

Warbixinta RHCP ee COVID-19

Warbixinta Xaalada (ee May 26, 2020)

Olmsted County: 570 kiisas

Minnesota: 21,960 kiisas

United States: 1,662,414 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.

Nadiifi oo jeermisdile ku isticmaal sagxagaha iyo alaabooyinka dushooda sida badan loo taabto.

Ilaali kala fogaanshada bulshada – Ka fogow 6 cagood (ama 2 mitir).

Iska baar COVID-19, guriga joog iyo keli-ahow, haddii aadan caafimaad qabin.

Su'aalahaada waa Laga Jawaabay

1. Waxaan maqlay ku dhawaaqista Guddoomiyaha Gobolka in la furi doono meelaha cibaadada laga bilaabo 27-ka May. Taas micnaheedu ma inaan dhammaanteen dib ugu laaban karno si aan uga soo qeyb galno adeegyada kaniisadaha ama masaajida? Ka waran ka qeybgalka aroosyada, aaska ama kulamada ducada (tukashada)?

Laga bilaabo May 27-keeda 2020, goobaha cibaadada, guryaha aaska, iyo meelaha kale ee lagu bixiyo meheradaha aroosyada, aaska, iyo adeegyada qorshaynta sida cibaadada, digriyada, kulamada salaada, barashada cilmiga, ayaa laga yaabaa inay furmaan ama martigeliyaan adeegyadan oo kale haddii ay adeecaan shuruudaha qaarkood:

- Ugu yaraan 6 cagood (ama 2 mitir) oo ah kala fogeyn jireed u dhexeysa shakhsiyaadka ama qoysaska.
- Gudaha goobaha: Joogitaanku waa inuusan ka badnaan 25% awoodda baaxada, ugu badnaan 250 qof.
- Bannaanka goobaha: Kulamada waa inaysan ka badnaan 250 qof.
- Samee oo hirgeli Qorshaha Diyaargarowga COVID-19, iyadoo la raacayo tilmaamaha ay soo saartay Waaxda Caafimaadka ee Minnesota <https://mn.gov/deed/guidance>

Si kastaba ha noqotee, shirarka waaweyni waxay horseedi karaan halista kordhinta fiditaanka COVID-19.

Si loo hubiyo badbaadada qof walba, qof walba wuxuu u baahan yahay inuu kaalintiisa ka qaato badbaadinta bulshada. Tani macnaheedu waa:

- Joogista guriga haddii aad leedahay astaamaha COVID-19 sida qandho, qufac, neefta oo kugu yaraata, qarqaryo, madax xanuun, murqo xanuun, cuno xanuun, dhadhanka ama urta ood weyso, ama astaamaha caloosha sida lallabo, matag, ama shuban.
 - Joogista guriga haddii baaritaankaada COVID-19 noqday togan (positive), xitaa haddii aad fiican tahay
 - Joogista guriga haddii qof guriga ka tirsan uu dareemo astaamaha la jaanta ah COVID-19.
 - Joogista guriga haddii aad halis sare ugu sugan tahay cudurka daran ee COVID-19:
 - 65 sanadood iyo ka weyn
 - Aad qabtid cudurka sambabaha raaga ama neefta, xaalad wadne oo halis ah, buurnaana daran, kaadi macaan, cudurka kelyaha ee raaga, ama cudurka beerka
 - Cudurka difaaca jirka, oo ay ka mid yihiin daaweynta kansarka, sigaar cabista, dhuuxa lafta ama xubin ka qaadidda jirka, yaraanta difaaca jirka, HIV / AIDS oo si liidata loo xakameeyo, iyo isticmaalka muddada dheer ee corticosteroids iyo dawooyinka kale ee daciifinta difaaca.
 - Isticmaal maaskaro ama marada daboolka wejiga.
 - Si joogto ah u dhaq oo / ama u nadiifi gacmahaaga.
 - Ilaali masaafo ugu yaraan 6 cagood (2 mitir) inaad u jirsatid dadka aadan isku guri aadan ahayn mar walba.
2. Waxaan dareemayaa ladnaan oo ma lihi wax astaamo ah. Miyay tahay inaan xirto maaskaro ama waji daboolka meelaha bulshada? Ama aan ilaaliyo 6 cagood oo masaafo inaan u jirsado kuwa kale?

Reer Minnesota waa inay si xikmadaysan uga warqabaan inay amaan yihiin. Waxaa si xoog leh loogu dhiirigelinayaa haddii aad awoodid inaad guriga joogto sii wad inaad guriga joogto, inaad xirato maaskaro ama maro daboosha wejiga markaad ka baxeyso guriga, ka fogow 6 cagood (2 mitir) dadka kale, oo is baar haddii aad isku aragto calaamadaha COVID-19.

Fayraska COVID-19 wuxuu marka ugu horeysa ku faafaa dhibcaha candhuufta ama dheecaanka sanku ka yimaada marka qofka cudurka qaba uu qufaco ama hindhiso. Marka waa muhiim inaad daboosho qufacaaga ama hindhista. Marka qof qufaco, hindhiso, ama hadlo, waxay buufiyaan dhibco yar yar ka yimaada sanku ama afkooda oo ay ku jiri karaan fayrasko. Dhibcuhu waxay faafiyaan fayraska.

Daboolidda qufacaaga ama hindhisadaada iyo adigoo isticmaalaya maaskaro ama maro wejiga daboosha, waxaad dadka kaa agdhow ka ilaalinaysaa COVID-19.

Ilaalinta masaafada 6 cagood aad u dhaxeysiisid naftaada iyo kuwa kale ayaa kaa horjoogsanaya inaad neefsato dhibco yeelan kara fayraska COVID-19.

Khadka Tooska ah ee Bulshada COVID-19
(507) 328-2822
9 am - 9 pm, 7 maalmood toddobaadkii

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



STAY SAFE MN