



TUSMADA KARANTIILKA EE COVID-19

Waxaa loogu talagalay Dugsiyada, Xarumaha Daryeelka Carruurta, iyo barnaamijyada carruurta

Waxa aad Samaynayso haddii aad La joogtay qof qaba COVID-19

Ogoow: Haddii aad qabto astaamaha caabuqa ama lagaa helo caabuqa COVID-19 xili kamid ah mudada 10 maalmood ee aad karantiilka ku jirto, ayadoon laga eegayn xaalada talaalka, guriga joog oo raac [Hagaha Iskarantiilka ee COVID-19 oo Looguna talagalay Dugsiga, Daryeelka Carruurta, iyo barnaamijyada carruurta \(https://www.health.state.mn.us/diseases/coronavirus/schools/plan.html\)](https://www.health.state.mn.us/diseases/coronavirus/schools/plan.html).

UMA baahnid inaad gasho karantiil si aad wada qaadatay* talaallada COVID-19 AMA haddii uu kugu dhacay COVID-19 inta lagu jiray 90 kii maalmood ee lasoo dhaafay gudahood. Waa inaad wali:



Xirataa maaskaro ku le'eg markaad la joogto dadka kale muddo 10 maalmood ah kadib markii u danbaysay ee aad la joogtay qofka qaba COVID-19.



Isbaar shan maalmood kadib markaad la joogtay qofka qaba caabuqa, xataa haddii aadan lahayn wax astaamo ah.

*"Talaalka buuxa" waxaa laga wadaa qof qaatay dhammaan talaallada COVID-19 ee lagu taliyay, ayna ku jiraan kuuro kasta oo xoojin ah markuu u qalmo.

MAALINTA

0



Dadka la joogay qof qaba caabuqa



MAALINTA

5



Isbaar



XIRO MAASKARO MARKAAD LA JOOGTO DADKA KALE OO ISKA FIIRI ASTAAMAHA

Waa inaad karantiil gashaa haddii AADAN wada qaadan talaallada COVID-19 ama AADAN talaalba qaadan:



Guriga joogtaa ugu yaraan shan maalmood kadib markii u danbaysay ee aad la joogtay qofka qaba caabuqa COVID-19.



Xiro maaskaro si fiican kuu le'eg muddo 10 maalmood ah markasta oo aad la joogto dadka kale, xataa markaad guriga joogto.



Isbaar 5 maalmood kadib markaad la joogtay qofka qaba caabuqa, xataa haddii aadan lahayn wax astaamo ah.

MAALINTA

0

Maalinta ugu danbaysay ee aad la joogtay qof qaba COVID-19



MAALINTA

5



Isbaar* HADDII LAGAA WAAYO CAABUQA

MAALINTA

6



Ku laabo hawlahaaga inta badan



MAALINTA

11



Ku laabo hawlahaaga caadiga ah

GURIGA JOOG

XIRO MAASKARO

*Haddii lagaa helo, raac tilmaamaha iskeli-yeelida.

Dadka ka yar 2 sano iyo dadka kale ee aan awoodin inay xidhaan maaskaro si fiican u le'eg waa inay guriga joogaan 10 maalmood oo buuxa kadib markii u danbaysay ee ay la joogeen qofka qaba caabuqa COVID-19.



Dadka qoyska kamid ah ee lagaa helay caabuqa ee aan qaadan talaalka buuxa ee COVID-19 waa inay raacaan tilmaanta karantiilka ee kore haddii qof kamid ah qoyskooda laga helo caabuqa COVID-19. Mudada karantiilku waxay ka bilaabanaysaa marka qof guriga kula noolaa qofka caabuqa qaba uu ka tagay. Haddii aysan kala tagi karin, markaas karantiilka ayaa ka bilaabanaaya marka qofka qaba caabuqa COVID-19 uu dhamaysto iskarantiilka. Jadwalkaan ayaa la kordhin karaa haddii xubno kale oo qoyska ah laga helo caabuqa.

Tusaale, haddii qoysku uusan awoodin inuu kala fogaado, mudada karantiilka ee dadka la joogay qofka jiran waxaa ku jira mudada keli-yeelida qofka caabuqa qaba (ugu yaraan shan maalmood) iyo kadib shan ama 10 maalmood oo kale ayadoo ku xiran awooda qofka la joogay fayras sidaha ee xirashada maaskaro le'eg.

Si aad u hesho xog dheeraad ah:

[Dadka La joogay qof qaba caabuqa iyo karantiilka: COVID-19 \(https://www.health.state.mn.us/diseases/coronavirus/close.html\)](https://www.health.state.mn.us/diseases/coronavirus/close.html)

[Farsamooyinka Ugu Fiican ee Maaraynta qofka laga helay COVID-19 \(https://www.health.state.mn.us/diseases/coronavirus/schools/casehandle.pdf\)](https://www.health.state.mn.us/diseases/coronavirus/schools/casehandle.pdf)

[Qaado Kuurooyinka Kugu Haboon ee Talaaladaada \(https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html\)](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html)

mn MINNESOTA

STAY SAFE MN

Minnesota Department of Health | health.mn.gov | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975 | 651-201-5000
La xariir health.communications@state.mn.us si aad u codsato xogta oo qaab kale ah. (Somali)

3/15/2022