

## **Qoraalka Su`aalaha Inta badan la Isweydiyo ee ku Saabsan Sida Talaallada COVID-19 loo Sameeyo**

Hadda Waxaad dabcan maqlaysaa xog badan oo ku saabsan talaallada COVID-19.. Waxaan doonaynaa inaan ka jawaabno su'aalaha guud qaarkood oo ku saabsan sida talaallada COVID-19 loo sameeyo.

### **Sidee ayaa talaallada COVID-19 loogu sameeyaa si degdeg ah?**

Caadi ahaan , tijaabada talaal ayaa xaqiijisa inuu badqab leeyahay uuna shaqaynaayo kahor intaan cadad badan oo talaalo ah la samayn. Sabab la xariirta aafada cudurka faafa iyo lacag ka timid dawlada federaalka, saynisyahanada ayaa sameeyay labaduba iskumar. Kaliya talaallada la tijaabiyay ee loo arko inay yihiin kuwo badbaado leh ayaa la adeegsanayaa.

### **Sidee ayaa talaallada COVID-19 loo tijaabiyaa?**

Dhammaan talaallada COVID-19 ayaa maray tijaabooyin loo yaqaano tijaabooyinka caafimaadka. Talaal kasta wuxuu marayaa wax ka badan hal baaritaan. Marka koobaad, talaalka ayaa lagu tijaabiyaa dad kooban oo waqtigooda tabarucayah, kadibna dhawr boqol, kadibna tobanaan kun. Dadka waqtigooda u tabbarucay tijaabooyinka talaalka COVID-19 ayaa ka yimaada bulshooyin badan oo asal ahaa kaladuwan. Tani waa isla nidaamka loo adeegsado tijaabinta talaallada kale.

### **Sidee ayaa loo ansixinayaa talaallada COVID-19?**

Talaallada ka gudba dhammaan tijaabooyinka, koox khubaro caafimaad ah ayaa eegi doonta natiijooyinka baaritaanka iyo sida dadku dareemeen kadib markay talaalka mareen. Haddii talaalku shaqeeyo uuna badqab leeyahay , waa la ansixiyaa. Waxaa jira kooxo badan oo saynisyahano iyo khubaro ah oo dib u eegis ku wada xogta badqabka talaallada COVID-19 iyo samaynta talooyinka. Kaliya talaallada la ogolaaday ayaa la siinayaa dadka.

### **Waa ayo dadka marka koobaad helaaya talaalka?**

Kooxda talo bixinta qaran ee CDC ayaa eegtay xogta, oo ku talisay cidda helaysa talaalka marka koobaad. Kooxaha qaar ee khatarta badan oogu jira ee COVID-19 ama aad ugu xanuunsan kara COVID-19 ayaa talaalka koobaad helay. Minnesota waxay diyaarsatay koox khubaro ah oo gacan ka gaysan doonta xaqiijinta in talaalka uu helo qof kasta si siman, ayadoo diirada la saaraayo sinaanta caafimaadka. Marka talaal dheeraad ah la helo muddo kadib, dad dheeraad ah ayaa la talaali doonaa.

Wixii macluumaad dheeraad ah oo ku saabsan talaalka COVID-19 booqo websetka waaxda caafimaadka.

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*Si aad xogtaan ugu hesho qaabab kale, wac: 651-201-4989.*