



Waxa aad samaynayso intaad sugayso Natiijada baaritaanka COVID-19

Haddii aad martay baaritaanka COVID-19 oo u baahan in loo diro sheybaar, sida baaritaanka PCR, waxay qaadan kartaa maalmo badan inaad hesho natiijada.



Guriga joog oo ka fogoow dadka kale haddii:

Aad dareemayso wax kamid ah astaamaha COVID-19 ama aad bilowdo inaad xanuun darento.

- Guriga joog (iskeli-yeel) ugu yaraan shan maalmood oo xiro maaskaro markaad la joogto dadka kale muddo 10 maalmood, xataa haddii aad qaadatay talaallada COVID-19, ayna ku jiraan cirbadaha kuurooyinka lagu taliyay ee xoojinta ah, ama COVID-19 saddexdii bilood ee lasoo dhaafay.
- Si aad u hesho xog dheeraad ah oo ku saabsan iskeli-yeelka, booqo [Haddii aad Jiran ama Lagaa Helo Caabuqa: \(www.health.state.mn.us/diseases/coronavirus/sick.html\)](http://www.health.state.mn.us/diseases/coronavirus/sick.html).

Waxaad la joogtay qof qaba COVID-19 mana aadan qaadan talaallada COVID-19, ayna ku jiraan kuurooyinka lagu talinaayo ee xoojinta ah.

- Guriga joog (Iskarantiil) ugu yaraan 5 maalmood oo xiro maaskaro markaad ag joogto dadka kale ilaa 10 maalmood.
- Waa inaad guriga joogtaa haddi aad u baylahday COVID-19 oo aad qaadatay talaalada lagu taliyay ama kuu ugu dhacay COVID-19 saddexdi bilood ee la soo dhaafay, balse waa inaad wali xirataa maaskaro marka aad ag joogto dadka kale ilaa 10 maalmood.
- Si aad u hesho xog dheeraad ah oo ku saabsan karantiilka, booqo [Dadka la joogay qof qaba caabuqa iyo Karantiilka: \(www.health.state.mn.us/diseases/coronavirus/close.html\)](http://www.health.state.mn.us/diseases/coronavirus/close.html).

LAYNKA GURMADKA EE COVID-19: 1-833-431-2053

www.health.state.mn.us/diseases/coronavirus

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