

Ka Ag dhawaanshaha ama U baylah noqoshada COVID-19

10/6/2022

Waxaad ku faafin kartaa COVID-19 dadka kale laga bilaabo dhawr maalmood kahor intaadan isku arkin wax astaama ah, iyo xataa haddii aadan marna yeelan wax astaamo ah. Haddii aad waqti ku ag qaadato qof qaba COVID-19, waxaa laga yaabaa inaad sidoo kale qabtid, balse aadan ogeyn. Waa muhiim in la qaado tillaabooyinka lagu taliyay si looga fogaado in fayraska loo gudbiyo dadka kale, xitaa haddii lagu tallaalay ama uu horay kuugu dhacay COVID-19.

Dadka ku nool ama ka shaqeeya goobaha khatarta sare leh qaarkood, waxay yeelan karaan hagitaan kala duwan oo ay tahay inay raacaan u baylihidda ka dib. Tixraac talooyinka goobooyinka u gaarka ah ee hoose.

Haddii aad isku aragto astaamo, guriga joog oo ka fogow dadka kale (isgooni-yeel) isla marka aad isku aragto oojska baar (www.health.state.mn.us/diseases/coronavirus/testsites/index.html) **isla markaaba COVID-19.** Dadkaan waxaa ku jira dadka qaatay talaalka ama horay looga helay caabuqa COVID-19. Wixii macluumaad dheeraad ah, tixraac [Haddii aad Jiran tahay ama lagaa Helay: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).

Qeexitaannada

Ka Ag dhawaanshaha ama U baylah noqosho: Inaad ka ag dhawaato qof qaba COVID-19 ugu yaraan 15 daqiiqo 24 saac gudahood waxay la macno tahay inaad tahay qof ka ag dhawaaday oo u baylah noqday COVID-19. Si kastaba, waxaa suurtagal ah in COVID-19 uu ku faafo waqti kooban, ama waxay qaadan kartaa waqti dheer.

- Booqo [CDC:Fahamka Khataraha U baylihidda \(www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html\)](http://www.cdc.gov/coronavirus/2019-ncov/your-health/risks-exposure.html) si aad wax uga ogaato arrimaha ka dhigaya faafitaanka COVID-19 mid badan ama yar ka dib markaad ka ag dhawaatay qof qaba COVID-19.
- Guud ahaan, hadba sida aad u badsato ag joogidda qof qaba COVID-19, ayay sidoo kale u badan tahay in COVID-19 uu kugu dhaco. Tani waxay badanaa dhacdaa haddii tillaabooyinka kale ee looga hortagayo faafitaanka aysan jirin, sida xirashada maaskaraha. Khatartaadu way sarraysaa haddii aad ag joogtid qof astaamo leh, ama aad la nooshahay qof qaba COVID-19. Nooca nashaadkawuxuu kaloo kordhin karaa khatartaada, sida heesidda ama qaylinta.

Isgooni-yeelidda: Joogidda guriga iyo ka fogaanshaha dadka kale marka lagaa helo fayraska, aad jiran tahay, ama aad isku aragto astaamaha fayraska. Tani waxay kaa caawin doontaa inaad ka ilaaliso inaad COVID-19 ku faafiso dadka kale.

Maaskaro tayo sare leh oo si fiican kuula eg: Maaskaro si fiican kuula eg waa mid si fiican u qabto sankaa, afkaaga iyo gadhkaaga oo aan ku lahayn daldalool aagga geesahaaga. Macluumaad ku saabsan maaskaro tayada sare leh, tixraac [noocyada maaskaraha \(www.health.state.mn.us/diseases/coronavirus/facecover.html#type\)](http://www.health.state.mn.us/diseases/coronavirus/facecover.html#type).

Difaaca jirka oo daciifa: Qof nidaamka difaaca jirkiisu liito. Nidaamka difaaca jirku waa qaabka jirku ula dagaalamo cudurka.

Kadib u baylihidda qof qaba COVID-19



Xiro maaskaro tayo sare leh oo si fiican kuula eg 10 maalmood oo buuxa markaad gudaha ku jirto iyo agagaarka dadka kale, xitaa markad guriga joogtid. 10-ka maalmood waxay bilaabmayaan maalinta xigta marki ugu dambaysay ee aad ka ag dhawaatay qof qaba COVID-19. Maalinta ugu dambaysay ee aad ka ag dhawaatay tirada laguma daro. Maalinta aad joojin karto xirashada maaskaro waa maalinta 11-aad.

U fiirso astaamaha 10 maalmood oo buuxa kadib ka ag dhawaanshaha ugu dambeeyay ee aad la yeelato qof qaba COVID-19. Astaamaha waxaa ka mid noqon kara qandho ah 100.4 darajo Fahrenheit ama ka badan, qufac, cune xanuun, ama neefsashada oo yaraata. Si aad u hesho liiska astaamaha oo dhammaystiran, booqo [CDC::*Astaamaha COVID-19 \(www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html\)](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)

- Haddii aad yeelato astaamo, joog guriga oo ka fogaow dadka kale (isgooni-yeel) oo si degdeg ah iskaga baar COVID-19. Raac tilmaamaha isgooni-yeelidda ee barta [Haddii aad Jiran tahay ama lagaa Helay: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html). Tan waxaa ka mida ah dadka laga helay COVID-19 90-kii maalmood ee la soo dhaafay, xitaa haddii ay wada qaateen tallaaladooda COVID-19.

Isbaar maalinta lixaad, haddii ay suuragalayso

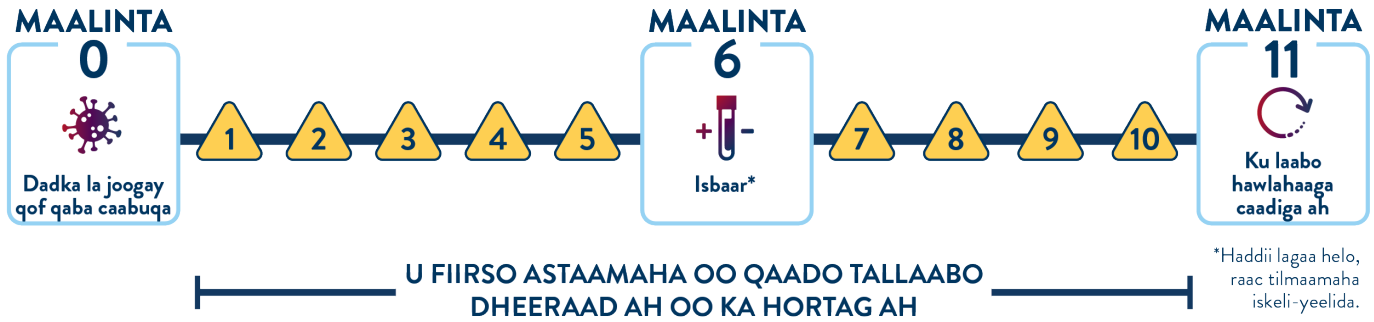
- Haddii lagaa helay, guriga joog (isgooni-yeel), oo raac talooyinka barta [Haddii aad Jiran tahay ama lagaa Helay: COVID-19](https://www.health.state.mn.us/diseases/coronavirus/sick.html)
- Haddii lagaa waayo, sii wad inaad xirato maaskaro tayo sare leh oo si fiican kuula eg markaad gudaha ku jirto oo aad joogto agagaarka dadka kale.
- Booqo [Baaridda COVID-19 \(www.health.state.mn.us/diseases/coronavirus/testsites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html) si aad u hesho macluumaad faahfaahsan oo ku saabsan halka lagaa baari karo iyo noocyada baaritaanada la heli karo.

Waxyaabaha in laga fogaado ay tahay

- Ka fogow dadka difaaca jirkoodu hooseeyo ama khatarta sare ugu jira cudurro daran iyo goobaha ay ku nool yihiin ama isugu imaadaan dadka khatarta sare ugu jira, sida xarumaha daryeelka muddada-dheer. Haddii tani aysan suurtoagal ahayn, qaado taxaddar dheeraad ah [si aad u ilaaliso naftaada iyo dadka kale \(www.health.state.mn.us/diseases/coronavirus/prevention.html\)](https://www.health.state.mn.us/diseases/coronavirus/prevention.html). Macluumaad ku saabsan dadka khatarta sare ugu jira, tixraac [CDC:: Dadka qaba Xaaladaha Caafimaad Qaarkood \(www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html\)](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html).
- Iska ilaali inaad safarto. Haddii ay qasab tahay inaad safarto, xiro maaskaro tayo sare leh oo si fiican kuula eg.
- Iska ilaali meelaha aad u baahan karto inaad iska bixiso maaskaraha (tusaale, jiimamka, maqaayadaha).

Tixgelinno ama ka-reebisyo gaar ah

Dadka aan awoodin inay xirtaan maaskaro



Maaskaro lagulama talinayo carruurta da'doodu tahay 2 sano iyo ka yar, iyo dadka naafada ah ama qaba xaaladaha caafimaad qaarkood qasab ma aha inay xirtaan maaskaro. Haddii qof aan awoodin inuu xirto maaskaro uu u baylaho COVID-19, raac dhammaan tillaabooyinka kale ee lagu taliyey, oo ay ku jiraan baaritaanka maalinta 6 (iyo isla markiiba haddii astaamuhu soo baxaan), oo qaado tillaabooyin dheeri ah si aad uga hortagto u gubbinta dadka kale, sida hagaajinta qulqulka hawada iyo ka fogaanshaha dadka kale. Ka fogow dadka aan u adkaysan karin cudurada (difaaca jirkoodu liito) ama khatarta sare ugu jira cudurro daran iyo goobaha ay ku nool yihiin ama isugu imaadaan dadka khatarta sare ugu jira, sida xarumaha daryeelka muddada-dheer.

Dadka uu ku dhacay COVID-19 30kii maalmood ee la soo dhaafay



Haddii uu kugu dhacay COVID-19 30-kii maalmood ee la soo dhaafay, laguma talinayo baaritaanka u baylihidda kadib ilaa aad isku aragto astaamo ma ogye. Tani waxay ka dhigan tahay, haddii aadan lahayn astaamo, uma baahnid inaad isbaarto maalinta 6. Haddii aad isku aragto astaamo, tixraac [Haddii aad Jiran tahay ama lagaa Helay: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](https://www.health.state.mn.us/diseases/coronavirus/sick.html). Wixi macluumaad dheeri ah oo ku saabsan baaritaanka dadka uu horay ugu dhacay COVID-19, booqo [CDC: Doorashada Goob Baaridda COVID-19 \(www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html#choosing-a-test\)](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html#choosing-a-test).

Haddii qof jooga gurigaaga uu qabo COVID-19



Haddii aad la nooshahay qof qaba COVID-19, xiro maaskaro tayo sare leh oo kula eg inta lagu jiro xilliga isgooni-yeelidda qofka jirran. Sii wad inaad xirato maaskaro 10 maalmood oo dheeraad ah ka dib marka qofka jirran waqtigiisa isgooni-yeelidda uu dhammaado. Ka bilow tirinta maalinta xigta maalinkooda ugu dambaysay ee isgooni-yeelidda. Raac tilmaamaha kale ee sare ee xirashada maaskaraha, u fiirsashada astaamaha, baaritaanka, iyo ka fogaanshaha dadka khatarta sare ugu jira cudurro daran.

Wixii xog dheeraad ah oo ku saabsan hagitaankan, booqo [CDC: Waxa la Sameeyo Haddii Aad U Baylah Nogoto COVID-19 \(www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html\)](https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html).

Talooyinka ku gaarka ah goobooyin

Talooyinkani ma khuseeyaan goobaha khatarta sare leh qaarkood Wixii hagitaan ah ee ku saabsan isgooni-yeelidda ama u baylihidda goobaha daryeelka caafimaadka ama goobaha kale ee khatarta sare leh ee kooxda (kulanno):

- Dadka ku nool ama ka shaqeeya daryeelka caafimaadka ama xarunta daryeelka mudada dheer ee la joogay dadka qaba COVID-19 waa inay racaan [Talooyinka Isgooni-yeelidda iyo Karantiilnimada Shaqaalaha Daryeelka Caafimaadka \(www.health.state.mn.us/diseases/coronavirus/hcp/exposure.html\)](https://www.health.state.mn.us/diseases/coronavirus/hcp/exposure.html).
- Dadka koox ahaan iskula nool ama iskala shaqeeya xarumaha daryeelka, sida hoyga hoylaawayaasha ama xarumaha baxnaaninta anshaxeed, ee u soo gaadhay COVID-19 waa inay racaan [Goobaha Kulannada iyo Xarumaha Daryeelka: COVID-19 \(www.health.state.mn.us/diseases/coronavirus/communities.html\)](https://www.health.state.mn.us/diseases/coronavirus/communities.html).
- Ganacsiyada, xarumaha, iyo goobaha kale ee gaarka loo leeyahay ayaa lagu boorinayaa inay racaan tasmada Waaxda Caafimaadka ee Minnesota iyo CDC, ugu yaraan. Waxa kale oo laga yaabaa inay doortaan inay u baahdaan wakhti dheer oo joogitaanka guriga ama wakhti dheeri ah oo ay siiwadaan maaskaro xirashada ka dib markay ka ag dhawadeen qof qaba COVID-19.

Soo degso barnaamijka bilaashka ah ee [COVIDaware MN \(www.mn.gov/covid19/covidawaremn/\)](https://www.mn.gov/covid19/covidawaremn/) si lagu ogeysiyo haddii aad u dhawaatay qof laga helay COVID-19.



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