

Warbixinta RHCP ee COVID-19

Warbixinta Xaalada (ee Juun 5, 2020)

Olmsted County: **689** kiisas

Minnesota: **26,980** kiisas

United States: **1,862,656** kiisas

(Tixraac: Waaxda Caafimaadka MN, CDC)

Jooji Fiditaanka

Istacmaal marada daboolka wejiga markaad dhaxjoogtid goobaha dadweynaha.

Dabool qufacaada ama hindhishadaada.

Ku dhaq gacmahaaga biyo iyo saabuun ama isticmaal gacmo nadiifiye badanaa.

Ilaali kala fogaanshada bulshada – Ka fogow 6 cagood

Guriga joog oo keligaa is-go'doomi, haddii aad dareento ladnaan la'aan.

Iska baar COVID-19, haddii aadan ladneyn.

Su'aalahaada waa Laga Jawaabay

1. Waa maxay talooyinka cusub ee ku saabsan baaritaanka COVID-19 ee waaxda caafimaadka Minnesota?

Bishii Juun 2deeda, 2020, Waaxda Caafimaadka ee Minnesota (MDH) waxay siidaysay talo caafimaad oo cusub oo la xiriirta baaritaanka isu imaanshaha wadareed ee cudurka COVID-19. MDH waxay soo jeedineysaa in la ballaariyo baaritaanka COVID-19 sababa la xiriira dhacdooyin badan ee dhowaanahan ee xasillooni darro shacabka iyo falcelinta bannaanbaxyada bulsheed ee ka dhacay daafaha gobolka laga bilaabo May 25-keedii, 2020.

MDH waxay hadda ku talineysaa in la baaro kooxaha dadka ee soo socda, haddii ay astaamo leeyihiin ama aysan lahayn:

- Kaqeybgalayaasha banaanbaxa bulshada iyo/ama dhacdooyinka la xiriira
- Dadka ka qaybqaatay kulamo ballaaran sida dibad-baxyo, nadaafadda bulshada iyo dadaallada soo kabashada, feejignayaasha, shirarka difaaca xaafadaha, jawaabayaasha ugu horreeya iyo kuwa kale ee ka jawaabey dhacdooyinka.

2. Maxay u jiraan talo bixinno cusub oo ku saabsan baarista?

Kumaan kun oo dad ah ayaa laga yaabaa inuu ku dhacay COVID-19 sababta oo ah tirada dadka ee ku soo batay hal aag. Aqoonsiga iyo baaritaanka shakhsiyaadka laga yaabo inay ka qeybqaateen munaasabad ballaaran oo dadweynuhu aad ugu muhiim yihiin; waxay horumarin doontaa awooda lagu aqoonsado kiisaska isla markaana waxay abuurtaa keli-ahaansho (isolation) iyo talaabooyin karantiil ah.

3. Yaa si gaar ah looga baahan yahay in laga baaro cudurka COVID-19?

- Qof kasta oo ka qaybqaatay mudaharaad bulsheed ama isu soo bax weyn
- Qof kasta oo leh astaamaha COVID-19
- Dadka ku kulma goobaha sida xarumaha daryeelka muddada-dheer, hoysiinada, iyo xabsiyada
- Shaqaalaha ka shaqeeya goobaha khatarta sare leh sida Isbitaalada/xarumaha caafimaadka
- Baaritaannada meelaha kooxaha dadka ee xiriir la leh kiis COVID-19
- Bukaannada aan lahayn astaamo ee maraya habraacyo caafimaad qaarkood ama isbitaal la dhigo
- Shaqaalaha muhiimka ah ee aan lahayn astaamo sida shaqaalaha korontada bulshada, daryeelka caafimaadka, jawaabayaasha ugu horeeya, Ilaalada Qaranka, gaadiidka dadweynaha, dukaamada, sameynta cuntada, daryeelka caafimaadka iyo wax soosaarka iyo qeybinta kale ee muhiimka ah, iyo shaqaalaha dowladda

Goobta baaritaanka Rugta Caafimaadka Mayo Clinic Waqooyi Galbeed ee COVID-19

4111 US-52 North

Isniinta ilaa Jimcaha, 9:30 am to 5:00 pm

Sabtida iyo Axada, 10:00 am to 4:00 pm

Adiga, dadka bulshada ka tirsan, waxaad safka hore ugu jirtaan joojinta COVID-19. Adeegso nadaafadda gacanta, nadiifinta iyo fayadhowrka. Kala fageynta bulshada. guri jooga. Kulligeenna arrintan waan ku wada jirnaa. Annagoo mid ah ayaan bogsan doona

