

# Goorma ayay tahay in la i baaro? Socdaalka Dibada

## QORAALKA

[muusik qafiif ah]

[Warin]

Goorma ayay tahay inaad iska baarto COVID-19?

Marka qoyskaagu ay u safrayaan dal kale. CDC ayaa ku talinaysa inaad isbaarto kahor iyo kadib safarka. Booqo webseedka CDC (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html>) si aad u hesho shuruudihii ugu danbeeyay iyo talooyinka ku aadan socdaalka.

Wadamada qaarkood ayaa sidoo kale qasab ka dhigi kara inaad isbaarto kahor intaadan safrin ama qasab ka dhigi kara inaad qaadato talaalka. Xaqiiji inaad hubiso shuruudaha ka jira meesha aad u safrayso. (<https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html>)

Waxaa intaas dheer, marka aad kusoo laabanayso Maraykanka, dhammaan dadka safraaya **waa inay** keenaan baaritaan muujinaaya inaysan qabin COVID-19 oo laga qaaday ugu badnaan **hal** maalin kahor intaysan safrin.

HA safrin haddii aad jiran tahay ama haddii lagaa helo caabuqa COVID-19 aana laga joogin 10 maalmood markii aad yeelatay astaamaha xanuunka ama lagaa helay cudurka.

HA safrin haddii aad dhawaan la joogtay qof qaba caabuqa COVID-19. Isbaar shan maalmood kadib markaad la joogtay qofka qaba caabuqa oo ha aadin safar ilaa aad ka dhamaysato mudada karantiilka oo xiro maaskarada 10 maalmood.

HA safrin haddii aad sugayso natiijooyinka baaritaanka COVID-19. Haddii lagaa helo caabuqa adoo jooga wadankii aad u safartay, waa inaad iskeli-yeeshaa aadna dib u dhigtaa soo laabashadaada ilaa aad ka dhamaysato mudada iskeli-yeelida. Qoyskaaga iyo dadka kula joogay waa inay sidoo kale karantiil galaan.

Haddii aadan qabin dhammaan talaallada COVID-19, waa inaad u safrin wadan kale. Hadday qasab tahay inaad safarto, isbaar waqtiga ugu dhow xiliga aad safrayso, oon ka badnayn sadex maalin kahor xiliga safarkaaga.

Tusaale ahaan, qoyskaaga ayaa safraaya maalin Arbaco ah. Dhammaan xubnaha qoyska ee aan qabin dhammaan talaallada COVID-19 waa in la baaraa Axada, Isniinta, ama Talaadada kahor intiinaan safrin.

Waxaa intaas dheer, qof kasta waa in la baaraa sadex ilaa shan maalmood **kadib** markay u safraan wadan kale ilaa in laga helay caabuqa COVID-19 maahee 90 maalmood ee lasoo dhaafay gudahood.

Haddii adigga iyo qoyskaagu aad kasoo laabataan safarka maalin Jimce ah. Dhammaantiin waa in la idin baaraa Isniinta, Talaadada, ama Arbacada. Haddii aad yeelato astaamaha caabuqa, isbaar isla markaaba.

Dadka safraaya ee aan qaadan dhammaan talaallada COVID-19 waa inay sidoo kale guriga joogaan (karantiil) 5 maalmood kadib safarka dibada ay u aadaan. Dadk qaatay dhammaan talaallada COVID-19 ama uu COVID-19 ku dhacay sadexdii bilood ee lasoo dhaafay gudahood uma baahna inay karantiil galaan.

Si aad xog dheeraad ah uga hesho waqtiyada kale ee ay tahay inaad isbaarto, iyo meesha aad baarista ka helayso, booqo webseedka Baaritaanka COVID-19 ee MDH.

<https://www.health.state.mn.us/diseases/coronavirus/testsites/index.html>

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