

Kahortag fiditaanka noocyada COVID-19 waqtiga safarka

3/3/2022

Noocyada kala duwan ee COVID-19 ayaa si fudud oo degdeg ah u faafa waxaana laga yaabaa inaad si aad ah ugu xanuunsato. Tallaallada, daawaynada, ama difaaca jirka ee ka dhanka ah COVID-19 ee hore ayaa laga yaabaa inaysan wax ka tarin noocyada kala duwan qaarkood, marka kahortagga ku faafitaanka noocyadaan bulshada dhexdeeda waa mid aad muhiim u ah.



Ilaa aad ka wada qaadato tallaallada COVID-19, ha u safrin si caalami ah dibna u dhig ku dhex safrida gudaha Maraykanka.

Ha safrin haddii:

- Aad u dhawaatay qof qaba fayraska COVID-19.
- Aad xanuun santahay.
- Aad sugayso natiijooyinka baaritaanka COVID-19.

Gacan ka geyso kahortagga faafitaanka COVID-19 adigoo dib u dhigaya safarka ilaa aad ka wada qaadato tallaalladaada COVID-19. Si kastaba ha ahaatee, haddii ay tahay inaad safarto oo aadan si buuxda u tallaalnayn, raac talooyinka caafimaadka guud ee hoose.

Kahor intaadan safrin: Is baar 1-3 maalmood ka hor intaadan safrin. Haddii aad u safrayso wadan kale, ka hubi diyaaraddaada iyo meesha aad u socoto si aad u aragto inta wakhti ee aad u baahan tahay inaad ku qaadato baaritaankaaga.

Kahor inta aadan ku soo laaban Mareykanka : Baaritaan taban waa in aad la timaadaa wax aan ka badneyn hal maalin (24 saacadood) ka hor inta aadan ku soo laaban Mareykanka.

Natiijooyinka baaritaanka guud ahaan waxaa la helaa inta u dhaxaysa 24-72 saacadood, laakiin mararka qaarkood waxay qaadani kartaa intaa ka dheer. Hubi inaad siiso wakhti ku filan inta u dhaxaysa is-baarida iyo helidda natiijada baaritaankaada. Goobaha baaritaanka qaarkood ayaa laga yaabaa inay awoodaan inay si dhakhso leh kuu siiyaan natiijadaada baaritaanka, hore u wac si aad u hubiso.

[Hel Goobaha Baaritaanka \(mn.gov/covid19/get-tested/testing-locations/index.jsp\)](https://mn.gov/covid19/get-tested/testing-locations/index.jsp) ee gudaha Minnesota.

Kahortagga faafitaanka COVID-19 inta lagu gudajiro safarka.

Mar kasta oo aad safarto, waxaad ku faafin kartaa noocyada kala duwan ee COVID-19 bulshadaada markaad soo noqoto. **Haddii aad safarto, xiro afxir, dhaq gacmahaaga in badan. Ha safrin haddii aad xannuunsan tahay.**

Kadib safarka, qaad talaabooyinka.

Dhammaan dadka safarka ah waa inay u fiirsadaan astaamaha COVID-19 kadib markay ka soo laabtaan safarka. Haddii aad xannuunsato, joog guriga oo ka fogow dadka kale (isgooni-yeel) oo ha lagu baaro.

Haddii aad tallaalnayn ama AADAN wada qaadan tallaalka COVID-19:

- Ha lagu baaro 3-5 maalmood kadib markaad ka soo laabato safarka.

Waxaad booqan kartaa goob baaris, rug caafimaad ama farmashiye aan wax kharash ah kaaga baxayn, ama waxaad dalban kartaa qalabka isku baarista guriga. Ka hel xulashooyinka baaritaanka barta [COVID-19 Tijaabada \(www.health.state.mn.us/diseases/coronavirus/tessites/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/tessites/index.html).

- Joog guriga oo ka fogow dadka kadib safarka.

Waa inaad is-karantiisho 5 maalmood kadib safarka xitaa haddii aan cudurka lagaa helin 3-5 maalmood oo aad lahayn astaamo.

- Qaado Tallaaka.

[Hel Goobaha Tallaalka \(mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp\)](https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp) si aad ballan u qabsato ama laguu qaabilo ballan la'aan!

Haddii aad dhowaan kasoo bogsatay COVID-19:

- Uma baahnid in lagu baaro ama karantiil gasho haddii aad ka soo bogsatay COVID-19 90-kii maalmood ee la soo dhaafay. Waa inaad weli raacdaa dhammaan talooyinka safarka. Haddii aad isku aragto astaamaha COVID-19 ka dib safarka, gal go'doon oo ka hubi daryeel-bixiye caafimaad talooyinka baaritaanka.



Minnesota Department of Health | health.mn.gov | 651-201-5000
625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

La xariir health.communications@state.mn.us si aad u codsato xogta oo qaab kale ah. (Somali)