

Ma COVID-19?

Calaamadaha COVID-19 waxa ka mid ah qufac, neef qabasho, qandho, qadhqadhyo, madax xanuun, murqo xanuun, cuno xanuun, tabcannimo, sanko ama xabdka oo xirma, ama dhadhan ama wax urin la'aan. Astaamaha kale ee aan caadiga ahayn waxa ka mid ah calaamadaha dheefmareenka sida lallabbada, matagga, ama shubanka. Astaamahani waxay soo bixi karaan 2-14 maalmood kaddib markaad u feydsanto fayraska COVID-19. Qof kasta oo qaba COVID-19 ma leh astaamahan oo dhan, oo dadka qaarkoodna ma lahadan innaba astaamo.

Kala hadal daryeel-caafimaad bixiyaahaga haddii aad qabto wax su'aalo ah ama ka walaac ah astaamahan. Macluumaad dheeraad ah oo ku saabsan COVID-19 oo ku qoran luqado kale, ka eeg [Cudurka Korofayras 2019 \(COVID-19\) Fariimaha Muhiimka ah](https://www.health.state.mn.us/diseases/coronavirus/materials/keymessages.html) (<https://www.health.state.mn.us/diseases/coronavirus/materials/keymessages.html>).

Ma in La Iga Tijaabiyaa Cudurka COVID-19?

Aaladdayada onlaynka ah ee ka baarista kor ahaanta ah ayaa ka caawisa ogaanshaha dadka reer Minnesota ee ay tahay in laga tijaabiyo COVID-19. Isticmaal aaladda Ka Baaritaanka kor ahaanta ee Ku Taal [Miyay Tahay Inla Iga Tijaabiyo COVID-19?](https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp) (<https://mn.gov/covid19/for-minnesotans/if-sick/get-tested/index.jsp>). Caawimaad ka raadso qoyska, saaxiibbada ama caawiyeyaasha kale haddii aadan aqoon sida loo isticmaalo aaladda ka baaritaanka kor ahaanta ah ama haddii ayna ahayn luqad aadan u baahnayn.

Waxa La Sameeyo Haddii Aad Jirran Bukto

Haddii aad leedahay astaamaha COVID-19, wax kugu waajib ah inaad:

- Guriga joogto.
- Badanaa iska dhaqdo gacmaha.
- Daboosho qufacaaga iyo hindhisadaada.
- Ka taxaddarto wadaagidda sheyada shaqsiyeed ee guriga sida weelasha, tuwaallada, gogolaha, iwm.
- Nadiifi meelaha aad taabato badanaa.

Markay Tahay Inaad Raadsato Wax Ka Qabasho

Haddii u cudurkaagu ka sii darayo ama aad dareento mid ka mid ah calaamadahan digniinta degdegga ah, isla markaaba wac bixiyaha daryeelka caafimaadkaaga. Calaadaha digniinta degdegga waxa ka mid noqon kara:

- Neefta oo dhib kugu ah.
- Xanuun ama cadaadis an kaa tagin oo aad ku yeelato laabta (xabadka).
- Jahwareer cusub ama adiga oo kari waaya inaad toosto.
- Dibnaha ama wajiga oo midabka buluugga oo kale noqda.

Wac dhakhtarkaaga ama rugtaada caafimaadka kahor intaadan galin. U sheeg calaamadahaaga oo waxayna ku siin doonaan tilmaamo kaa caawin doona inaad adiga iyo bukaannada kaleba badbaado noqotaan.

Ogow Waxyaabo Dheeraad Ah

Ka ogow waxyaabo dheeraad ah oo ku saabsan [COVID-19 Waaxda Caafimaadka Minnesota \(https://www.health.state.mn.us/diseases/coronavirus/index.html\)](https://www.health.state.mn.us/diseases/coronavirus/index.html).



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