

Waan is baaray. Maxaa hadda xigga?

QORAALKA

[muusik qafiif ah]

[Warrinta]

Waa lagaa baaray COVID-19, maxaad samaynaysaa haddii lagaa helo caabuqa?

Ayadoon laga eegayn nooca baaritaanka aad martay, natiijada muujinaysa in caabuqa lagaa helay waa run.

Haddii lagaa helo caabuqa, waa inaad iskeli-yeeshaa, taasoo ka dhigan inaad guriga dhaafin aadna ka fogaato dadka kale. Waxaad u baahan doontaa inaad karantiil gasho ugu yaraan shan maalmood, xataa haddii aadan qabin wax astaamo ah.

Si looga hortago ku faafinta COVID-19 dadka kula nool intaad ku jirto keli-yeelida, waa inaad xirataa maaskaro ku le'eg intaad guriga joogto marka ay dad kale kuu dhow yihiin.

Haddii aad bogsooto maalinta 6, waad ku laaban kartaa hawlahaaga intooda badan. Shan maalmood oo kale, ilaa maalinta 10:

- Sii wad xirashada maaskaro si fiican kuu le'eg markay dad kale kuu dhow yihiin, xataa markaad guriga joogto.
- Ka fogoow dadka kale ee khatarta wayn ugu jira inay aad ugu xanuunsadaan COVID-19.
- Ha aadin goobaha aad u baahan tahay inaad maaskarada iska bixiso, sida maqaayada ama jiiimka.
- Iska ilaali inaad safarto.

Haddii aad marayso maalinta 6 aad, aadna wali xanuunsan tahay, joog guriga ilaa waxyaabaha soo socda xaqiiqoobaan:

- Aadan qabin wax qandho ah ugu yaraan 24 saacadood, adoon cunin daawada qandho jabinta.

oo

- Aad bogsooto.

Kadib marka xanuunku kaa ba'o, raac dhammaan talooyinka ku aadan xirashada maaskarada iyo ka fogaanshaha dadka kale ilaa aad ka dhamaysato 10 maalmood.

Haddii aadan awoodin inaad xirato maaskaro markaad la joogto dadka kale, guriga joog ugu yaraan 10 maalmood. Dib ha ugu laaban shaqooyinka ilaa maalinta 11.

Si aad u hesho talooyin gaar ah oo ku aadan sida la isku keli-yeelo iyo mudada ay tahay inaad guriga joogto, booqo webseedkeena Haddii aad Jiran Tahay. (www.health.state.mn.us/diseases/coronavirus/sick.html).

[muusik qafiif ah]

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