



# HAGAHA ISKARANTIILKA COVID-19

Waxaa loogu talagalay Dugsiyada, Xarumaha Daryeelka Carruurta, iyo barnaamijyada carruurta

Waxa aad samaynayso haddii aad wajahayso astaamaha COVID-19\* ama lagaa helay Caabuqa COVID-19 (ayadoon laga eegayn xaalada talaalka ama astaamaha aad qabto)

## Haddii aad qabto astaamaha COVID-19:



Guriga joog.



Baaritaanka COVID-19 aad ayaa loogu talinayaa, gaar ahaana haddii aad khatar ugu jirto cudur xun, haddii astaamuhu sii socdaan ama kasiiaraan, haddii aad yeelato astaamo dheeraad ah, haddii aad la joogtay qof qaba COVID-19, ama haddii faafitaanka COVID-19 ku badan yahay deegaankaaga.



Haddii aan lagu baarin, raac tilmaamaha hoose adoo kasoo qaadaaya in lagaa helay caabuqa COVID-19.



Haddii baadhitaanka COVID-19 la sameeyay

**LAGAANA HELAY**

caabuqa:

Guriga joog muddo dhan ugu yaraan shan maalmood laga bilaabo taariikhda astaamuhu ay biloowdeen ama taariikhda aad gashay baaritaanka haddii aadan qabin wax astaamo ah.

Iska ilaali dadka kale, oo ay ku jiraan dadka guriga kula jooga, inta ugu badan ee macquulka ah. Xiro maskaro si fican kuu le'eg.



Haddii baadhitaanka COVID-19 la sameeyay

**LAGAANA WAAYAY**

caabuqa:

Guriga joog ilaa astaamaha xanuunku kaa yaraadaan aadna bilaa qandho noqoto 24 saac (adoon qaadan daawo qandho jabin ah) kahor intaadan dugsiga ku laaban.

# Kadib shan maalmood ood guriga isku karantiishay:

Astaamaha xanuunka ku hayay masoo roonaadeen mana joogtay qandho la'aan 24 saac (adoon cunin daawada qandho jabinta)?

**MAYA:**

**HAA:**



Sii wad inaad guriga joogto oo ka fogoow dadka kale ilaa astaamaha xanuunku soo bogsoodaan aadna qandho la'aan tahay 24 saac (adoon cunin daawada qandho jabinta).

Marka labaduba suurtagalaan, ku laabo dugsiga ama barnaamijka oo sii wad inaad xirato maaskarada markaad la joogto dadka kale, ayna ku jiraan dadka guriga kula dagan, ilaa 10 maalmood laga joogo markii aad iskarantii ka gashay.



Ku laabo dugsiga ama barnaamijka.

Sii wad inaad xirato maaskarada markaad la joogto dadka kale, ayna ku jiraan dadka qoyskaaga shan maalmood oo kale.

“Xanuun soo bogsooday” waxaa laga wadaa inaan qofku xanuun dareemayn; uu qabsan karo hawl maalmeedkiisa isla sidii uu u samaysan jiray xanuunka ka hor, astaamo kasta oo ku harayna, sida qufac ama duufka sanku, ay aad u yar yihiin, ama dhif yihiin.

MAALINTA

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Astaamaha ayaa biloowday ama waxaad qaadatay baaritaanka COVID-19



GURIGA JOOG

MAALINTA

6

Ku laabo hawlahaaga inta badan haddii aadan xanuun dareemayn



MAALINTA

11

Ku laabo hawlahaaga caadiga ah

XIRO MAASKARO

Carruurta ka yar 2 sano iyo dadka aan awoodin inay xirtaan maaskaro si ficnan kuu le'eg waa inay guriga joogaan ugu yaraan 10 maalmood oo buuxa laga bilaabo marka koobaad ee ay xanuun dareemaan, haddii aysan lahayn wax astaamo ah, lagasoo bilaabo marka laga helay cudurka.

MAALINTA

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Astaamaha ayaa biloowday ama waxaad qaadatay baaritaanka COVID-19



GURIGA JOOG

MAALINTA

11

Ku laabo hawlahaaga caadiga ah

Si aad u hesho xog dheeraad ah:

Haddii aad Jiran tahay ama lagaa Helay caabuqa: COVID-19 ([www.health.state.mn.us/diseases/coronavirus/sick.html](http://www.health.state.mn.us/diseases/coronavirus/sick.html))

**mi** MINNESOTA

**STAY SAFE MN**

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

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