

# Tilmaamaha La Cusbooneysiiyay: Hadal Qoraalka Booqashada Dadka Aad Jeceshahay ee Ku Jira Daryeelka Muddada Dheer

[muusik qafiif ah]

*[Qoraalka shaashadda] Tilmaamaha La Cusbooneysiiyay: Booqashada Dadka Aad Jeceshahay ee Ku Jira Daryeelka Muddada Dheer*

[Maria] Iska waran, magaceygu waa Maria oo ka shaqeyso Waaxda Caafimaadka ee Minnesota (Minnesota Department of Health).

Waxaan rabaa inaan kula akhriyo tilmaamaha ugu danbeeyay ee booqashada, iyo xittaa inaad hab isa siisaan, kuwa aad jeceshahay ee ku jira xarumaha daryeelka muddada dheer.

Tallaalada COVID-19 iyo caabuqa oo sii yaraanaya ayaa suuragal ka dhigaya in si badqab leh loo balaariyo booqashooyinka kulminaya dadka ku jira xarumaha daryeelka muddada dheer iyo qoyskooda iyo saaxiibahooda.

*[Qoraalka Shaashadda] Si aad wax uga ogaato macluumaadka ugu danbeeyay ee ku saabsan xilliga iyo sida aad ku booqan karto qofka aad jeceshahay, wac xaruntooda.*

[Maria] Si aad wax uga ogaato macluumaadka ugu danbeeyay ee ku saabsan xilliga iyo sida aad ku booqan karto qofka aad jeceshahay, wac xaruntooda.

Dadka ku jira xarumaha daryeelka muddada dheer ayaa hadda awood u leh inay la kulmaan dadka kale iyadoo daganayaasha tallaalka si dhameystiran u qaatay waxay habsiin karaan dadka booqashada ugu yimaada. Dadka ku jira xarumaha iyo kuwa booqashada ugu imaanaya waa inay xirtaan afaab oo ay xaqiijiyaan inay gacmahooda dhaqaan kahor iyo kadib booqashada.

Maadaama la oggolyahay in guryaha gudahooda la isku soo booqdo, waxaa wali laga doorbidaa booqashada dibada ah, marka ay suuragal tahay, sababta oo ah waxaa yaraanaya halista in lakala qaado COVID-19.

Awooda ay xarumaha daryeelka muddada dheer u leeyihiin inay soo dhaweeyaan dadka booqashada u socda way isbaddeli kartaa sidaas awaadeed dadka booqashada u socda waa inay sii wadaan xarunta ka or inta aysan booqan si ay war uga helaan.

*[Astaanta Badqab Ahaaw ee Mn iyo xiriiriyaha lagu galo*  
<https://www.health.state.mn.us/diseases/coronavirus/hcp/ltc.html>*]*

[muusik qafiif ah]

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Si aad u hesho macluumaadkan oo qaab ka duwan ah, wac: 651-201-4989