



# Sidaad yeeli laheyd kolka aad sugaysid natiijada baarista KOFID-19

Haddii aad samaynayso baaris KOFID-19 ah taas oo u baahan in loo diro shaybaar, sida baarista/baadhista fayruuska ee loo yaqaan PCR test waxaa laga yaabaa in ay kugu qaadato dhawr maalmood si aad u hesho natiijo.

## Haddii aad leedahay astaamaha KOFID-19:



- Guriga joog kana fogoow dadka kale (is karantiil).
- Xiro/xidho maaskaro si fiican kuu le eg oo tayo leh kolka aad dadka kale la joogtid, xataa kolka aad guriga joogtid.
- Haddii ay natiijada baaristaada/baadhistaada ay sheegto in aad cudurka qabtid, raac talooyinka caafimaadka dadweynaha haddii aad xanuunsanayso ama baarista ay sheegtay inaad qabtid cudurka: [If You Are Sick or Test Positive \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).
- Haddii natiijada baarista/baadhista aysan sheegin in aad cudurka qabto, waxaad sii wadaa in aad guriga joogto haddii aad leedahay astaamaha ama aad xanuunsanayso.

## Haddii aad la joogtay dad qaba KOFID-19 laakiin aan laheyn astaamaha:

- Xiro/xidho maaskaro tayo leh oo si fiican kuu le eg kolka aad dadka la joogtid.
- Haddii natiijada baarista/baadhista ay sheegto in aad cudurka qabto, guriga joog oo ka fogoow dadka kale (is karantiil). Haddii natiijada baarista ay sheegto in aadan qabin cudurka, xiro/xidho maaskaro oo la soco astaamaha mudo 10 maalmood ah oo dhamaystiran haddii aad ag joogtay qof qaba KOFID-19. Haddii aad leedahay astaamaha, guriga joog oo mar kale is baar.
- Wixii macluumaad dheeri ah oo ku saabsan in aad xiriir/xidhiidh dhow la laheyd ama in aad ka agdhawayd qof qaba cudurka, booqo: [Close Contracts or Exposure \(www.health.state.mn.us/diseases/coronavirus/close.html\)](http://www.health.state.mn.us/diseases/coronavirus/close.html).

**KHADKA KOFID-19: 1-833-431-2053**

[www.health.state.mn.us/diseases/coronavirus](http://www.health.state.mn.us/diseases/coronavirus)

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