodin inuu helo fayriska.
- **Dookha ugu amaansan waa inaad guriga joogto aadna ka fogaato dadka kale muddo 14 maalmood ah.**
- Xaaladaha qaarkood, waxaa jiri kara dookhyo aad kusoo afjari karto karantiilka muddo ka yar 14 maalmood.
- Xog dheeraad ah oo ku saabsan xiliga aad soo afjarayso karantiilkaaga, booqo [Dadka la Joogay Dadka caabuga qaba iyo Raadintooda](https://www.health.state.mn.us/diseases/coronavirus/close.html) (<https://www.health.state.mn.us/diseases/coronavirus/close.html>).

- Haddii aad bukooto, ama togane u noqoto ka-baaritaanka, sii joog guriga oo raac tilmaamaha hoosta ku yaal ee loogu talagalay dadka qaba COVID-19 ama leh astaamaha COVID-19.



Haddii aad qabto cudurka COVID-19 ama aad leedahay astaamaha laakiin aadan isbaarin:

Guriga joog illaa iyo intay saddexdan arrimood run noqonayaan:

- In laga joogay 10 maalmood tan iyo markii ay astaamahaagu billaabeen,
IYO
- Aad tahay bilaa qandho illaa 24 saac, adiga oo aan isticmaalin daawada qandhada jabisa,
IYO
- Astaamaha COVID-19 oo aad ka ladnaato.
- Waxa laga yaabaa inaad u baahato inaad guriga joogto in ka badan 10 maalmood haddii aadan astaamahaaga ka roonaan ama aad ka sii darto oo aad leedahay xaalado daciifiya nidaamkaaga difaaca ama aad ku jirto isbitaalka. Kala hadal dhakhtarkaaga ama rugtaada caafimaad wixii tilmaamo ah.
- Ka fogow dadka kale oo ha la wadaagin wax kasta oo ay taabteen dadka kale: telefoonada, mindiyaha iyo fargeetooyinka, iwm. Gasho maaskaro haddii ay tahay inaad la joogto isku qol dad kale.
- U sheeg maamulahaaga shaqada oo ka shaqee guriga haddii aad karto.



Haddii aad leedahay astaamaha COVID-19 laakiin markii lagaa baaray aad noqtotay tabane (negative):

Haddii aad hesho natiijo ka-baarid **tabane** ah laakiin aad leedahay astaamaha cudurka, kala hadal dhakhtarkaaga ama bixiye daryeel caafimaad kale. Hadday yiraahdaan waxaad qabtaa cudur kale ama astaamahaagu waxay ka imanayaan xaalad cudur joogto ah, raac talooyinkooda ah muddada guriga la joogayo.

Hadday ayna garanaynin inay calaamadahaagu yihiin kuwo cudur kale ama xaalad kale, wali waa inaad ka joogtaa guriga shaqada iyo goobaha kale illaa aadan xummad yeelan oo aad ka soo raysato, taasoo la micno ah in astaamahaaga aad ka roonaatay oo aad dareemayso ka ladnaansho aad dareento inaad waxqabayado maalmeedkaagi aad ku kacdo.

Haddii aad tahay shaqaale daryeel caafimaad, la hadal loo-shaqeeyahaaga, maadaama talooyinkoodu ay ka duwanaan karaan.



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