

# Goorma ayay tahay in la i baaro? Astaamaha

## QORAALKA

[muusik qafiif ah]

[Warrin]

Goorma ayay tahay inaad iska baarto COVID-19?

Markaad qabto astaamaha COVID-19, sida duuf sankaa kaa socda; cabur; dhuun xanuun; qandho; qufac; neefta oo ku gu yaraata; murqo xanuun; madax xanuun; qarqaryo; luminta dhadhanka ama urka.

Tallooyinka hadda ee baaritaanka ayaa sheegaaya in qof kasta isbaaro isla markaaba haddii uu leeyahay astaamaha COVID-19.

Haddii aad qabto astaamaha, xaqiiji inaad raacdo talooyinka ku aadan mudada aad guriga joogayso kana fogaanayso dadka kale. Wixii xog dheeraad ah booqo webseedkeena Haddii aad Jiran Tahay ama Lagaa Helo Caabuqa. (<https://www.health.state.mn.us/diseases/coronavirus/sick.html>)

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>)

[muusik qafiif ah]

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2/2/22 (Somali)

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