

# Dalbo aalada la isku baaro adigoo guriga jooga

Guri kasta oo ku yaal Minnesota wuxuu xaq u leeyahay inuu dalbado siddeed baaritaanka guriga ee degdega ah ee COVID-19, waa bilaash ila inta u ka dhamanayo.

[Dalbo aalada la isku baaro adigoo guriga jooga Falaadha midig \(https://sayyeshometest.org/\)](https://sayyeshometest.org/)

## Ma u baahan tahay in lagaa caawiyo dalbashada baaritaanadaada guriga?

Ka wac khadka Waaxda Caafimaadka Minnesota Qeybta KOFID-19 ee dadweynaha lambarkaan: 1-833-431-2053 inta u dhaxaysa 9-ka subaxnimo ilaa 5-ta galabnimo Isniin, Arbaco iyo Jimce. Maalmaha Talaado iyo Khamiis 9-ka subaxnimo ilaa 7-da habeenimo.

## Baaritaanka guriga wuxuu kaa caawinaya go'aaminta halista aad u leedahay inaad faafiso COFID-19.

Baaritaanka degdega ah ee guriga waxa ay caawisaa ogaanshaha fayraska sababa COFID-19. Wawaad ku qaadi kartaa baaritaanka dhacaanka sanka meel kasta oo aad natijadana ku heli kartaa ilaa 15 daqiiqo gudahood.

Baaritaanka degdega ee lid jid-galah (Antigen) ee guriga ayaa la isticmaali karaa wakhti kasta, sida haddii aad leedahay astaamo COFID-19, aad ka agdhowaatay qof qaba COFID-19, ama ka hor kulanka gudaha ah. Wax badan ka baro Is-Baaridda COFID-19. [COVID-19 Self-Testing \(https://www.health.state.mn.us/diseases/coronavirus/testsites/hometests.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/hometests.html).

Baaritaanada diyaarka u ah dalabka:

- Waa baaritaannada lid jid-galahaa degdega ah ee guriga, ma aha PCR
- Meel kasta ayaa lagu qaadi karaa
- Kugu siin karaan natijada 15 daqiiqo gudahood (uma baahna in shaybaadhka la dhigo)
- Way shaqeeyaan haddii aad leedahay astaamaha COFID-19 iyo haddii kale
- Way shaqeeyaan haddii aad wada qaadatay tallaalka COFID-19 iyo haddii kale
- Wawaad ku heli kartaa ilaa 15 daqiiqo gudahood
- Waa kale oo loo yaqaanaa baaritaanka iskaa iskaga-qaadidda ama la iibsato rijeeto la'aan (OTC).

Txhua lub tsev hauv Minnesota muaj cai thov tau dawb yim lub twj kuaj mob COVID-19 sai siv tom tsev, thaum tseem Guri kasta oo ku yaal Minnesota wuxuu xaq u leeyahay inuu dalbado siddeed baaritaanka guriga ee degdega ah ee COVID-19, waa bilaash ila inta u ka dhamanayo. Xataa haddii aad horay u dalbatay, mar kale ayaad dalban kartaa.

Dadka isticmaalaya qalabka baaritaanka waa inay raacaan tilmaamaha baaritaanka ee soo saaraha.

Xasusnoow in aad iska hubisid taariikhda ay dhacayaan aalada la isku baaro iyo in ay kol hore dhaceen.Ogeysiis: Baaritaanada qaar waxaa la kordhiyey taariikhda ay dhacayaan, haddaba waxaad isticmaali kartaa muddo ka badan inta sanduuqa ama warqadda ku qoran.

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ORDER YOUR FREE AT-HOME RAPID TESTS (SOMALI)**

Waxaad eegi kartaa nooca shirkadda ee ku xusan baaritaanada guriga iyo in ku asteesantahay hay'adda badqabka Cunada iyo daawada FDA, adiga oo ka raadinaya bogga hay'addaan si aad u aragto in taariikda ay dhicitaanka la kordhiyey. Haddii la kordhiyey taariikhda dhicitaanka, waxaa jiraya tilmaan ku tusinaya lambarka dukumintiga iyo taariikhda dhicitaanka. Raadi lambarka ku qoran xirmada baaritaanka kadibna lambarkaas adeegso si aad ugu raadiso taariikhda cusub ee dhicitaanka. [FDA At-Home OTC COVID-19 Diagnostic Tests \(<https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests>\)](https://www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid-19-diagnostic-tests)

## **Sideen u isticmaalaa qalabka baaritaanka?**

Fadlan raac tilmaamaha dhamaystiran ee la socdo qalabka baaritaanka. Si aad u ogaato sida uu baaritaanka loo sameeyo, waxaad daawan kartaa muuqaaladaan:

- iHealth -  
[How to use the iHealth COVID-19 Antigen Rapid Test \(\[https://www.youtube.com/watch?v=qBt\\\_H4Gc-rU\]\(https://www.youtube.com/watch?v=qBt\_H4Gc-rU\)\)](https://www.youtube.com/watch?v=qBt_H4Gc-rU)
- BinaxNow -  
[How to: A Guide for the BinaxNOW™ COVID-19 Self Test \(<https://www.youtube.com/watch?v=baQQfoX-JXo>\)](https://www.youtube.com/watch?v=baQQfoX-JXo)

## **Waa maxay baaritaanka degdega ah?**

Baaritaanka degdega ah ee jir difaaca waxay suuragalisaan in la ogaado fayraska sababa COVID-19. Haddii aad leedahay astaamo, baaritaanku si dhakhsa ah ayuu u sheegi karaa inaad qabto COVID-19 iyo in kale. Wuxaa ku samayn kartaa baaaritaanka dhacaanka sanka goob kasta oo aad natijada ku heli kartaa ilaa 15 daqiqo ama 20 daqiqo gudahood, waxay ku xirantahay nooca baarista.

## **Goorma ayaan isticmaalaa baaritaanka degdega ah?**

Waxaad u isticmaali kartaa baaritaanka degdega ah xubnaha qoyskaaga ee jira 2 sano ama ka weyn wakhti kasta. Waa inaad isla markiiba is baarto haddii aad leedahay astaamo COVID-19. Shan bari gudahood isku baar kadib kolkii aad ag joogto qof qaba COVID-19. Si aad u hesho tafaasiil dheeraad ah iyo macluumaad ku saabsan wakhtiyada kale marka is baartaanka lagu talinayo. Booqo bogga [MDH COVID-19 Testing website \(<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html).

## **Maxaa dhacaya haddii aan leeyahay astaamo laakiin aan la iga helin cudurka kadib adeegsiga baaritaanka degdega ah?**

Haddii natijada baaritaanka xun aad leedahay, mar kale is baar. CDC iyo FDA waxay ku talinayaan in lagu celiyo baaritaanka ka dib natijada baaritaanka degdega ah xun haddii aad leedahay astaamo iyo haddii kale. Raac tilmaamaha soo saaraha ee la socday baaritaankaaga goorta la qaadayo, mar kale is baar. Faahfaahin dheeraad ah oo ku saabsan ku celiska baaritaanka. Booqo bogga [At-Home COVID-19 Antigen Tests-Take Steps to Reduce Your Risk of False Negative: FDA Safety Communication \(<https://www.fda.gov/medical-devices/safety-communications/home-covid-19-antigen-tests-take-steps-reduce-your-risk-false-negative-fda-safety-communication>\)](https://www.fda.gov/medical-devices/safety-communications/home-covid-19-antigen-tests-take-steps-reduce-your-risk-false-negative-fda-safety-communication).

La hadal dhakhtarkaaga caafimaad haddii aad hayso su'aalo ku saabsan baaritaanka la isticmaalayo iyo goorta la baarayo.

## **Maxaa dhacaya haddii baaritaanka degdega ad la igaga helo cudurka?**

Haddii lagaa helo, guriga joog oo ka fogow dadka kale. La soco hagaha caafimaadka dadweynaha ee halkan aad ka helaysa [If You Are Sick or Test Positive \(<https://www.health.state.mn.us/diseases/coronavirus/sick.html>\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html). Haddii aad halis sare ugu jirto cudur daran , la xiriir dhakhtar ama bixiye daryeel caafimaad isla markiiba si aad wax u weydiiso COVID-19 treatments.

