

# U diyaargarowga shaqaalaha beeraha ee jirran iyo COVID-19

LA CUSBOONAYSIYE 3/31/20

## Maxaad filan kartaa haddii shaqaale uu shaybaar u xaqiijiyey in uu qabo COVID-19?

Kiisaska COVID-19 ee sheybaar-xaqiijiyey, Waaxda Caafimaadka Minnesota (MDH) ayaa soo wici doonta shaqaalaha jirran si ay u waraysato. Waxaa laga yaabaa in ay ku taliyaan dadka halista sarraysa ku jira ee uu la xiriiray qofka xanuunnsan in ay guriga joogaan (in ay iskarantiilaan) 14 maalmood.

Qalabka isilaalinta shakhsiyeed (PPE) ee sida caadiga ah looga isticmaalo goobtaada shaqada iyo kala fogaynta bulshada ee aad samaysay si loo xaddido qof-ka-qof in uu ugu faafo COVID-19 shaqaalaha dhexdooda waxay saameyn ku yeelan doontaa tirada dadka loo tixgelin karo inay ku jiraan halis sarraysa ama dhex-dhexaad ah inta lagu jiro howshan. Haddii aad wax su'aalo ah qabto, fadlan ka soo wac 651-201-5414.

## Maxay tahay in aad samayso haddii shaqaale uu xanuunsan yahay oo uu leeyahay calaamadaha COVID-19?

Dadka leh qandho gaaraysa ama ka badan 100oF, qufac, neefta oo ku adkaata, cuno xanuun, sanko oo dareeraya, madax xanuun ama murqo xanuun ayaa laga yaabaa in ay qabaan COVID-19

Qofka jirran waa inuu guriga joogo oo, haddii ay suurtagal tahay, uu yeesho qol iyo musqul u gaar ah si loo yareeyo khatarta soo gaarta xubnaha qoyska. Waxay u baahan yihiin inay keli ku ahaadaan guriga ilaa calaamaduhu ay ka tagaan oo seddexdan shuruudoodna la buuxiyey:

1. Calaamaduhu way soo fiicnaadeen (tani waxay qaadan kartaa ilaa 14 maalmood) OO,
2. Ugu yaraan toddobo maalmood ayaa ka soo wareegtay tan iyo markii ugu horreysay ee astaamaha lagu arkay OO,
3. Ugu yaraan sedex maalmood ayaa kasoo wareegtay tan iyo markii xumaddu ay tagtay (iyada oo aan la isticmaalin daawooyinka yareeya qandhada).

Dadka la shaqeeyaa way soo shaqo tegi karaan illaa iyo inta aysan wax calaamado ah isku arkin. Waa inay si taxaddar leh u raacaan tilmaamaha caafimaadka iyo badbaadada ee aad u samaaysay xarunta, oo ay tahay in ay ku jiraan:

- Kala fogaanshaha bulshada. Tusaale ahaan, kala durdurkinta saacadaha bilaabitaanka waqtiyada nasashada iyo qadada, iyo taxaddar dheeraad ah in la siiyo in shaqaalaha la kala durkiyo masaafo lix fiit isu jirta.
- Adeegsiga qalabka isilaalin shaqsiyeed ee ku habboon shaqada. Tan waxaa ka mid noqon kara dharka isku tolan ee kor lagaga gashado ee la dhaqi karo, kabaha buutka, galoofyo cinjir ama maqaar ah, iyo maaskaro (aan ahayn maaskarada qalliinka ee loo adeegsado loogana baahan yahay daryeelka caafimaadka).

- Marar badan in gacmaha la dhaqdo.
- Ka fogaanshaha taabashada wejigooda, sanko, afka, ama indhaha.
- In ay daboolaan qufacooda iyo hindhisada.
- La socodka calaamadaha COVID-19 (qandho, qufac, neefsashada oo dhibaysa, calaamadaha kale sida kor lagu soo sheegay). Shaqaaluhu waa inay joojiyan shaqada oo ay gooni isu karantiilaan haddii ay isku arkaa calaamadaha.

Xubnaha qoyska ama dadka xiriirka dhow ay la leeyihiin ayaa waxaa loo qaddarinayaa inay khatar sare ugu jiraan inuu ku dhaco COVID-19. Haddii uu xubnaha qoyska ama dadka uu xiriirka dhow la leeyahay qof shaqaale ahi uu ku dhaco cudur u eg COVID, shaqaaluhu waa inuu guriga joogo oo uu is karantiilo 14 maalmood uuna la socdo calaamadaha.

Guud ahaan, dadka la shaqeeya qof qaba COVID-19 ayaa sii wadan kara shaqada haddii aysan isku arag calaamado, laakiin waa inay isha ku hayaan astaamaha oo ay guriga joogaan haddii ay calaamadaha xanuunka isku arkaan. Shaqaaluhu waa inuu fahmaa in xitaa haddii ay qabaan calaamadaha xanuunka ee ugu sahlan, isagu ama iyadu waa in ay guriga joogaan oo aysan jiri doonin wax cawaaqib ah oo ku saabsan shaqadooda. Shaqaaluhu waa inay raadsadaan daryeel caafimaad haddii calaamadaha xanuunkoodu ay ka sii daraan oo ay dareemayaan inay lagama maarmaan tahay. Kula tali inay wacaan dhakhtarkooda ama rugta caafimaad ka hor intaysan booqan.

## **Sideen u yarayn karnaa in uu shaqada ku faafo?**

Xusuusnow, in COVID-19 yahay cudur ku dhaca neef-mareenka oo dadku qof-qof isugu gudbiyaan dhibco yaryar isaga oo ah marka ay dadku qufacaan ama ay hindhisaan. Kala fogaanshaha bulshada iyo adeegsiga habboon ee qalabka isilaalinta (PPE) ayaa ah waxyaabaha ugu muhiimsan ee aad sameyn karto si aad shaqaalahaaga u badbaadiso. Gacmo dhaqasho joogto ah, iyo nadiifin iyo jeermis ka dilista meelaha dushooda sare ayaa sidoo kale aad muhiim u ah.

## **Maxay shaqaaluhu samayn karaan si loo yareeyo halista COVID-19 ee shaqada?**

- Guriga joog haddii aad jirran tahay.
- U sheeg kormeerahaaga haddii uu guriga kuu joogo xubin qoyska ka mid ah oo qaba COVID-19.
- Gacmahaaga marar badan ku dhaq saabuun iyo biyo ugu yaraan 20 ilbiriqsi.
- Isticmaal gacmo nadiifiye leh ugu yaraan 60% aalkolo haddii saabuun iyo biyo aan la heli karin.
- Iska ilaali inaad ku taabato indhahaaga, sanko, iyo afkaaga gacmaha oo aan dhaqnayn.
- Afkaaga iyo sanko ku dabool masar waraaq ah/tiish markii aad qufacdo ama hindhisto ama u isticmaal gudaha xusulkaaga. Ku rid tiishka aad isticmaashay qashinka isla markaana gacmaha ku dhaq saabuun iyo biyo.
- Raac tilmaamaha kala fogaanshaha ee goobtaada shaqada iyo talooyinka kale ee ku saabsan joogtaynta in ay lix-fiit isu jirsadaan shaqaaluhu.

## **Sidee ayay tahay in beeruhu ugu qorshaystaan shaqaalaha jirran?**

Loo shaqeeyayaashu waa inay u sameeyaan qorshe ku celceshan(isdaba yaalyaalla) oo ay ugu talagaleen shaqaalahooda muhiimka ah. Qorsheyso in aad sii wado howlahaaga muhiimka ah, sida daryeelka iyo quudinta xayawaanka. Is-dhaaf u tababar shaqaalaha si ay u qabtaan howlaha muhiimka ah si goobta shaqadu u shaqayn karto xitaa haddii shaqaalaha muhiimka ahi maqan yihiin. Faahfaahin dheeraad ah, ka eeg Ganacsiyada iyo Loo shaqeeyayaasha: COVID-19 (<https://www.health.state.mn.us/diseases/coronavirus/businesses.html>).

## **Miyey jiraan tilmaamo loogu talagalay sida loo nadiifiyo oo jeermiska looga dilo?**

Haa, CDC waxay soo saartay hagitaan ku saabsan Nadiifinta iyo Jeermis ka dilista Xaruntaada ([www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html](http://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-building-facility.html)).

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*Si aad macluumaadkan ugu hesho qaab kale, soo wac: 651-201-5414.*