

Talooyinka Qaabka Ugu Fiican ee Looga Hortago COVID-19 ee ka jira Dugsiyada: Fariimaha Muhiimka ah

11/9/2021

- Dhammaan dadka da'doodu tahay 5 sano iyo wixii ka weyn waa inay iska tallaalaan COVID-19 marka ay si fool-ka-fool ah uga qayb qaadanayaan dugsiya, ciyaaraha, ama waxqabadyada kale si ay u difaacaan naftooda iyo dadka ku hareeraysan ee aan la tallaali karin. La hadal bixiye daryeel caafimaad ama [Raadi Goobaha Tallaalka \(https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp\)](https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp) ee kuugu dhow.
- Dhammaan ardayda, macalimiinta, shaqaalaha, iyo martida imaanaaya dhismayaasha dugsiya waa inay **xirtaan maaskaro** ayadoon laga eegayn inay talaal qabaan iyo inkale. Maaskaro waa in sidoo kale lagu xidhaa goobaha bannaanka ee dadku ku badan yihiin halkaasoo gubintu aad u badan tahay ama sarrayso iyadoo aan loo eegin xaaladda tallaalka.
- Dugsiyadu waa inay joogteeyaan ugu yaraan **kala fogaanshaha 3 fiid ah oo u dhexeeya ardayda ku jira fasallada** markay suuragalayso. Markaysan macquul ahayn in ay 3 fiid kala fogaadaan ardaydu, si gaar ah ayay muhiim u tahay in la raaco xeeladaha kale ee kahortaga.
- Ardayda, macalimiinta, iyo shaqaaluhu waa **inay guriga joogaan hadday jiradaan** ayna la xariiraan dhakhtarka si loo baaro loona daryeelo.
- Ardayda, macalimiinta, iyo shaqaalaha si **buuxda loo tallaalay ama laga helay cudurka saddexdii bilood ee la soo dhaafay uma baahna inay guriga joogaan xitaa haddii ay dhowaan xidhiidh dhow la yeesheen qof qaba COVID-19 haddii aanay lahayn astaamo oo aan laga helin**. Raac hagida baarista CDC ee qof kasta oo uu la kulmo qof laga helay.
- Dadka aan si buuxda loo talaalin oo si fool-ka-fool ah uga qaybqaadanaya dugsiya, ciyaaraha, ama waxqabadyada kale ee manhajka ka baxsan (iyo qoysaskooda) waa in **had iyo jeer laga baaro** COVID-19 sida ku xusan hagida CDC.
- Dugsiyadu waa inay dhiiri gashaan **hawo qaadashada, raadinta dadka la joogay qofka jiran oo ay la socdaan keli-yeelid iyo karantiil, farxalka, eedaabta neefsashada, nadiifinta, iyo jeermis dilida** oo ah qaybo muhiim u ah difaaca.



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