

# Aaladda Kaga Baaritaanka Guriga ee Astaamaha Cudurka Covid-19

## LOOGU TALAGALAY DUGSIGA, XANNAANADA CARRUURTA, IYO BARNAAMIYADA DHALINYARADA

Ka jawaab su'aalahan ka baaritaanka ah mar kasta oo aad ilmahaaga u soo dirayso dugsiga, xannaada carruurta, ama barnaamij kale oo dhalinyaro. Haddii aad "haa" uga jawaabto su'aal kasta ha noqotee, ilmahaagu waa inuu guriga joogo.

### Muuqaalka Guud

Ilmahaagu waa inuusan aadin dugsiga, xannaada carruurta, ama barnaamijada dhalinyarada haddii ay:

- U noqdaan togane (positive) ka-tijaabinta cudurka COVID-19.
- Muujiyaan astaamaha cudurka COVID-19.
- Waxa laga yaabaa inaad u feydsantay cudurka COVID-19.
- Ay sugayaan in laga tijaabiyo cudurka, ama ay sugayaan natiijooyinka ka-tijaabinta COVID-19.

Haddii ilmahaagu leeyahay astaamaha COVID-19 ama ka-tijaabooyinku u noqdaan togane (positive) cudurka COVID-19, waa inuu go'doon meel gaar ah u ahaadaa oo u ka fogaadaa kuwa kale sida ugu macquulsan **ugu yaraan 10 maalmood** (marka laga soo tiriyo maalinta ay astaamahoodu bilaabeen ama maalinta laga tijaabiyay), iyo ilaa iyo inta astaamahoodu ay ka fiicnaanayaan oo aysan qandho lahayn 24 saacadood (iyagoo aan qaadan daawo qandhada hoos u dhigaysa). Xitaa haddii ay ladnaansho dareemaan, waa inay guriga joogaan 10 maalmood oo buuxa. Tallaabooyinkani ayaa gacan ka geysanaya sidii loo badbaadin lahaa carruurta iyo shaqaalaha dugsiga, xannaanada carruurta, barnaamijada dhalinta jooga.

Fiiro gaar ah: Carruurta waxa dhici karta inay wali u baahnaadaan inay guriga u joogaan cudurro kale oo leh astaamaha COVID-19, sida dhuun caabuqa, calool xanuunka, ama il guduudka. La xiriir bixiyaha daryeelka cunuggaaga ama dugsiga si aad u hesho macluumaad ku saabsan goorta uu ilmahaagu ku noqon karo dugsiga xaaladahan oo kale.

### Su'aalaha baritaanka

#### 1. Ilmahaagu ma leeyahay mid ama in ka badanba astaamahan?

- Qandho ah 100.4 digrii Fahrenheit ama ka sarreysa
- Ku-adkaanta ama dhibaataada neefsashada

- Qufac cusub, ama qufac ka sii dara
- Wax dhadhamin ama urin ka-tagid cusub

Haddii u cunug yeesho **mid ama in ka badan astaamahan**, waa inay guriga iska joogaan waana inuu ka fogaado dadka kale sida ugu macquulsan, oo ay ku jiraan xubnaha qoysku. Waalidiinta ama daryeelayaashu waa inay u soo sheegaan dugsiga, xannaanda carruurta, ama barnaamijka dhalinyarada oo ay tixgaliyaan inay wacaan dhakhtarka ilmaha ama bixiye daryeel caafimaad kale.

**Haddii aysan lahayn astaamo, u gudub su'aasha xigta.**

## 2. Ilmahaagu ma leeyahay ugu yaraan laba astaamahan ah?

- Cune xanuun
- Lalabbo
- Matagitaan
- Shuban
- Qarqaryo
- Muruq xanuun
- Daal aad xad-dhaaf u ah (daal aad iyo aad u badan))
- Madax-xanuun cusub ama daran.
- San xirmitaan cusub, sanko oo dareera

Haddii u cunug yeesho **ugu yaraan laba ka mid ah astaamahan**, waa inay guriga joogaan oo ay ka fogaadaan dadka kale sida ugu macquulsan, oo ay ka mid yihiin xubnaha qoysku. Waalidiinta ama daryeelayaashu waa inay u soo sheegaan dugsiga, xannaanda carruurta, ama barnaamijka dhalinyarada oo ay tixgaliyaan inay wacaan dhakhtarka ilmaha ama bixiye daryeel caafimaad kale.

**Haddii aysan lahayn astaamo, u gudub su'aasha xigta.**

## 3. Cunuggaaga ma laga helay cudurka COVID-19 tan iyo markii ugu dambeysay ee ay aadeen dugsigooda, xannaanada carruurta, ama barnaamij dhalinyaro?

- Maya: Ilmahaagu waa inuusan aadin dugsiga, xannaada carruurta, ama barnaamijyada dhalinyarada.
- Haa: cunuggu waa inuu guriga joogaa oo go'doon meel gaar ah u ahaadaa oo u ka fogaadaa kuwa kale sida ugu macquulsan ugu yaraan 10 maalmood (marka laga soo tiriyo maalinta ay astaamahoodu bilaabeen ama maalinta laga tijaabiyay), iyo ilaa iyo inta astaamahoodu ay ka fiicnaanayaan oo aysan qandho lahayn 24 saacadood (iyagoo aan qaadan daawo qandhada hoos u dhigaysa). Xitaa haddii ay ladnaansho dareemaan, waa inay guriga joogaan 10 maalmood oo buuxa. Haddii cunugaaga laga tijaabiyay oo u noqday togane cudurka COVID-19 laakiin uusan lahayn astaamo, ugu karaan 10 maalmood kaddib taariikhda ka-tijaabintooda wey ku noqon karaan.

**4. Ilmahaagu xiriir dhow ma yeeshay (6 fiit ugu yaraan illaa 15 daqiiqo) 14kii maalmood ee la soo dhaafay qof laga helay COVID-19, ama ma jiraa waax caafimaad ama dhakhtar ama bixiye daryeel caafimaad kale oo kula soo xiriiray oo ku yiri ilmahaagu waa inuu guriga joogaa (karantiil)?**

- Maya: Ilmahaagu waa inuusan aadin dugsiga, xannaada carruurta, ama barnaamijyada dhalinyarada.
- Haa: Ilmuhu waa inuusan aadin dugsigooda, xannaadooda carruurta, ama barnaamijyadooda dhalinyarada. Ilmuhu wuu ku noqon karaa 14 maalmood kaddib markii ugu dambaysay ee ay xiriir dhow la yeeshen qof qaba COVID-19, illaa iyo inta ilmuhu aanu astaamo yeelan ama aanu noqon togane ka-tijaabinta cudurka COVID-19. Xiriirka dhow macnahiisu wuxuu yahay inaad u jirto 6 fiit ugu yaraan 15 daqiiqo qofka qaba cudurka COVID-19. Xitaa haddii cunuggaagu marka laga qaado tijaabada u noqdo tabane (negative), dib uma noqon karo illaa iyo intana noqnayo 14 maalmood tan iyo markii uu xiriirka dhowq u yeeshay.

**5. Ilmahaaga ama xubin kale oo reerka ka mid ah oo astaamaha leh (astaamo u dhigma kuwa COVID-19 leh) oo hadda sugaya natiijooyinka ka-tijaabinta COVID-19?**

- Maya: Ilmahaagu waa inuusan aadin dugsiga, xannaada carruurta, ama barnaamijyada dhalinyarada.
- Haa: ilmuhu waa inuu guriga joogaa illaa iyo intay helayaan natiijooyinka ka-tijaabinta cudurka. Walaalaha, iyo carruurta kale ee guriga ku nool waa inay walibana joogaan guriga illaa iyo inta natiijada ka-tijaabinta cudurka la ogaanayo.

Haddii natiijada ka-tijaabintu tahay togane, carruurta waxay ku laaban karaan dugsiga ama daryeelka carruurta.

Haddii natiijada ka-tijaabintu tahay togane (positive), carruurta waxay ku ekaanayaan guriga waxayna bilaabayaan muddo 14 maalmood ah oo karantiil ah laga bilaabo maalinta ugu dambaysa ee ay xiriirka dhow la yeeshen qofka toganaha ah.

**Ilaha**

- [Hagaha Aadintaaka Dugsiga ee COVID-19 ee loogu talagalay Waalidiinta iyo Qoysaska \(www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf)
- [Sawir geedka Go'aanka COVID-19 ee loogu talagalay Dadka jooga Dugsiyada, Barnaamijyada Dhallinta \(www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf\)](http://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [Dugsiyada u Xannaanada Carruurta: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/schools/index.html\)](http://www.health.state.mn.us/diseases/coronavirus/schools/index.html)



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