

Dulmarka COVID-19 EE ROCHESTER HEALTHY COMMUNITY PARTNERSHIP (RHCP)

Warbixinta Xaalada jirta (waa April 6, 2020)

Olmsted County: 96 qofood ayaa laga helay

Minnesota: 986 qofood ayaa laga helay

United States: 330,891 ayaa laga helay

(Tixraac: Wasaarada Caafimaad ee MN, CDC)

Joogi Faafida Cudurka

Wajiga ku daboolo maro marka aad aadeeysid meelaha dadku ku badan yihiin.

Afka dabool marka aad qufaceeysid ama aad hendhiseeysid.

Gacnahaaga ku dhaq biyo iyo saabuun ama isticmaal alcolada gacnaha sida badan.

Dadka ka fogaaw – 6 feet ha idiin dhexeeyso.

Gurigaaga joog, is go'doomi - dad hala kulmin, haddii aad xanuunsan tahay.

Iska baar cudurka Covi-19, haddad xanuunsan tahay.

Su'aalahaaga waa Laga Jawaabay

1. Aamin ma tahay in aan ka qeeyb galo duugta dadka aan jeclahay, qooska ama saaxiibada?

Wali xaan baraneeynaa sida Covid-19 u faafo. Ilaa iyo hadda inta aan ka baranay ma jiro qatar ah in qofka dhintay uu gudbiyay cudurka.

Kulanka dadka ka soo qeeyb galaaya duugta ayaa ah qatarta ugu weyn ee lagu qaadi karo Covid-19.

Mar la dhaqaayo meeydka ama la diyaarinaayo, waxaa lagu dhiiri galinaayaa qoyska ineey xirtaan wax yaabaha looga hor tago cudurka, sida wajiga aad daboolatid iyo in gacnaha si fiican loo nadiiyo marka marka shaqada la dhameeyo.

Qoyska iyo qaraabdu waxeey dooran karaan in meeydka la duugo ama la gubo.

Duugta dadka ka soo qeeyb galaaya waa in la yareeyo; dadka xadidan eek a soo qeeyb galaayana waa in ay kala fogaadaan oo ay u dhaxeeyso 6 feet.

2. Ma heeysto ceeymiska caafimaadka; maxaan sameeyaa?

MNsure waxeey bixineeyso ceeymis ku meel gaar ah (special enrollment period (SEP)) oo la Siinaayo dadka sharuudahiisa buuxiya ilaa iyo April 21, 2020.

Shaqaalaha caafimaadka jaaliyada ayaa u diyaar ah ineey kaa cawiyaan arintaan. La xiriir RHCP (507) 293-2215 si lagu caawiyo.

Adiga, dadka jaaliyada ka mid ah, ayaa hormuud ah joojinta COVID-19. Sida gacmaha oo si fiican loo nadiifiyo, nadaafad oo aad lagu daalo. Sida dadka oo laga fogaado. Iyo guriga oo la joogo.

