

STAY SAFE MN

Miyaad lumisay Kaarkaaga Talaalka?

Waa inaad heshaa kaar marka aad qaadato talaalkaaga COVID-19 kaasoo ay ku qoran yihiin magaca nooca talaalka iyo taariikhda aad qaadatay. Waa muhiim inaad qaadato talaalka labadiisa kuuraba.

Haddii aad lumiso kaarkaaga KAHOR intaadan qaadan labada kuuraba, waa inaad ogaato:

- Waa caadi haddii kaarku kaa lumo. Haddii aad lumiso kaarka inta u dhaxaysa talaallada, codso kaar cusub marka aad qaadanaayo kuurada labaad kana codso inay ku qoraan kuurada koobaad.
- Haddii aadan balan u qabsan kuurada labaad marhoraba aadna u baahan tahay xog ku saabsan kuuradaada koobaad, waxaad diiwaankaaga talaalka ka codsan kartaa Waaxda Caafimaadka Minnesota. Si aad u codsato diiwaankaaga, booqo [Hel Diiwaankayga Talaalka \(www.health.state.mn.us/people/immunize/miic/records.html\)](http://www.health.state.mn.us/people/immunize/miic/records.html).
- Dhakhtarkaaga caafimaadka ayaa sidoo kale raadin kara diiwaankaaga talaalka si lagaaga caawiyo go'aaminta marka ay tahay inaad qaadato kuurada labaad.

Haddii aad lumiso kaarka talaalka KADIB markaad talaal buuxa qaadato, ama aad hesho labo kaararka talaalka ah, fadlan ogoow:

- MDH ma badasho kaararka iskumana dari karto labo kaar.
- Waxaad ka codsan kartaa nuqulka diiwaankaaga talaalka barta [Hel Diiwaankayga Talaalka \(www.health.state.mn.us/people/immunize/miic/records.html\)](http://www.health.state.mn.us/people/immunize/miic/records.html). Waxaa ku qoran isla xogta kaarka talaalka.

Gobalka Minnesota kaama doonaayo cadaynta talaalka si aad uga qaybgasho munaasabadaha, sida safarka, bandhigyada, ama shaqooyinka kale.



Xiro maaskaro.



Dhaq gacmahaaga.



Ka fogow 6 fuudh dadka kale.



Joog guriga hadaad xanuun dareento.

m1 MINNESOTA

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health.mn.gov | 651-201-5000 | La xariir health.communications@state.mn.us si aad u codsato xogta oo qaab kale ah.

7/1/2021 (Somali)