

STAY SAFE MN

Aalada Baaritaanka Astaamaha COVID-19 ee Guriga La dhigto

LOOGUNA TALAGALAY DUGSIGA, DARYEELKA CARRUURTA, IYO BARNAMIYADA CARRUURTA
DIB LOO CUSBOONAYSIIYAY 11/12/20

Cusboonayntii ugu danbeeyay: tilmaan la hormariyay oo ku aaddan maaraynta carruurta laga helo COVID-19 ama leh astaamaha xanuunka marka in ka badan hal cunug ku nool yahay guriga.

Ka jwaab su'aalahaan baaritaanka **mar kasta** oo aad cunugaaga u dirayso dugsiga, daryeelka carruurta, ama barnamijyada carruurta. Haddii aad uga jawaabto "haa" wax kamid ah su'aalaha, cunugaagu waa inuu guriga joogaa.

Guudmar

Ilmuhu waa inuusan aadin dugsiga, daryeelka carruurta, ama barnamijyada carruurta haddii WAX kamid ah waxyaabahaan quseeya cunugaaga uu run yahay:

- Laga helo caabuqa COVID-19.
- Uu leeyahay astaamaha COVID-19.
- Laga yaabo inuu la joogay qof qaba COVID-19.
- Uu sugaayo baaritaan, uu sugaayo natiijada baaritaanka COVID-19, ama uu la nool yahay qof qaba astaamaha xanuunka oo sugaaya in laga baaro COVID-19.

Haddii cunugaagu qabo astaamaha COVID-19 ama laga helo COVID-19 waa inuu joogaa guriga kana fogaado dadka kale sida ugu badan ee macquulka ah **ugu yaraan 10 maalmood**, lagasoo bilaabo maalintii koobaad ee astaamaha xanuunku ku biloowdeen ama maalinta la baaray, iyo ilaa astaamuhu ka ba'aan uusana qabin wax qandho ah 24 saacadood asagoon cunin daawada qandho jabinta. Xataa haddii uu xili hore bogsoodo, waa qasab inuu guriga joogo 10 maalmood oo buuxa. Talaabooyinka waxay gacan ka gaystaan dhawrista caafimaadka carruurta iyo shaqaalaha jooga dugsiyada, daryeelka carruurta, iyo badqabka barnamijyada carruurta.

Ogoow: Carruurta ayaa wali u baahnaan kara inay guriga sii joogaan sabab la xariirta xanuuno kale oo leh astaamo u eg kuwa COVID-19, sida riiraxyada, calool xanuunka, ama cawlanka indhaha. La xariir adeeg bixiyaha daryeelka cunugaaga ama dugsiga si aad u hesho xog ku saabsan marka cunugaagu ku laaban karo dugsiga adigoo xaaladahaan jiraan.

- U adeegso xogtaan haddii aad qabto su'aalo dheeraad ah oo ku saabsan xiliga ay tahay in cunugaagu aaddo dugsiga ama daryeelka carruurta. [Tusmada Xaadirista Waalidiinta iyo Qoysaska inta lagu jiro COVID-19 \(PDF\) \(www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/attendance.pdf)

Su'aalaha Baaritaanka ee Maalin laha

1. Cunugaagu ma qabaa HAL AMA KABADAN oo kamid ah astaamahaan?

- ☐ Qandho dhan 100.4 digrii Fahrenheitka ama ka badan
- ☐ Dhibaato dhanka neefta ah
- ☐ Qufac cusub ama qufac kasii daraaya
- ☐ Luminta dhadhanka ama urka oo cusub

Haddii cunugaagu qabo **hal ama ka badan oo kamid ah astaamahaan**, waa inuu guriga joogaa uuna ka fogaadaa dadka kale, ayna ku jiraan xubnaha qoyska, sida ugu badan ee macquulka ah. Waalidiinta ama daryeel bixiyaashu waa inay u sheegaan dugsiga, daryeelka carruurta, ama barnaamijka carruurta ayna iskudayaan inay wacaan dhakhtarka cunugooda ama adeeg bixiye caafimaad oo kale.

Carruurta kale ee ku nool guriga waa inay guriga joogaan aysana aadin dugsiga ama xarunta daryeelka carruurta, sidoo kale.

Haddii uusan lahayn astaamo, u gudub su'aalaha xiga.

2. Cunugaagu ma qabaa UGU YARAAN LABO kamid ah astaamahaan?

- ☐ Dhuun xanuun
- ☐ Lalabo
- ☐ Matag
- ☐ Shuban
- ☐ Qarqaryo
- ☐ Xanuunka murqaha
- ☐ Daal xad dhaaf ah/dareemida daal badan
- ☐ Madax xanuun cusub/aad u xun
- ☐ Caburka sanko oo cusub/biyo ama duuf sanko ka socda

Haddii cunugaagu qabo **ugu yaraan labo kamid ah astaamahaan**, waa inuu guriga joogaa uuna ka fogaadaa dadka kale, ayna ku jiraan xubnaha qoyska, sida ugu badan ee macquulka ah. Waalidiinta ama daryeel bixiyaashu waa inay u sheegaan dugsiga, daryeelka carruurta, ama barnaamijka carruurta ayna iskudayaan inay wacaan dhakhtarka cunugooda ama adeeg bixiye caafimaad oo kale. Carruurta kale ee ku nool guriga waa inay guriga joogaan aysana aadin dugsiga ama xarunta daryeelka carruurta, sidoo kale.

Haddii uusan qabin astaamo, u gudub su'aalaha xiga.

3. Ma jiraa dhakhtar ama daryeel bixiye kale oo caafimaad oo u sheegay cunugaaga lagasoo bilaabo markii u danbaysay ee uu aaday dugsiga, daryeelka carruurta, ama barnaamijka carruurta inuu qabo COVID-19 ama laga helay baaritaanka caabuqa COVID-19?

☐ Maya: Cunugu wuu aadi karaa dugsiga, daryeelka carruurta, ama barnaamijka carruurta.

☐ Haa: Cunugu waa inuu joogaa guriga kana fogaado dadka kale sida ugu badan ee macquulka ah **ugu yaraan 10 maalmood**, lagasoo bilaabo maalintii koobaad ee astaamaha xanuunku ku biloowdeen ama maalinta la baaray, IYO ilaa astaamuhu ka ba'aan uusan qabin wax qandho ah 24 saacadood asagoon cunin daawada qandho jabinta. Xataa haddii uu bogsoodo, waa qasab inuu guriga joogo 10 maalmood oo buuxa. Haddii cunuga laga helo caabuqa COVID-19, laakiin uusan lahayn astaamaha xanuunka, wuu ku laaban karaa dugsiga kadib 10 maalmood marka laga qaaday baarista.

4. Cunugaaga ma loo aqoonsaday inuu la joogay qof qaba caabuqa COVID-19 intii lagu jiray 14 maalmood ee lasoo dhaafay, ma kulasoo xariiray dugsiga, daryeelka carruurta, ama barnaamijka caafimaadka, ama waax caafimaad, dhakhtar, ama daryeel caafimaad bixiye kale kuuna sheegay in ay tahay in cunugaagu guriga joogo?

☐ Maya: Cunugu wuu aadi karaa dugsiga, daryeelka carruurta, ama barnaamijka carruurta.

☐ Haa: Cunugu waa inuusan aadin dugsiga, daryeelka carruurta, ama barnaamijka carruurta. Cunugu waa ku laaban karaa 14 maalmood kadib markii u danbaysay ee uu la joogay qof qaba caabuqa COVID-19, ilaa inta aan cunugu muujin astaamaha xanuunka ama laga helin caabuqa COVID-19. Xitaa haddii cunugaaga laga waayo caabuqa, wali ku ma laaban karo dugsiga ilaa 14 maalmood laga joogo markii u danbaysay ee uu la joogay qofka jiran.

5. Cunugaaga ama xubin kale oo qoyska ka tirsan oo qaba COVID-19 oo hadda sugaaya natiijada baaritaanka COVID-19 ma jiraa?

☐ Maya: Cunuga iyo carruurta kale ee guriga ku nool way aadi karaan dugsiga, daryeelka carruurta, ama barnaamijka carruurta.

☐ Haa: Cunugu waa inuu guriga joogaa ilaa ay kasoo baxayaa natiijooyinka baaritaanka. Carruurta kale ee ku nool guriga waa qasab inay sidoo kale joogaan guriga ilaa inta natiijada baaritaanku tahay mid aan la aqoon.

Haddii laga waayo caabuqa, cunuga qaba astaamaha ayaa ku laaban kara dugsiga 24 saac kadib marka astaamuhu ka ba'aan. Carruurta kale ayaa ku laaban kara dugsiga ama daryeelka carruurta haddaysan jiranayn intaan natiijada baaritaanku soo bixin.

Haddii laga helo caabuqa, cunuga laga helay caabuqa waa inuu joogaa guriga kana fogaado dadka kale sida ugu badan ee macquulka ah **ugu yaraan 10 maalmood**, lagasoo bilaabo maalintii koobaad ee astaamaha xanuunku ku biloowdeen ama maalinta la baaray, iyo ilaa astaamuhu ka ba'aan uusana qabin wax qandho ah 24 saacadood asagoon cunin daawada qandho jabinta. Carruurta kale waa inay guriga joogaan 14 maalmood, laga bilaabo taariikhda maalintii ugu danbaysay ee ay ka ag dhawaayeen qof laga helay caabuqa COVID-19.

Ilaha

- [Marka ay tahay In Karantiil La galo \(www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html\)](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)
- [Tiirka Go'aan Gaarista Dadka Ku jira Dugsiga, Dhalinta, iyo Barnaamijyada Daryeelka Carruurta ee la xariira COVID-19 \(PDF\) \(www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf)
- [Dugsiyada u Xannanada Carruurta: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/schools/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/schools/index.html)



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