

STAY SAFE MN



COVID-19: Goorta Shaqada lagu Noqonayo

Raac talooyinkan markaad guriga joogtay ee aad ku noqonayso goobta shaqada. Talooyinkan waxa loogu talagalay dhammaan shaqaalaha marka laga reebo dadka ka shaqeeya daryeelka caafimaadka. Macluumaadka loogu talagalay shaqaalaha daryeelka caafimaadka ayaa laga [heli karaa](#) Daryeelka Caafimaadka ee Waaxda Caafimaadka Minnesota: Barta [internetka COVID-19](#) (www.health.state.mn.us/diseases/coronavirus/hcp/index.html) iyo ka loo-shaqeeyahaagaba.

Calaamadaha COVID-19 waxa ka mid noqon kara qufac, neef qabasho, qadhqadhyo, 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 dheefmareenka sida lallabbada, matagga, ama shubanka.



Haddii qof aad la nooshahay u leeyahay COVID-19 ama astaamaha COVID-19:

- Muddo 14 maalmood ah, xataa haddii ka tijaabintaadu ay u noqoto tabane cudurka COVID-19:
 - Guriga joog illaa intaad karto.
 - Dadka kale ka fogow.
 - Ha la wadaagin wax kasta oo ay taabteen dadka kale: telefoonnada, mindiyaha iyo fargeeto, iwm.
- U sheeg maamulahaaga shaqada oo ku shaqee guriga haddii aad karto. Haddii aad ka shaqeyso daryeelka caafimaadka ama shaqo kale oo muhiim ah oo markaad maqnaanshahaagu abuuri karo dhibaato ka timaad shaqaale la'aan, wac loo-shaqeeyahaaga si lagu siiyo tilmaamaha shaqsiyeed oo ku saabsan shaqada. Haddii adiga lagu oggol yahay inaad shaqeyso, gasho maaskaro oo ka fogow 6 fiit (2 mitir) dadka kale.
- Haddii aadan bukin, ku noqo shaqada 14 maalmood kaddib.
- Haddii aad bukto, sii joog guriga oo raac tilmaamaha hoosta ku yaal ee loogu talagalay dadka qaba COVID-19 ama leh astaamaha COVID-19.



Haddii aad leedahay COVID-19 ama astaamo COVID-19:

- Ka fogow dadka kale; ha la wadaagin wax kasta oo dadka kale taabtaan (telfoonnada, mindiyaha iyo fargeetooyinka, iwm.); gasho maaskaro haddii ay noqoto inaad isla qol la joogtid dad kale; oo guriga joog illaa iyo intay dhammaan saddexdan waxyaabood run noqonayaan:
 - Iyada oo laga joogo 10 maalmood tan iyo markii ay calaamadahaagu billaabeen, IYO
 - Aad tahay bilaa qandho illaa 24 saac, adiga oon isticmaalin daawada qandhada yareysa, IYO
 - Astaamaha COVID-19 oo aad ka ladnaanto.
- Fiiro gaar ah: Waxaa laga yaabaa inaad u baahato inaad guriga joogto in ka badan 10 maalmood haddii aad leedahay xaalado daciifiya nidaamkaaga difaaca ama aad ku jirtay isbitaalka. Kala hadal dhakhtarkaaga ama rugtaada caafimaad wixii tilmaamo ah.
- U sheeg maamulahaaga shaqada oo ka shaqee guriga haddii aad karto. Haddii aad ka shaqeyso daryeelka caafimaadka ama shaqo kale oo muhiim ah oo markaad maqnaanshahaagu abuuri karo dhibaato ka timaad shaqaale la'aan, wac loo-shaqeeyahaaga si lagu siiyo tilmaamaha shaqsiyeed oo ku saabsan shaqada. Haddii lagu oggolaado inaad shaqeyso, gasho maaskaro oo ka fogow 6 fiit dadka kale.
- Markaad shaqada ku noqoto, ka fogow 6 fiit dadka kale, haddii ay suurtagal tahay, oo gasho maaskaro.



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